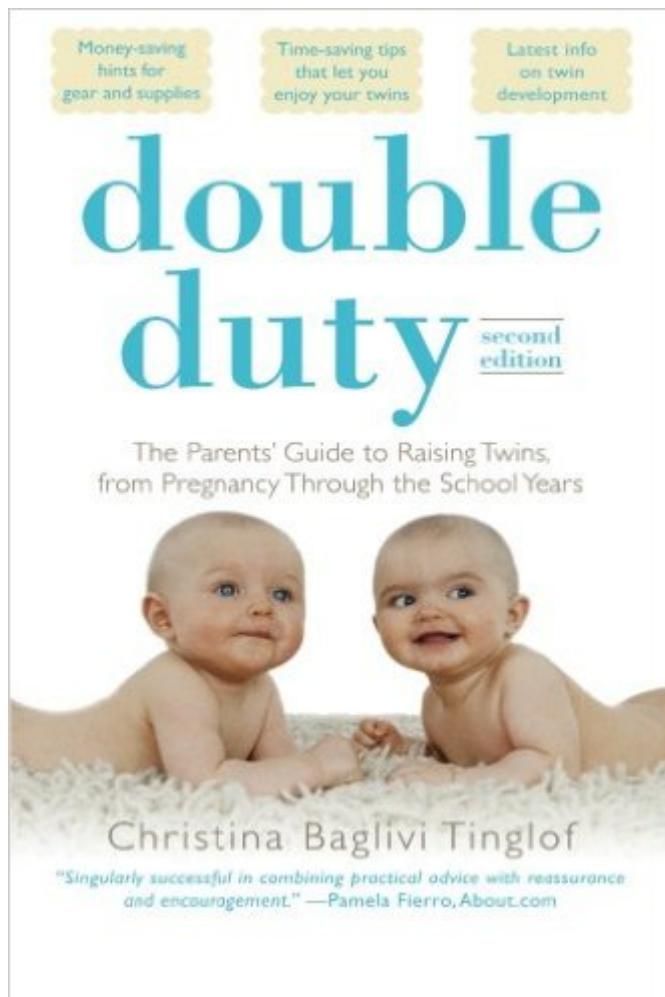


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# Double Duty: The Parents' Guide To Raising Twins, From Pregnancy Through The School Years (2nd Edition)



## Synopsis

Not 10, but 20 fingers and 20 toes! The classic guide to parenting twins-now completely updated and revised! You're excited to hear your baby's heartbeat during the ultrasound. But what happens when you hear two heartbeats instead of one? Having a baby can cause any parent to feel overwhelmed, and with twins those concerns are multiplied by two. Having twins is a unique experience, and expert Christina Tinglof brings you the fully updated essential guide to help you cope with any issue that can arise-from pregnancy through the school years. With multiple pregnancies becoming more common, the second edition of this timely book provides you with the much needed information, practical tips, and strategies for handling the everyday challenges of parenting twins. Double Duty includes: Up-to-date information on diagnosis and treatment of complications common to multiple pregnancies-plus dietary guidelines specific to a twin pregnancy. The latest must-have products that simplify day-to-day life. Survival tips and trouble-shooting techniques for the critical first month. Tips on how to breastfeed or bottle feed two infants at once. Money-saving advice for accommodating two new additions to the family. The pros and cons of placing twins in the same classroom. Advice on how to discourage unhealthy sibling rivalry. Includes the TOP FIVE: Exercises for extremely pregnant women. Ways to bond with premature babies. Baby wardrobe essentials. Bedtime strategies. Ways to establish each child's individuality. VEndorsements for Double Duty 2nd Edition (ISBN: 0071613447) by Christina Baglivi Tinglof. Double Duty 2nd Edition is singularly successful in combining practical advice with reassurance and encouragement from seasoned parents of twins. It neither sugar coats nor overstates the challenges, but presents a straightforward picture of what parents can expect from their twins at every stage, from pregnancy through the teen years. Tinglof mingles thorough research with personal anecdotes to present a comprehensive resource for parents of twins. With updated information about the medical issues of multiple pregnancy and new insights about the psychology of the twin relationship, the new edition is recommended reading for all prospective parents of twins. -Pamela Fierro, Guide to Twins & Multiples at About.com

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## Customer Reviews

I am expecting twins and have bought several books on this subject. This was the first book I actually read from cover to cover! It was well organized and informative on the things I felt most important (like how will I shop for groceries with twins?). I recommend it highly and I believe that it will keep your interest throughout.

