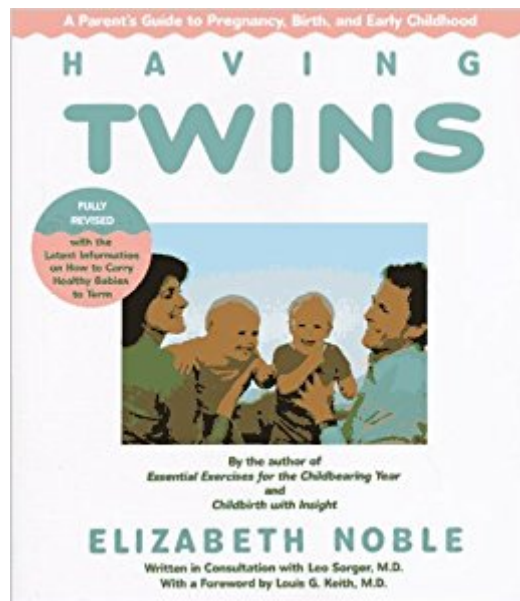




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Having Twins: A Parent's Guide To Pregnancy, Birth And Early Childhood



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

Package Dimensions: 8.9 x 8.1 x 1.3 inches

Shipping Weight: 2.1 pounds

Average Customer Review: 2.8 out of 5 stars 45 customer reviews

Best Sellers Rank: #2,190,474 in Books (See Top 100 in Books) #86 in Books > Parenting & Relationships > Family Relationships > Twins & Multiples #176 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Caregiving #1206 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Family & General Practice

Customer Reviews

The well-received first edition (LJ 11/15/80) served as a core book on the topic for many years. Now, Noble has revised and expanded this indispensable tool on the history and physiology of twinning. New material on prenatal care, birthing, bonding, and emotional coping provides updated information. The excellent section on nutrition has been enhanced to include modern, alternative choices, and the section on exercise remains unchanged and one of the best for multiple-birth mothers. Both physical and emotional needs are equally considered by Noble, as her realistic treatment of possible complications is balanced by her sensitive, and at times personal, insights. The bibliography, source list, and appendixes complement this highly recommended book.- Mary

Elizabeth Noble is the author of seven books, including *Essential Exercises for the Childbearing Year*, *Childbirth with Insight*, and *Having Your Baby by Donor Insemination*. She is the founder of the Obstetrics and Gynecology Section of the American Physical Therapy Association, and of the Maternal and Child Health Center in Cambridge, Massachusetts.

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.

Quite old and outdated. Had to laugh at some things in this book. Please go with a newer version from this century:-)

As a mom of triplets and a childbirth educator who works with multiples I suggest this book for all expected parents. The simple truth is that most OBs don't tell couples what they really need to know. I think couples need to be able to make informed choices and to do that they need ALL information. They need information about nutrition, lifestyle, bedrest, preterm labor and the drugs that are used to try and stop it, and about how important state of mind is in every pregnancy. I believe Elizabeth has one of the most honest books about multiple pregnancy. She has good information about nutrition and the work Dr. Brewer has done in the field. She gives accurate information on the side effects of most preterm labor drugs and she gives moms the information they need to make it to term. It isn't bad to question authority it is healthy. Be pro-active in your pregnancy your babies will thank you.

I read this book while I was pregnant with my twin daughters and found it incredibly depressing and scary. It was filled with morbid quotes from parents who had a bad outcome, along the lines of, "when not even one of the triplets lived, I went out and got drunk," and seemed to dwell on every possible problem and complication to the point that I was quite stressed and anxious when in fact, my twins were born naturally, five days before the predicted due date, had none of the complications this horrible book made me worry about, and were in excellent health. In fact, I so dislike the book that I go out of my way to warn expectant parents of twins to avoid it. In addition, the dietary advice is ridiculous and it's impossible for even a hearty eater to consume the massive amounts of food this writer claims are necessary to having a healthy baby. So, unless you like being scared, I recommend against buying this book.

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.

As a childbirth educator I have reviewed numerous books on birth and can only strongly recommend this book for my students/clients carrying multiples. While every other developed country in the world knows the benefits of hormone-free meats and animal products and evidence-based maternity care, we Americans still suffer under our unrestrained capitalistic model

of care. Yes, the author, Eliz. Noble, recommends organic and natural foods and yes, vegetarianism. Food corporations began giving them to animals in the 70's--not for our benefit--but for their's. Faster growth and more production. The American Cancer Society recognizes that vegetarianism is the most effective way to avoid most cancers. But Noble says if vegetarianism isn't for you--go organic. It is also the TRUTH that our bodies have not changed in the last 35 years, but how OBs treat women certainly have. What mainstream Americans consider "in their best interest" advice from their OBs is often actually "liability-risk care" and not "evidence-based care". Noble cites studies and evidence-based care and this is simply too difficult for most mainstream Americans to hear. That's why, out of the 26 placings of developed countries, we rank #25 in maternal mortality and #21 in infant mortality. That's bad, very, very, very bad. For the truth that other developed countries know, read this book.

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The Multiple Pregnancy Sourcebook: Pregnancy and the First Days with Twins, Triplets, and More
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