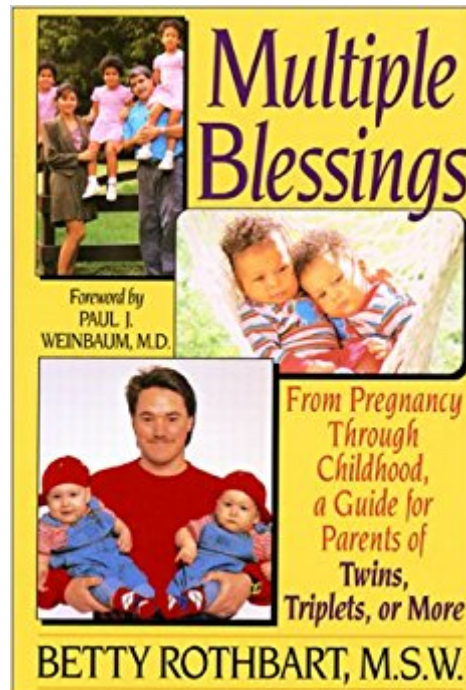




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# Multiple Blessings



## Synopsis

Any pregnancy brings a complex web of emotions: joy, fear, concern, panic, and excitement. But the issues facing the parents of multiples are even more complex. In her clear presentation of facts, Betty Rothbart helps parents through all stages of pregnancy, from obtaining the best prenatal care to choosing the right hospital for delivery. Once the infants are home, she's on the ready with advice on breast and bottlefeeding, making time for parents alone, helping siblings adjust to the new babies, juggling increasingly hectic schedules, nurturing individuality, giving everyone in the house enough attention, and a number of other crucial issues unique to raising twins, triplets, and more.

## Book Information

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## Customer Reviews

With equal amounts of plain facts and sensitive, thoughtful advice, Betty Rothbart, M.S.W., presents an excellent resource for expectant parents of multiples. A psychiatric social worker by trade, Rothbart uses her counseling skills to guide readers through four easily digestible sections of her book: pregnancy, life with multiples, help and support, and parenting challenges and joys. In each section, she carefully supplies knowledgeable answers to common yet vital questions, thereby preparing moms and dads for the many unusual challenges they'll face--in the delivery room and beyond. Other resources, including *When You're Expecting Twins, Triplets, or Quads* provide more thorough information on prenatal care, nutrition, fetal development, and potential complications involved with carrying and delivering multiple babies. However, Rothbart's 100-page pregnancy section includes a wonderful chapter of checklists for prospective parents, references, and

resources for help. Her serious chapter on premature babies smartly outlines the NICU (neonatal intensive-care unit) experience, technical terms that may fly around the delivery room, and most importantly, lots of reasonable advice on facing the emotional upheavals often associated with the experience. The bulk of her text focuses on life after the babies arrive: breast-feeding and bottle-feeding; ways to make time for each child (including older siblings), spouses, and yourself; mealtime, bedtime, toilet training, and trip-planning strategies; even a 25-item list outlining the ways others can lend help (and it sounds like much help will be needed). Rothbart's conversational tones and logically organized chapters combine expertly to create a quick--but tremendously valuable--read. --Liane Thomas

Betty Rothbart, M.S.W., is a psychiatric social worker who has counseled parents and families. She is currently a science and health writer, educator, and trainer of teachers for the New York City Board of Education. She is also an adjunct professor at the Bank Street College of Education, where she teaches adolescent development and sexuality education. She is the coauthor of *Your Pregnancy: Reassuring Answers to the Questions of Mothers-to-Be* (William Morrow, 1992), as well as a number of other books on health-related topics.

My husband and I are expecting twins. We have read about five different books regarding pregnancy, birth and raising multiples, but this was the best book by far. It includes an incredible amount of practical information, including a great set of check lists that will help you prepare for birth. This is the book that I recommend to every couple that I know who are expecting more than one baby.

This book helped me through the hardest time of my life. It exemplified what I was going through and why I was going through it better than any other book I read on pregnancy. I thank God every day for my little gifts and having the strength to endure the pregnancy and the birth. This book helped me through both. I would recommend it to anyone expecting a multiple birth.

This book is full of helpful tips and hints. It's a no-frills design, but it packs a lot of information. Out of all the books on parenting multiples that I have read, this one has given me the most/best information. I HIGHLY recommend it.

This book helped me out a lot, I found out I was expecting twins when I was 16 wks. It was a

surprise. It also helped me with explaining to my husband that we were having twins. Excellent book to read to explain everything you need to know about expecting and having twins.

EXCELLENT SOURCE FOR A MOTHER EXPECTING TWINS! TELLS YOU EVERYTHING YOU NEED TO KNOW. PLEASE ALL THAT ARE HAVING TWINS~TAKE IT EASY~BE CAREFUL WHAT YOU DO. I DID, BUT STILL LOST MINE AT 21.5 WKS. JENNIFER~MOTHER OF SAMANTHA & TRAVIS BORN ON MAY 15, 1999

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