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Twin Mythconceptions Everything You Need to Know to Have a Healthy Twin Pregnancy Parenting Matters Alone in the Mirror Someone Else's Twin Parenting School-Age Twins and Multiples Raising Twins One and the Same Every Day The Giving Tree Incomparable Born Together—Reared Apart Twins in Session Mommie Dearest Zero K Burnout Dad's Guide to Twins Raising Boys in a New Kind of World Twin to Twin Parent Like a Triplet Twins and Supertwins The Life of Twins Ready Or Not. . There We Go! Twinsight Multiple Pregnancy Twin Sanity You're Not Listening Activating the Desire to Learn Raising Twins After the First Year Twin Dilemmas Emotional First Aid Multiples Illuminated Emotionally Healthy Twins The Emotionally Healthy Woman The Upside of Stress The Same But Different Transforming the Workforce for Children Birth Through Age 8 Raising Identical Twins What to Do When You're Having Two The Birth Of A Mother

Twin Mythconceptions

If you're wondering what it feels like to grow up and be a twin or a triplet then this is the book for you. With humour and honesty, identical triplet Kari Ertresvåg lays

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bare what it feels like to grow up as a twin or a triplet to jump-start reflections for parents and ultimately make life easier for twins and triplets.

Everything You Need to Know to Have a Healthy Twin Pregnancy

Elizabeth Lyons and her “multiples” sorority of moms and twins come to the rescue again in this hilarious, strategy-filled, tell-it-like-it-is guide to the toddler years with twins. From managing tantrums times two in Aisle 9, to the need for large quantities of antibacterial hand sanitizer and ketchup, to the perils of potty training twins, the approaches contained within Ready or Not . . . There We Go! will keep parents two steps ahead of their newly mobile charges. It's the resource no parent of twin toddlers should be without.

Parenting Matters

Do identical twins get the same teeth at the same time? Do they feel each other's pain? Should they be placed in the same classroom or separated? Should they dress alike? Should they get the same gifts on birthdays and holidays? Are identical twins hereditary? Are their fingerprints alike? When the hospital pediatrician told Lori Duffy Foster her twins were identical, her mind started

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reeling. She is a journalist and curiosity is in her nature. So she started a blog to record observations of her own twins as they grew, and to provide other parents of identical twins and their relatives with answers to questions they wouldn't find anywhere else. That blog became this book. *Raising Identical Twins: The Unique Challenges and Joys of the Early Years* takes readers on a journey from the birth of her twins through their sixth birthday, and is peppered with fascinating facts, advice and studies specific to children who share DNA. It is intended to entertain and inform while, hopefully, spreading some of the happiness and love her twins bring her own family throughout the universe.

Alone in the Mirror

As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values. As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book. Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting

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premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby. The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words.

Someone Else's Twin

Geri Scazzero knew there was something desperately wrong with her life. She felt like a single parent raising her four young daughters alone. She finally told her husband, "I quit," and left the thriving church he pastored, beginning a journey that transformed her and her marriage for the better. In *The Emotionally Healthy*

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Woman, Geri provides you a way out of an inauthentic, superficial spirituality to genuine freedom in Christ. This book is for every woman who thinks, "I can't keep pretending everything is fine!" The journey to emotional health begins by quitting. Geri quit being afraid of what others think. She quit lying. She quit denying her anger and sadness. She quit living someone else's life. When you quit those things that are damaging to your soul or the souls of others, you are freed up to choose other ways of being and relating that are rooted in love and lead to life. When you quit for the right reasons, at the right time, and in the right way, you're on the path not only to emotional health, but also to the true purpose of your life. "QUITTING WILL SET YOU FREE! Not a typical message heard in the church today, especially among 'nice, Christian women," but one that has been needed for years! By refusing to cling to a shell of pretension, the true freedom of our new lives in Christ is realized, and Geri shows us how. A fast, informed read, this book breaks down the walls of the false ideals we cling to in and shows us that by quitting these idols, we re-discover God's love. I was supposed to read this book. I needed to read this book. Thank you, Geri." Kim de Blecourt, Short-term Adventure Specialist with Food for Orphans and author of "Until We All Come Home: A Harrowing Journey, a Mother's Courage, a Race to Freedom"

Parenting School-Age Twins and Multiples

Heal small emotional injuries before they become big ones. We all sustain

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emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's nonexistent. Fortunately, there is such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective. Prescriptive and unique, Emotional First Aid is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back. From the Trade Paperback edition.

