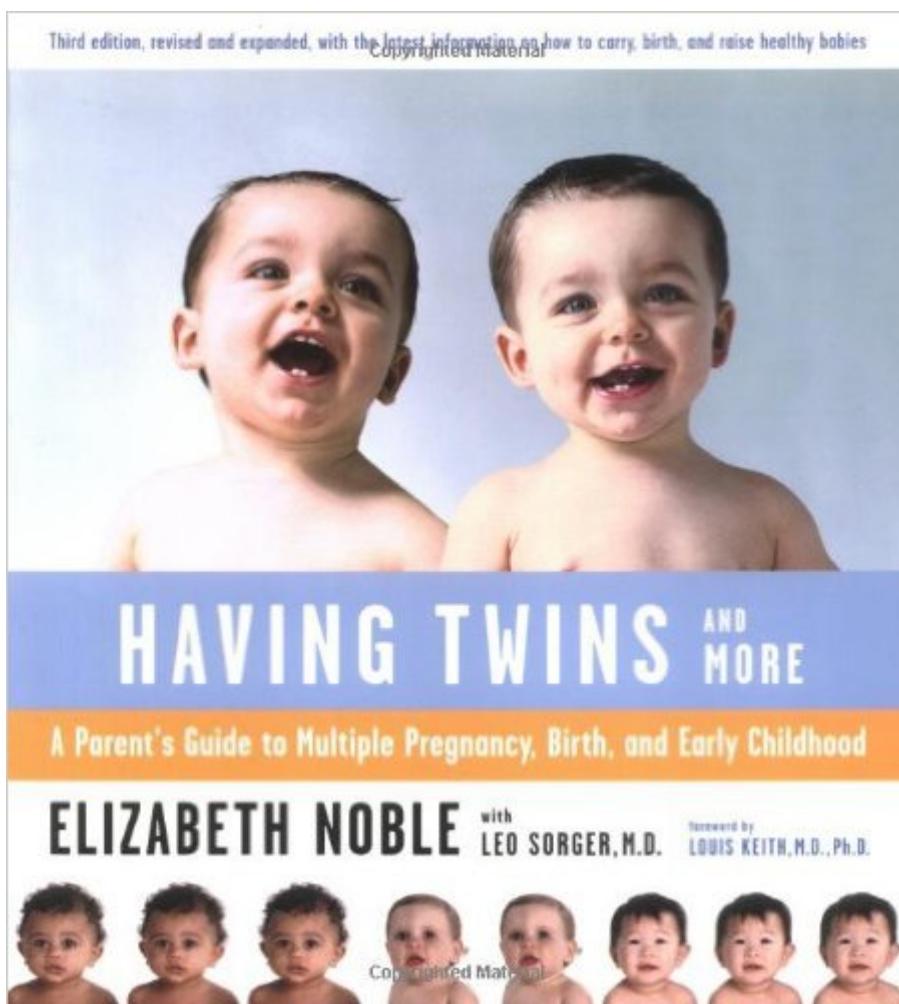


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# Having Twins And More: A Parent's Guide To Multiple Pregnancy, Birth, And Early Childhood



## **Synopsis**

Now in a third edition, the best-selling guide on multiple births, *Having Twins - and More*, covers everything from conception through childhood. With ongoing advances in assisted reproduction, increasing numbers of women are having twins, triplets, and more, and they're having them later in life. *Having Twins -- and More* is the original source parents consult for guidance through the multiple birth experience. For three decades Elizabeth Noble, a respected name in the field, has provided expectant parents with everything they need to make informed, safe choices and give birth to healthy babies. This comprehensive handbook emphasizes optimal health as well as physical and emotional adjustments to bearing and raising multiples, and it offers striking new insights into risks, complications, and treatments -- candid information that is gathered only in this book. Featuring tips on setting goals, assembling help, and reducing anxiety the latest nutritional information for mother and child details about the dangers of drugs and bed rest essential exercises for pregnancy and recovery information on the benefits of vaginal birth and breastfeeding facts about cesarean section and recovery tips for helping siblings adjust recommendations for parenting multiples with special needs more than 100 new photographs, charts, and tables exhaustive resources, expanded to include the Internet

## **Book Information**

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## **Customer Reviews**

What I find most disturbing about the positive reviewers on here is when they say "women have been birthing babies for millions of years." Yes, they did. And many of them died: the babies and the

mothers. **ESPECIALLY** multiples. Thank God for the medical interventions that have raised the survival rates of both women in childbirth and of infants. I had an emergency c-section at 34 weeks, and without it both my babies and I would have died. I had preeclampsia, which turned into full-blown toxemia. I was carefully monitored throughout my pregnancy by my wonderful pair of obstetricians (who were perfectly content to let me deliver vaginally if my preeclampsia cooperated), along with the perinatologist who kept monthly tabs on my boys' development in case the preeclampsia that had started at 10 weeks suddenly became an imminent danger to all of us. I'm just lucky I was able to carry them as long as I did. If I'd tried for a homebirth, without medical supervision of any kind during my pregnancy, it would have been disastrous. This book tells you that high blood pressure is nothing to worry about - it's normal with twin pregnancies, she says, and to be expected and nothing to seek a doctor's help over. If I'd listened to the advice of Ms. Noble, I would have died and so would my children. And THAT is why I give this book one star (and would give it zero if I could). Her advice on many things is her own opinion, to which she is entitled, but on others she is handing out dangerous advice that is medically unsound and could endanger the lives of both you and your babies. This book is frightening, pedantic, abrasive, ill-informed, archaic, and dangerous.

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