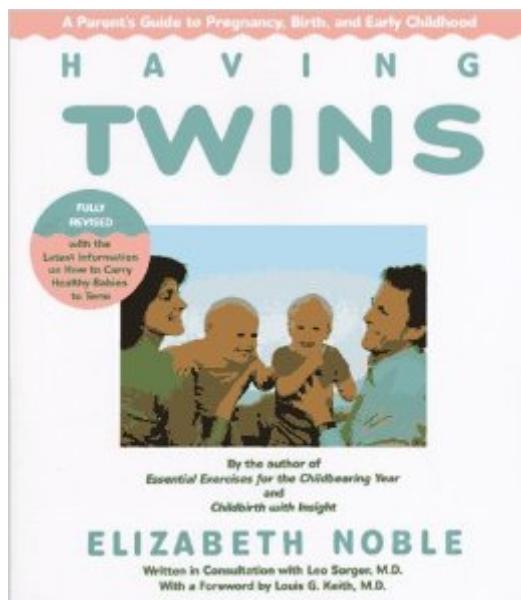


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# Having Twins: A Parent's Guide To Pregnancy, Birth And Early Childhood



## **Synopsis**

This complete guide to multiple pregnancy is now fully revised and brought up to date with a decade's advances in research, in understanding the psychology of parents and twins, and in the author's expertise in guiding expectant and new parents through all aspects of having twins. More women than ever are having twins, and this book is ever more needed. And because every multiple pregnancy is by definition a special-needs pregnancy, the parents should have all the knowledge available to promote a successful outcome. Of particular interest in the revised edition are new chapters on prenatal psychology, prevention and treatment of premature delivery, twin bonding, and the experience of loss. The best and latest in prenatal care is stressed, with special attention to the importance of nutrition and physical preparation.

## **Book Information**

Paperback: 448 pages

Publisher: Mariner Books; 2nd edition (January 10, 1991)

Language: English

ISBN-10: 0395493382

ISBN-13: 978-0395493380

Product Dimensions: 8.9 x 8.1 x 1.3 inches

Shipping Weight: 2.1 pounds

Average Customer Review: 3.0 out of 5 starsÂ  [See all reviewsÂ  \(45 customer reviews\)](#)

Best Sellers Rank: #938,286 in Books (See Top 100 in Books) #56 inÂ  Books > Parenting & Relationships > Family Relationships > Twins & Multiples #89 inÂ  Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Caregiving #584 inÂ  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Family & General Practice

## **Customer Reviews**

This book, should be required reading for a multiple-birth pregnancy. Noble assumes you're looking for detailed information, and provides it. Unfortunately, having an unexpected multiple-birth pregnancy IS scary, and I don't think a chapter on death is out of place--particularly now that women are having higher-order multiples. I was actually grateful to read about other women who weren't especially thrilled to find out they were having twins. (Of course, many women who were absolutely thrilled were also included in the book.) It's a hard happiness for many women. Finding out other people had difficulty accepting the news helped me a great deal. Noble's view on sea vegetables might seem a little weird, especially for people who've never traveled. Surprise--people are finding

out that the "traditional" American diet may not be the healthiest, especially for a pregnant woman. I live in a rural area and wasn't able to get sea vegetables, but if you're sick of milk and cottage cheese, you'll try anything. The calcium requirements for a mother carrying multiples are amazing. She also is a great person to read if you feel pressured into "not eating" during pregnancy for fear of gaining too much weight. The health of the babies is what's paramount, and she does a great job of supporting women. Doctors in America are much more likely to do c-sections for multiples --that's a proven fact, and it's also been proven that might not be necessary. The more informed you are, the better your choices. Get this book if you only buy one multiple-birth book--it's the most complete.

My midwife advised us to get this book as soon as we found out we were expecting twins. I am a Lactation Consultant and already had it as a reference for clients. I found the information to be extremely truthful and very informative. I too followed their advice on nutrition as also advised by my midwife. It was difficult to consume so many calories and protein but I did it for the health of my babies and myself. While reading this book I found out why I was experiencing all these different things with my body that I never experienced with my other 4 births and pregnancies. I also was very prepared and informed of all the things to expect with multiples. Between my midwife and this book I felt totally confident and positive about my pregnancy and birth. Without it I would have been in the dark and frightened! I ended up delivering vaginally and totally natural at 39 weeks and 4 days. My b/g twins weighed 7lbs 14oz and 7lbs 15 oz. I never had any problems the whole pregnancy (absolutely NO BEDREST) and my babies stayed with me the whole time and went home with me. If I did not have such great resources the outcome may have not turned out so great!

I bought this book back in 1991 when it was just published, and I was pregnant with twins. My twins are now 9 years old, and I have not seen a book since then that is as informative and emotionally holistic as Elizabeth Noble's HAVING TWINS. I followed her advice for weight gain and protein intake as well as whatever other advice I was able to accommodate. My twins were born 1 week AFTER their due date and 7 lbs 2oz and 7 lbs 4 oz. I guess you could say it really worked! I felt the chapter on the death of a twin was completely appropriate. I appreciated being able to talk about that possibility and make plans for "what if." The chapter is tastefully written with deep respect for the reader. I found it extremely moving and useful. I am just about to buy this book and give it to a friend of mine who is pregnant with triplets - super twins. If I had been able to find a better book, I would have bought it, but the writing and advice in Elizabeth Noble's book is as good today as it was 9 years ago when I bought it for myself.

A refreshingly non-bubbly book full of detailed medical and statistical information, but is it all nonsense? The references to astrology are the first tip (pg 9, 10, 36.) The inability to distinguish correlation from causality is the next (castor oil preventing hare lip, pg 183.) But the worst is the entire chapter on fetal memories, recovered with the aid of hypnotic or primal therapy. The author remembers knowing about, while still a fetus, not just the death of her sibling, but the death of her theoretical twin, whose existence is unsupported by any other evidence. On top of this are the obvious errors: 15,000 diaper changes in the first year (pg 55), mislabeled graphs which contradict the text (pg 90), presenting only a study contradicted by the bulk of the medical literature on the miscarriage rates from amniocentesis (pg 166). Given the new age nonsense, the lack of understanding of what constitutes scientific proof, and the fact that the book is dated (revised in 1991, there is no mention of the triple screen AFP test), it is impossible to evaluate the author's much more reasonable sounding advice on topics like diet.

I bought this book when I found out I was having twins in 1997. The chapter on Twin to Twin Transfusion Syndrome scared me to death and I skipped over the information on loss and planning after the loss. I SHOULDN'T HAVE! We lost our twins to TTTS on 7-4-97 and I then went back to the chapters I had skipped and found very useful information that I wished I had taken the time to read before our loss. Not all parents have successful twin or higher pregnancies and the media tends to 'glamorize' the successful ones while the rest of us are left to wonder if we made the right decisions or not. More needs to be available to the parents who are struggling daily to save their babies. Not all multiple pregnancies end with two or more healthy beautiful babies to bring home. But these babies do matter and do affect many, many lives and are NEVER forgotten by the families that lose them.

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