Raising Twins

More than ever before boys need guidance, and this book will guide parents on all subjects, such as bullying, discipline, and homework. From video games to the Internet, technology and popular culture are having a profound effect on today's boys. Boys need guidance more than ever. But how can we help them do better in school? How can we keep the lines of communication open? Raising Boys in a New Kind of World is a passionate call for greater empathy. The more we know about boys, the more realistic our expectations of them will be. We need to stop seeing normal boy behaviour as a problem and learn to understand a boy's need for movement, his unique learning styles, and his personal methods of

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communicating. Michael Reist writes from the front lines. As a classroom teacher for more than 30 years and the father of three boys, he has seen first-hand the effects that changes in modern culture are having on boys. *Raising Boys in a New Kind of World* is an inspiring and entertaining collection of positive, practical advice on many topics, including discipline, homework, video games, and bullying, and provides numerous tips on how to communicate with boys.

One and the Same

Twinstripletsquadsfinally! The book that answers all your questions about multiple birth--written by a doctor who is a mother of twins herself Over ten years ago when Dr. Gila Leiter, herself an OB/GYN, was pregnant with twins, the book she desperately needed wasn't available. Now it is: *Everything You Need to Know to Have a Healthy Twin Pregnancy*. Taking you step-by-step through the processes of pregnancy and birth, Dr. Leiter shares her professional and personal expertise, providing answers to all your questions, plus practical know-how, psychological support, and extensive resources for this most joyous--and overwhelming--experience, whether you're having two babies or four! Learn: The latest in fertility treatments and reproductive technology, and the probable outcome What to expect, trimester by trimester Concrete suggestions for working through your hopes, fears, and fantasies Who should seek genetic counseling How to avoid preterm labor and premature delivery--and what to do if it's unavoidable

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Recommended vitamins and minerals--plus do's and don'ts All about medications: what you can take, can't take, must take What you should know if you're going to have a C-section Specific ideas for nurturing yourself and reducing stress The birthing process and what to expect in the delivery room Twelve questions to ask the doctor you're considering choosing for your pediatrician What it's like to bring babies home--and what you'll need to manage your new family And much more

Every Day

Multiple Pregnancy - New Challenges is a comprehensive book, written in an organized and concise format. The book offers an immersion into multiple pregnancy. Each chapter presents the reader with various important issues related to the subject matter. The book covers all spectrums of multiple pregnancy such as epidemiology, etiology, diagnosis, prenatal care, unique complications in monochorionic pregnancies, preterm birth and mode of delivery. Through its 10 chapters the book contemplates the most relevant aspects of multiple pregnancy. Authors from all over the world have contributed to this book, bringing the best from their research experiences. The book give the reader a state-of-the-art update of multiple pregnancy.

The Giving Tree

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Debuted as #1 Amazon new release, K&E, founders of Twinning Store, the largest twin store for twins by twins brings you *The Life of Twins - Insights from over 120 twins and their friends and family.* "Great read for twins, parents of twins and future parents. Provides insights that non twins could never know." - Dustin "This book allows individuals who are not twins, a look into the world of being a twin, or parents to twins - and what a cool place that is!" - Patti In *The Life of Twins*, they along with other twins, twin parents and friends of twins shares what it is like to live the twin life. It is a resource for twins by over 120 people from all over the world. Read to learn the inside scoop, stories, experiences, advantages, challenges, and uniqueness from the twin perspective. From iconic twin entrepreneurs to twin athletes, from twins who together to twins who have taken different paths, their insights can help you answer everything you want to know about twins. Learn from twin celebrities and twin parents and twins such as the seen in *Vogue* and *Marie Claire* Collyer twins, the *Awesomeness TV's* Bell twins, *Refinery 29's* Lucie Fink, *ABC's Dancing with the Stars* Emma and Kelly Slater and so many more. About the authors: In 2017, we decided to start Twinning Store after trying to find other twins online. Fast forward and Twinning Store has grown into a worldwide community of twins that follow our blog, stay posted on our social media and rock our twin clothing and accessories. We still can't believe how much our community has grown and how far it reaches. To us, it seems like yesterday that the hashtag #twinfluencer had 5 posts and it is at 9k time of writing this and publications such as *Vogue Magazine*, *the Atlantic*, *Telegraph*, and *Elle* using the