Initially I thought this book was great but then realised some of the impracticalities. To suggest that you take your twins to the supermarket using two shopping carts (pushing one in front and pulling one behind you) made me laugh... I can't see how this is possible when you have four little hands grabbing things out of the cart and off the shelves! There are some really good tips though, such as how to keep the twins amused. Also the section on statistics and twin types was very interesting. I suggest parents also buy books such as "What to Expect the First Year" by Arlene Eisenberg.

My identical twin girls turned 2 in September. I bought this book when they were about 4 months old. It's taken me a while to get around to commenting as I've been, well, kind of busy although it does indeed get easier. I found some of the information helpful, some obvious. When I read the comment about the possibility of the two babies crying at the same time discussed as: "Actually that doesn't happen too often..." you could probably hear me close the book. Honestly, with the best care and complete attention, it happens OFTEN! They are two people who want ALL of your attention NOW! It's understandable and still very challenging. Would I want it any other way? Absolutely not, but it's still exhausting and sometimes very frustrating. Twins are not double the experience. It is exponentially harder and exponentially sweeter. More hugs and love and more fuss. My answer to this? Take a deep breath and love them more.

If you are expecting twins and only can choose or take the time to read one book, this is the one to

buy. As we have a pair on the way, (at a rather late time in life for me, I already have three adult children), I am keenly interested in what is in store for my wife and me in the months ahead. Having now read several books about twins, I would say that Bagliv-Tinglof's "Double Duty" is perhaps the most readable, if not the most in depth, review of events to come. She clearly sets forth what to expect in the pregnancy stage, what to do in preparation, and perhaps just as valuable, what you don't need to concern yourself with on hearing about the upcoming 'doubly blessed event(s)'. She doesn't stop there but also provides a succinct summary of what to expect in the next phases of their lives. You won't regret the practical and straightforward information this book provides. It is also performs another valuable service: calming the expectant parents. So much on the internet focuses on the challenges and potential complications of the twin experience, this balanced view is very refreshing.

As almost all mothers of twins, I have read numerous books on the subject. This book is good for a quick rundown on the basics. It doesn't go into a lot of detail, but offers a few basic suggestions. Unfortunately, my twins seem to always cry at the same time. I have tried the two carts (push and pull), it works, as a last resort. It's organized in a very mother, friendly, reading manner. By that I mean, it's easy to leave off on a page while you chase a child, and then pick up where you left off.

This quick read would be ideal for a tired new mom, who needs the occasional quick reference, however as a pregnant mom with a bit of time on my hands I was left wanting something more in depth. Included are lots of "Top Five" lists, quick and easy recipes, and basic survival advice, but the book still feels like a compilation of simple parenting magazine articles. It's hard to get into depth, when you're covering pregnancy through the school years in 191 pages. I recommend this book only to parents who are looking for a basic, light read that summarizes early life with twins.

As soon as I found out I was pregnant with twins, I was on the hunt for twin-specific advice. My other books (What to Expect, Girlfriends Guide) were helpful on a general pregnancy level, but weren't addressing my concerns about being pregnant with twins. Although Double Duty did provide some interesting tid-bits about twins (that fact that 25% of identical twins have "opposite traits" like one will be right-handed and the other will be left-handed) was interesting. But, every time I put down this book I was overwhelmed and discouraged about my future life as a mother of twins. It's enough to be pregnant for the first time, but with twins it's even more exaggerated. More encouragement, more positive reinforcement would be nice. I'm reading this for information and

advice, not to feel upset and overwhelmed. A friend who has been through twins recommended Dr. Barbara Luke's *When You're Expecting Twins, Triples or Quads*. I'm going to pick that one up and hope for something better!

I loved this book. My twins are now 4 and this is always the book I recommend to expectant moms of multiples as a starting spot. It's a quick, easy read. Lots of practical info, not stuffy and condescending like some others I read. It gave me the courage to overcome my fears of going out into the world alone with my twins at about a month old. I loved the reference section in the back that led to other great resources to check out. It also made me think of good questions to ask of other moms of twins I met along the way. It is a bit light on medical issues.

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