



# Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years

*Meghan Regan-Loomis*

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*"Practical advice and a healthy dose of humor—this book has exactly what parents need to help them survive and thrive with multiples. Recommended reading for all mothers of twins."*

**Deborah Platek, MD, Director of Maternal Fetal Medicine, Harvard Vanguard Medical Associates**

The best twin-tested tips used by real moms

The stresses that come with raising two babies are numerous - but they are predictable and manageable. From a mom who's been there, *Juggling Twins* is a funny, realistic, and reassuring guide for every new mom of twins who may be asking herself, "Can I really pull this off?"

From pregnancy to health issues, to eating, sleeping, bathing, and leaving the house, *Juggling Twins* is packed with the detailed, authoritative information that parents of multiples crave. Author and mother of twin boys Meghan Regan-Loomis offers an indispensable toolkit of solutions and techniques, designed to create order out of the chaos and help you catch your breath during this daunting and exhilarating time.

You'll learn how to:

- Nurse two babies at the same time, comfortably and efficiently
- Get exactly the help you need from family and friends in those first few weeks
- Safely transport two babies at once when it's just you and them
- Survive the nights by breaking them into shifts (that include you sleeping)
- Stockpile the right food and supplies in advance of their arrival
- Maintain your identity and your marriage through the madness

Get prepared, stay calm, and count your blessings (two!)—raising twins can be a wonderful, intense challenge that draws on the best in you.

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### **From reader reviews:**

#### **Matthew Siller:**

Spent a free a chance to be fun activity to try and do! A lot of people spent their leisure time with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Can be reading a book can be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the guide untitled Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years can be very good book to read. May be it might be best activity to you.

#### **June Ross:**

A lot of people always spent their own free time to vacation as well as go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you would like try to find a new activity that is look different you can read any book. It is really fun for you personally. If you enjoy the book that you just read you can spent 24 hours a day to reading a publication. The book Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years it doesn't matter what good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. If you did not have enough space bringing this book you can buy the particular e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too costly but this book provides high quality.

#### **Carl Guerra:**

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#### **Joseph Davis:**

As a student exactly feel bored to reading. If their teacher inquired them to go to the library or to make summary for some e-book, they are complained. Just tiny students that has reading's heart or real their passion. They just do what the educator want, like asked to the library. They go to right now there but nothing reading very seriously. Any students feel that looking at is not important, boring and can't see

colorful photos on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this era, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore , this Juggling Twins: The Best Tips, Tricks, and Strategies from Pregnancy to the Toddler Years can make you experience more interested to read.

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