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term. Before we even started Twinning Store, we knew that we could never be experts of all things twins. Our relationship may have similarities to other twins, but we are only connoisseurs of our own twin bond. Just as other twins are experts of their relationship. To make sure we got as much knowledge as possible as a community, we have therefore asked other twins for their input. This book is our vehicle to share all that with you. In other words, this book isn't just written by us, it is a collective effort from over 120 twins, twin moms, twin dads, significant others of twins and friends of twins. This book contains their insights--including practical and tactical advice from twins who have learned things along their twin journey. Whether you are a twin, parent of twins, expecting twins, or want to learn more about twins, this is your guide from the people that live the twin life in over 40 countries. Among other things, you will learn: Some of the ultimate twin perks Must-have twin information directly from twins How often twins communicate and in what way Do twins mind being called "the twins"? Some of the downsides of being twins What to gift a twin How to say the word twin in over 10 languages What advice twins have for non-twins What it is like to date a twin from people who have done just that How twin parents view the twin bond And much more. It is the perfect gift for: twins in all ages (identical, fraternal, girl, boy, woman or man) twin parents or expecting twin moms and dads someone is dating a twin family or friend of twins anyone curious to learn more about the twin bond and twin dynamic This reference book, which we wish was available when we were growing up,

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Incomparable

The 40th anniversary edition of the “shocking” #1 New York Times bestseller with an exclusive new introduction by the author (Los Angeles Times). When Christina Crawford’s harrowing chronicle of child abuse was first published in 1978, it brought global attention to the previously closeted subject. It also shed light on the guarded world of Hollywood and stripped away the façade of Christina’s relentless, alcoholic abuser: her adoptive mother, movie star Joan Crawford. Christina was a young girl shown off to the world as a fortunate little princess. But at home, her lonely, controlling, even ruthless mother made her life a nightmare. A fierce battle of wills, their relationship could be characterized as an ultimately successful, for Christina, struggle for independence. She endured and survived, becoming the voice of so many other victims who suffered in silence, and giving them the courage to forge a productive life out of chaos. This ebook edition features an exclusive new introduction by the author, plus rare photographs from her personal collection and one hundred pages of revealing material not found in the original manuscript.

Born Together—Reared Apart

In the second edition of this popular parenting book, Shelly Vaziri Flais, MD, FAAP

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helps readers prepare for their twins' arrival, birth and infancy, and provides sage advice for raising them through toddlerhood and the school years. Dr. Flais' book will help parents of twins and other multiples: Prepare for the arrival of their babies; Survive the first few days, weeks and months by providing information on feeding, sleeping, scheduling and outings; Navigate the toddler years from mealtime to potty training, one- on-on time to loving discipline; Move into the school years with ideas on managing things like socialization and competition, family dynamics and individuality. Combining her experience as a mom and her expertise as a pediatrician, Flais brings a unique blend of heartwarming personal experiences and professional knowledge to deliver a real survival guide for every family with twins, triplets, quads or more.

Twins in Session

Alone in the Mirror: Twins in Therapy chronicles the triumphs and struggles of twins as they separate from one another and find their individuality in a world of non twins. The text is grounded in issues of attachment and intimacy, and is highlighted by Dr. Barbara Klein's scholarly research, clinical experiences with twins in therapy, and her own identity struggles as a twin, all of which allow her to present insights into the rare, complicated, and misunderstood twin identity. She presents psychologically-focused real life histories, which demonstrate how childhood experiences shape the twin attachment and individual development, and

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she describes implications for twins in therapy, their therapists, and parents of twins. Unique to this book are effective therapeutic practices, developed specifically for twins, and designed to raise the consciousness of parents as well. Readers will find these practices and the insights within invaluable, whether they use them to communicate with twin patients, family members, or if they are part of a twinship themselves.

Mommie Dearest

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half, Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump*

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the Glump!, and Runny Babbit. And don't miss these other Shel Silverstein ebooks, Where the Sidewalk Ends, and A Light in the Attic!

Zero K

Journalist Abigail Pogrebin, a twin herself, offers a poignant and personal look at what it's really like to live with one's mirror image and tells the story of many twins who struggle to balance intimacy and individuality.

