



Twin Set: Moms of Multiples Share Survive and Thrive Secrets

Christina Boyle, Cathleen Stahl

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When Baby Makes (Much) More Than Three

If you're a new mom of multiples, it can be hard to find advice and enough people in your life who "get it" or give you the support you need. Luckily, there's *Twin Set: for moms of twins, by moms of twins*. *Twin Set* provides a parent-to-parent support network—based on an exclusive national survey of more than 300 moms of multiples—and shares indispensable, mom-tested, solution-oriented advice . . . and a few laughs along the way. There's also a Mommy Doc and Daddy Doc onboard, two pediatricians who contribute medical perspectives on various issues, in addition to special features from experts ranging from a financial planner to a nutritionist—many parents of twins themselves! *Twin Set* includes:

- Answers to your biggest twin pregnancy questions
- Advice on handling the emotional impact of premature delivery
- Lessons on feeding, bathing, and dressing your twins, taking them out, and putting them to bed
- Tips from dads of twins, for dads of twins
- Solutions for managing twice the laundry, bottles, spills, and other messes
- Options for multiples child care, from birth through school age
- Insights into twin bonding, development, and safety
- Lists of essential twin resources, gear, and equipment

This encouraging and essential guide will help you savor—not just survive—life as a time-crunched mom of multiples.

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