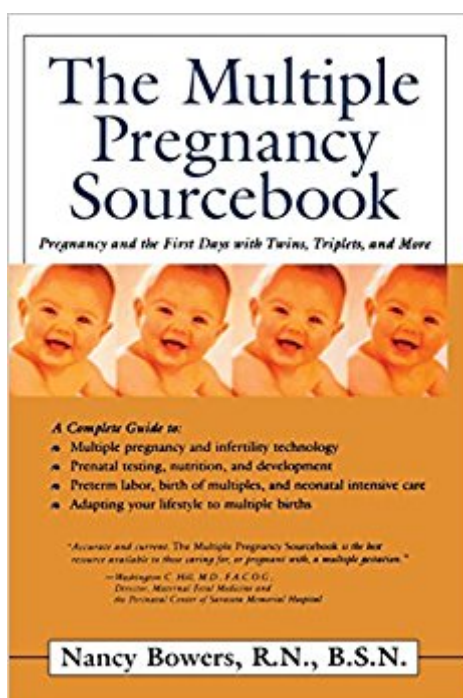


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# The Multiple Pregnancy Sourcebook: Pregnancy And The First Days With Twins, Triplets, And More



## Synopsis

In the past 10 years the number of twin births has risen 52 percent and the number of higher-order multiples has increased more than 400 percent! Written by a perinatal nurse specializing in multiple birth education, *The Multiple Pregnancy Sourcebook* explores the physical, financial, and emotional challenges of this high-risk condition. Included is an extensive list of support resources.

## Book Information

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## Customer Reviews

Your reaction might have been something like this: "Hurrah! I'm pregnant! What? TWINS?!" Being pregnant with two (or more!) is different from being pregnant with one, and *The Multiple Pregnancy Sourcebook* tells it like it is, from weight gain to proper preparation for bringing your duplicate (or triplicate) bundles of joy home from the hospital. Author Nancy Bowers couldn't be more qualified to write such a book: not only is she a nurse and teacher of birth classes, she is also the mother of her own set of twins. This book covers the same material as any pregnancy guide, and in approximately the same order. Starting with proper nutrition and continuing through the standard routines of visits and testing, it finishes up with the actual labor, postnatal care, and a walk-through of those first few days at home. Because all this information is aimed specifically at multiple pregnancies, you'll also find information about subjects like selective reduction, bed rest, and the chances of having at least one baby delivered by cesarean section. Through it all, Bowers's wise and experienced tone manages to soothe while educating. Bowers emphasizes that "multiple

pregnancy is demanding work, but the rewards are matchless." She frequently encourages parents to seek out support, whether through a parenting group or a counselor, and provides an excellent guide at the end of the book that offers contact information for all sorts of potential help. Destined to become a classic for parents of multiples, this sourcebook is one you'll want to keep handy throughout your pregnancy and beyond. --Jill Lightner

Nancy Bowers, R.N., B.S.N., is the president of Marvelous Multiples and teaches perinatal classes for families expecting multiple birth.

OK with information but quite some useless passages that are only testimonials. Some parts are formulated in a way as if they'd be trying to scare people deliberately. For example, here's a passage very typical for the whole book: "WHAT IS PRETERM FOR MULTIPLES? Even though most multiples are born before thirty-seven weeks gestation, having your babies a few weeks early is not necessarily a prescription for disaster." Basically saying "we're not trying to scare you but...oh yeah, we are." Many other ways to formulate this in a more sensitive manner.

Useful information for expectant Moms of multiples.

This was a gift when my son and his wife were pregnant with twins. They claimed it was great, and that is all I wanted. The twins are now over a year old and I am sure they learned lots of information from the book

Not a lot of content that is different from books on single pregnancy. Poorly written, including many testimonials.

This book has all the information you need. Most of the others are fluff and redundant. The other book I would recommend is when you're expecting twins triplets or quads.

When I was pregnant with my twins, I was looking for a book that was very factual. I wanted the facts, I wanted the numbers, and I wanted it in a straight way. This book does just that. It's no sugar-coated description of a multiple pregnancy and its possible risks. I would greatly recommend to all expecting multiples. However, as much as I thought I was prepared, I really wasn't. My twins came 2 months earlier and spent 6 weeks in the NICU. I kept referring to the book

as the babies were resting in the hospital. They are now happy and healthy and very active 19 month olds! Good luck!

I discovered this book about halfway through my pregnancy and was so disappointed not to have found it sooner! It is by far the best twin pregnancy book I have read. A twin pregnancy is such a unique experience and after reading a general pregnancy book or two, you find yourself with lots of questions left unanswered. I kept asking myself, "But how will this be different for me?" Nancy Bowers has the answers. This book is well-organized, well-researched, and covers all aspects of multiple pregnancy in an honest, forth-right manner. Part III "The Joys and Challenges of Being High Risk" can be a bit overwhelming. Here, Bowers reviews the possible problems that can arise during a multiple pregnancy, however she is not alarmist about it. Rather she frequently points out that statistically most of the problems seldom occur. I found it informative and was glad to have the risks spelled out; others might find it somewhat frightening if not kept in perspective --most multiple pregnancies/births are normal and healthy. I'm now 33 weeks pregnant with my twins and reference this book all the time. I had my husband read it and he found it an informative, easy read. We are about to be first time parents and welcome all the info we can get on this very unique experience. Truly a must read for all parents expecting multiples!

I found this book to be lacking in information as well as very repetitive. Much of the information she includes is no different than what can be found in a regular pregnancy book. In addition, she feels the need to define words that, in my opinion, if you don't know the definition of, you should probably not have gotten pregnant. Also, this book is in desperate need of a revision. Nothing huge, but in the section about bed rest, she references watching videos on your VCR as well as programming your doctor's number into your speed dial.

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