Burnout

Real-world advice for when your twins' and multiples' concerns go beyond "Should they dress alike?" Should your twins be placed in the same homeroom at school? Does one of your kids have a harder time making friends than the other? How healthy is competition among your triplets? Christina Baglivi Tinglof, author of Double Duty and a mother of twins, expertly guides you through your kids' school years, from the first days of kindergarten to the always drama-filled years of high school. Drawing from the latest cutting-edge research and hundreds of parent-tested tips, Tinglof offers proven advice to: Encourage individuality Foster positive sibling relationships Discipline effectively Deal with one child developing faster than the other Manage common speech and reading difficulties

Dad's Guide to Twins

Raising Boys in a New Kind of World

Multiples Illuminated: Life with Twins and Triplets, the Toddler to Tween Years will give you a glimpse into the amazing lives of families with multiples between the age of two to 12. Told from the perspective of 21 parents from all walks of life and at different stages of parenting, you will find yourself feeling less alone on this incredible journey parenting multiples. In this book, you will read fun and enlightening stories about: -Encouraging individuality in multiples -The dynamic relationship between multiples -The complicated and often delicate relationship between multiples and their siblings -What it's like when twins and triplets start school Whether you are an experienced parent or a new one, there is nothing quite like it. Everything changes. From logistics of travel to the complexities of tending to the needs and feelings of children at the same developmental age, no one day is the same as the other. Our experiences are different from those raising singletons. We want to lift the veil off the many mysteries and wonders of raising multiples, not just for families with multiples, but for those who are fascinated by it. There is nothing quite like this second book in the Multiples Illuminated series. You will read poems, take a hilarious multiple-choice quiz, and experience the joys and

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challenges of raising multiples through the 21 beautifully written stories. We promise that your experience parenting multiples will be more enriched after reading this anthology. With the Multiples Illuminated books and its accompanying website filled with stories and advice from parents who have been there, we aim to create a welcoming and safe space for families of multiples who are faced with the reality that raising twins, triplets, and more, brings unique experiences in comparison to raising singletons. Our community welcomes everyone who wants to know more about multiples.

Twin to Twin

Most parents try to treat their twins as individuals, but most unwittingly undermine their best intentions because they lack a practical set of guidelines for raising emotionally healthy multiples. Drawing on her unique experience as a twin, the mother of twins, and as a psychotherapist, Dr. Joan A. Friedman outlines the seven key concepts for helping twins develop into self-realized, unique individuals and offers parents specific strategies for each stage in their children's growth. From how to set up the nursery to handling playdates and extracurricular activities, from deciding on same or separate classroom education to encouraging grandparents and other family members to think beyond the pair to see individuals, Emotionally Healthy Twins will become the standard reference for parenting twins.

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Parent Like a Triplet

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted

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strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Twins and Supertwins

THE NEW YORK TIMES BESTSELLER “[A] wise, wildly unique” (Entertainment Weekly) love story from the bestselling co-author of Nick and Norah's Infinite Playlist and Will Grayson, Will Grayson about a teen who wakes up every morning in a different body, living a different life. Every day a different body. Every day a different life. Every day in love with the same girl. There’s never any warning about where it will be or who it will be. A has made peace with that, even established guidelines by which to live: Never get too attached. Avoid being noticed. Do not interfere. It’s all fine until the morning that A wakes up in the body of Justin and meets Justin’s girlfriend, Rhiannon. From that moment, the rules by which A has been living no longer apply. Because finally A has found someone he wants to be

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with—day in, day out, day after day. With his new novel, David Levithan, bestselling co-author of *Will Grayson, Will Grayson*, and *Nick and Norah's Infinite Playlist*, has pushed himself to new creative heights. He has written a captivating story that will fascinate readers as they begin to comprehend the complexities of life and love in A's world, as A and Rhiannon seek to discover if you can truly love someone who is destined to change every day. "A story that is always alluring, oftentimes humorous and much like love itself—splendorous." —Los Angeles Times

The Life of Twins

Every parent of twins knows that raising them can be full of unique challenges. Getting through the first twelve months may be especially difficult, but that is only the first hurdle. In *Raising Twins After the First Year*, author Karen Gottesman, a mother of boy-and-girl twins herself, guides parents through the many specific issues they will face as their twins grow from age one to ten. She covers ways to deal with "the terrible two's times two"—potty training, the legitimacy of cryptophasia (twin language), sibling rivalry, managing double mood swings, how to start to give your twins independence, and much more. Completely practical and down-to-earth, *Raising Twins After the First Year* will be a useful and comforting resource for every parent bringing up twins.

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Ready Or Not. . There We Go!

Twin Mythconceptions: False Beliefs, Fables, and Facts about Twins sheds new light on over 70 commonly held ideas and beliefs about the origins and development of identical and fraternal twins. Using the latest scientific findings from psychology, psychiatry, biology, and education, the book separates fact from fiction. Each idea about twins is described, followed by both a short answer about the truth, and then a longer, more detailed explanation. Coverage includes embryology of twins, twin types, intellectual growth, personality traits, sexual orientation of twins, marital relationships, epigenetic analyses, and more. Five appendices cover selected topics in greater depth, such as the frequency of different twin types and the varieties of polar body twin pairs. This book will inform and entertain behavioral and life science researchers, health professionals, twins, parents of twins, and anyone interested in the fascinating topic of twins. Identifies common misunderstandings about twins Provides scientific answers to questions about twins Encompasses the biology, psychology, genetics, and personality of twins Includes discussion of identical, fraternal same-sex, and fraternal opposite-sex twins Allows for quick answers to common questions and more detailed explanations

Twinsight

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An Air Force wife and mother of identical twins, Susanna teaches sanity-saving strategies to help parents handle the logistics of caring for multiples-even without having family nearby or hiring extra help. Sanity-saving topics include:* Preparing for two babies-what parents really need to buy and where they can find it (without breaking the bank!)* Maternity wear for an expectant (and expanding) mom of two* Bed rest, labor, delivery, and the possibility of preemies* Breastfeeding twins-yes, it can be done!* Sleep-how to get it sooner rather than later* The daily routine-the sanity-saving details that new parents crave about how they will successfully manage caring for two babies. With a master's degree in education and experience as a second grade and fifth grade teacher, Susanna understood how to manage a classroom, but found few resources on how to manage caring for two infants. Twin Sanity provides soothing encouragement to new and expectant parents of twins, both through practical, research-based how-tos and "I've been there, thought that, you're not going crazy" journal excerpts from when the author was an expectant mother of twins, herself. "Susanna's book was my go-to survival guide my first year of twin mommyhood." -Julie-Rose Tedrick "I wish I'd had this book when my twins were born! This is the best advice book for twins that I've seen. I highly recommend this book for any mom (or dad) expecting twins!" -Ellengray Schroeder

Multiple Pregnancy

#1 New Release in Pediatric Emergencies — High-Risk Pregnancy Guide Inspiring

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parenting memoir: *Twin-to-Twin* is one twenty-nine-year-old mother's harrowing and inspiring adventure through a high-risk twin pregnancy. But this isn't only a book about pregnancy. It's also an inspirational story to which all women can relate, especially when confronting any type of adversity. A crisis when expecting: One minute Crystal was sitting at a candlelight dinner in Paris with her husband. The next she was back home in Houston, sitting in her Ob-Gyn's office concerned that she was having a second miscarriage. That wasn't the news he delivered. Instead, she found out she was pregnant with twins! Since Crystal and her husband Ed already had a two-year-old daughter, Abigail, she couldn't imagine why mothering twins would be all that different. But, after a family vacation at the beach, she finds out that her twins have a life threatening condition called Twin-to-Twin Transfusion Syndrome. That means that Baby B is transfusing blood (disproportionately) to Baby A. A pregnancy book about facing adversity: Her OB says that Crystal is too high risk to let out of his sight, so he sends her to the 5th floor of the Houston Medical Center for the duration of her pregnancy. Sitting alone in her hospital bed, Crystal wonders how she is going to pass the next few weeks, away from her husband and precious daughter. She soon finds out as she embarks on an emotional rollercoaster—from late night emergency ultrasounds to hospital baby blessings, sprinkled with comic relief from nurses and hospital staff. A riveting true story: *Twin-to-Twin* is a raw and inspirational story filled with tenderness, vulnerability and humor. It chronicles the wildest, most terrifying and challenging year of Crystal's life, which is also the most beautiful and eye-opening.

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Her hope is that it will bring strength to other women dealing with their own personal trials and tragedies, so they can also triumph. Benefits from reading Twin-to-Twin: Share the experience of a high-risk twin pregnancy Gain valuable insight Be inspired

Twin Sanity

It's a fact: twins experience life differently than singleton children. They're compared to each other in everything from athletics to academics. They encounter unique social issues (what happens when one child is invited to a social outing while her twin is not?). They can even have difficulty forming deep relationships outside of the twinship. Yet no book effectively helps parents navigate these unique emotional challenges—until now. In the first book written on the emotional needs of twins, *Twinsight: How to Raise Emotionally Healthy Twins* bypasses the usual discussions on how to pay for two tuitions (a conundrum, to be sure!) and instead tackles deeper questions: How do you help twins feel like individuals? Should they be expected to be each other's caretaker? How can a parent avoid comparing? How can you encourage relationships outside the twinship? and more! Drawing on over eighty interviews with adult twins and their non-twin siblings, as well as expert insights from educators and psychologists and exhaustive research, author Dara Lovitz offers parents a definitive roadmap to raising emotionally healthy twins now and into the future.

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You're Not Listening

NEW YORK TIMES BESTSELLER • “This book is a gift! I’ve been practicing their strategies, and it’s a total game-changer.”—Brené Brown, PhD, author of the #1 New York Times bestseller *Dare to Lead* This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life. Burnout. Many women in America have experienced it. What’s expected of women and what it’s really like to be a woman in today’s world are two very different things—and women exhaust themselves trying to close the gap between them. How can you “love your body” when every magazine cover has ten diet tips for becoming “your best self”? How do you “lean in” at work when you’re already operating at 110 percent and aren’t recognized for it? How can you live happily and healthily in a sexist world that is constantly telling you you’re too fat, too needy, too noisy, and too selfish? Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the cycle of feeling overwhelmed and exhausted. Instead of asking us to ignore the very real obstacles and societal pressures that stand between women and well-being, they explain with compassion and optimism what we’re up against—and show us how to fight back. In these pages you’ll learn

- what you can do to complete the biological stress cycle—and return your body to a state of relaxation
- how to manage the “monitor” in your brain that regulates the emotion of frustration
- how the Bikini Industrial Complex makes it difficult for

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women to love their bodies—and how to defend yourself against it • why rest, human connection, and befriending your inner critic are keys to recovering and preventing burnout With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change. Emily and Amelia aren't here to preach the broad platitudes of expensive self-care or insist that we strive for the impossible goal of "having it all." Instead, they tell us that we are enough, just as we are—and that wellness, true wellness, is within our reach.

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BOOKRIOT "Burnout is the gold standard of self-help books, delivering cutting-edge science with energy, empathy, and wit. The authors know exactly what's going on inside your frazzled brain and body, and exactly what you can do to fix it. . . . Truly life-changing."—Sarah Knight, New York Times bestselling author of *Calm the F*ck Down*

Activating the Desire to Learn

The founder of the Twiniversity website offers a complete guide to expectant mothers for surviving the birth of twins, including how to breastfeed for two, sticking to a single sleeping schedule and provides a list of the most essential baby items. Original. 40,000 first printing.

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Raising Twins After the First Year

The research is indisputable: Students are less disruptive and do better academically in schools that cultivate the internal motivation of students. In *Activating the Desire to Learn*, veteran educator Bob Sullo shows how to apply lessons from the research on motivation in the classroom. According to the author, we are all driven to fulfill five essential needs: to connect, to be competent, to make choices, to have fun, and to be safe. Studies show that when these needs are met in schools, good behavior and high achievement tend naturally to ensue. Written as a series of candid dialogues between the author and K-12 students, teachers, counselors, and administrators, *Activating the Desire to Learn* covers everything you need to know to change the dynamics of learning in your classroom or school: * A comprehensive overview of the research on internal motivation; * Case studies of strategies for activating internal motivation at the elementary, middle, and high school levels; * Suggestions on how to assess degrees of student motivation; and *Motivating students is not the issue—the hunger to learn is ever-present. Yet schools continue to insist on the traditional reward-punishment model, to the detriment of student achievement. Clearly it’s time for change. This engaging and thought-provoking book will help you create a culture of achievement by building on the inherent drive to succeed that students bring to the classroom every day.*

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Twin Dilemmas

The development of how twins relate to each other and their single partners is explored through life stories and clinical examples in this telling study of twin interconnections. While the quality of a nurturing family life is crucial, Dr. Klein has found there are often issues with separation anxiety, loneliness, competition with each other, and finding friendships outside of twinship. When twin lives are entwined because of inadequate parenting and estrangement, twin loss is possible and traumatic, creating a crippling fear of expansiveness—an inability to be yourself. Therapists and twins seeking an understanding of twin relationships will find this clinically compelling book a valuable resource.

Emotional First Aid

Essential Survival Tips Every Expectant Father of Twins Needs If you are an expectant twin dad wondering what your twin pregnancy and future holds, help is on the way When you find out that you are expecting twins, you are in total shock. Your mind races with a million questions and you start to stress out about what to do to get ready. This guide will help you be prepared and ready to tackle life the next several months without having to wade through a lengthy book you don't have time to read. It is perfect for the expectant twin dad whether your twins are

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your first and second children or ninth and tenth. Read this guide and you'll uncover money-saving tips, understand your preparation options, and eliminate common surprises that accompany every twin pregnancy and the early days of newborn twins. Money and finances are some of the most common concerns of parents expecting twins. This book covers: answers to "How am I going to pay for all of this?" recommended twin supplies and gear: what you should get and what you don't need how to get cheap (and free) baby formula and supplies for your twins Having twins isn't easy. When you know what to expect, things go a lot smoother. Get this book for: real-life twin dad experiences that you can learn from valuable mindsets to help conquer the overwhelm of twins brutal challenges twin dads must face happy things to look forward to nagging frustrations that you can minimize or avoid the reality of surviving the twin pregnancy Preparing your family is an essential part of preparing for twins. You'll see: how to prepare your kids for their twin siblings' arrival tips for keeping your marriage relationship solid preparations you must make for your newborn twins Being pregnant with twins is full of health risks and specialized medical care. Get a peak into what you could experience with your twins: navigating the logistics of prenatal twin visits and ultrasounds twin-to-twin transfusion syndrome (TTTS), preeclampsia, and other complications types of twins and what it means to your twin pregnancy how to survive bed rest during the twin pregnancy what to expect with a twin delivery delivering twins via c-section NICU time for your newborn twins After reading this guide, you'll be informed, cool, calm, and collected and ready for the challenge

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ahead. Implement my tips and you, your family, and home will be prepared for your twins' arrival. Scroll up, click the buy button & start getting ready for your twins today!

Multiples Illuminated

When was the last time you listened to someone, or someone really listened to you? "If you're like most people, you don't listen as often or as well as you'd like. There's no one better qualified than a talented journalist to introduce you to the right mindset and skillset—and this book does it with science and humor." -Adam Grant, #1 New York Times bestselling author of *Originals* and *Give and Take* "An essential book for our times." -Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* At work, we're taught to lead the conversation. On social media, we shape our personal narratives. At parties, we talk over one another. So do our politicians. We're not listening. And no one is listening to us. Despite living in a world where technology allows constant digital communication and opportunities to connect, it seems no one is really listening or even knows how. And it's making us lonelier, more isolated, and less tolerant than ever before. A listener by trade, New York Times contributor Kate Murphy wanted to know how we got here. In this always illuminating and often humorous deep dive, Murphy explains why we're not listening, what it's doing to us, and how we can reverse the trend. She makes accessible the psychology, neuroscience, and sociology of

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listening while also introducing us to some of the best listeners out there (including a CIA agent, focus group moderator, bartender, radio producer, and top furniture salesman). Equal parts cultural observation, scientific exploration, and rousing call to action that's full of practical advice, *You're Not Listening* is to listening what Susan Cain's *Quiet* was to introversion. It's time to stop talking and start listening.

Emotionally Healthy Twins

The combination of a riveting true story and cutting-edge twin research makes this book an irresistible page-turner. Identical twins Begoña and Delia were born thirty-eight years ago in Spain's Canary Islands. Due to chaotic conditions at the hospital or simple human error, the unthinkable happened: Delia was unintentionally switched with another infant in the baby nursery. This fascinating story describes in vivid detail the consequences of this unintentional separation of identical twin sisters. The author considers not only the effects on these particular sisters, but the important implications of this and similar cases for questions concerning identity, familial bonds, nature-nurture, and the law.

The Emotionally Healthy Woman

The Minnesota Study of Twins Reared Apart startled scientists by demonstrating

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that twins reared apart are as alike, across a number of personality traits and other measures, as those raised together, suggesting that genetic influence is pervasive. Segal offers an overview of the study's scientific contributions and effect on public consciousness.

The Upside of Stress

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well.

Transforming the Workforce for Children Birth Through Age 8 explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice

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environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

The Same But Different

THE INSTANT NEW YORK TIMES BESTSELLER A raw, honest, and revealing co-memoir by Brie and Nikki Bella: twin sisters, WWE Hall of Fame inductees, and stars of the hit E! shows Total Bellas and Total Divas. As twins, the Bellas have always competed. Legend has it that Nikki drop-kicked Brie in the womb so that she could make her grand entrance first. But the rest of the world often treated

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them as identical and even interchangeable, so they decided to do something about it. After they made it into WWE, the Bellas accomplished so much together: bringing in young girls and women while building the Bella Army, helping the transition of female performers from Divas to Superstars, starring in Total Divas and Total Bellas, and founding companies like Birdiebee, Nicole + Brizee Beauty, and Bonita Bonita Wine. Though their early journey began with loss, abuse, and plenty of rough times, these challenges “shined the diamond.” They resolved to be survivors and the heroes of their own stories, and to take control and responsibility for their lives. Eventually, they would come to show girls everywhere that they can do anything. The Bellas may be identical twins—but as individuals, they have proven themselves Incomparable.

Transforming the Workforce for Children Birth Through Age 8

A New York Times Notable Book A New York Times bestseller, “DeLillo’s haunting new novel, Zero K—his most persuasive since his astonishing 1997 masterpiece, Underworld” (The New York Times), is a meditation on death and an embrace of life. Jeffrey Lockhart’s father, Ross, is a billionaire in his sixties, with a younger wife, Artis Martineau, whose health is failing. Ross is the primary investor in a remote and secret compound where death is exquisitely controlled and bodies are preserved until a future time when biomedical advances and new technologies can return them to a life of transcendent promise. Jeff joins Ross and Artis at the

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compound to say “an uncertain farewell” to her as she surrenders her body. “We are born without choosing to be. Should we have to die in the same manner? Isn’t it a human glory to refuse to accept a certain fate?” These are the questions that haunt the novel and its memorable characters, and it is Ross Lockhart, most particularly, who feels a deep need to enter another dimension and awake to a new world. For his son, this is indefensible. Jeff, the book’s narrator, is committed to living, to experiencing “the mingled astonishments of our time, here, on earth.” Don DeLillo’s “daring...provocative...exquisite” (The Washington Post) new novel weighs the darkness of the world—terrorism, floods, fires, famine, plague—against the beauty and humanity of everyday life; love, awe, “the intimate touch of earth and sun.” “One of the most mysterious, emotionally moving, and rewarding books of DeLillo’s long career” (The New York Times Book Review), Zero K is a glorious, soulful novel from one of the great writers of our time.

Raising Identical Twins

Approximately one in every thirty children born today is a twin or supertwin—a child of a higher-order multiple birth, such as a triplet or quadruplet. With twins and supertwins an increasingly growing population in preschool classrooms, early childhood professionals have more questions and concerns regarding the best ways to care for and educate preschool-age children of multiple births. Twins and Supertwins addresses these issues and highlights the best program practices

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supported by recent research and study findings; includes information on physical, social, emotional, and language development; identifies unique needs of twins and supertwins; and offers guidance to create partnerships with families.

What to Do When You're Having Two

Do you sometimes resent your twin and then feel guilty about it? Are you frustrated that no one understands what it is like to be a twin? People think being a twin is mysterious, fun, and magical, but in reality, twin relationships can be difficult to navigate. The Same but Different offers insights on and solutions to the challenges that arise when young adult twins are expected to be independent, self-assured "singletons" after having been raised as twins. This book was written to help twins, their families, and significant others to understand more about the intricacies of adult twin relationships, this book, Instructs twins how to have an honest, authentic relationship, Explains why twins may feel disappointed about friendships that do not match the twin connection, Reveals how influential twin connections are in choice of a spouse, a profession, and a place to live, Offers tips and strategies to navigate the issues of separation, individuality, and codependence, Provides insight and understanding to families and significant others coping with twin struggles Book jacket.

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The Birth Of A Mother

This book shows readers how to cultivate a mindset that embraces stress, and activate the brain's ability to learn from challenging experiences.

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