

# How To Get A Woman Pregnant With Twins

Double Duty: The Parents' Guide to Raising Twins, from Pregnancy through the School Years (2nd Edition) - Christina Baglivi Tinglof  
2009-05-31

Not 10, but 20 fingers and 20 toes! The classic guide to parenting twins—now completely updated and revised! You're excited to hear your baby's heartbeat during the ultrasound. But what happens when you hear two heartbeats instead of one? Having a baby can cause any parent to feel overwhelmed, and with twins those concerns are multiplied by two. Having twins is a unique experience, and expert Christina Tinglof brings you the fully updated essential guide to help you cope with any issue that can arise—from pregnancy through the school years. With multiple pregnancies becoming more common, the second edition of this timely book provides you with the much needed information, practical tips, and strategies for handling the everyday challenges of parenting twins. Double Duty includes: Up-to-date information on diagnosis and treatment of complications common to multiple pregnancies—plus dietary guidelines specific to a twin pregnancy The latest must-have products that simplify day-to-day life Survival tips and trouble-shooting techniques for the critical first month Tips on how to breastfeed or bottle feed two infants at once Money-saving advice for accommodating two new additions to the family The pros and cons of placing twins in the same classroom Advice on how to discourage unhealthy sibling rivalry Includes the TOP FIVE: Exercises for extremely pregnant women Ways to bond with premature babies Baby wardrobe essentials Bedtime strategies Ways to establish each child's individuality VENDORSEMENTS FOR DOUBLE DUTY 2ND EDITION (ISBN: 0071613447) by Christina Baglivi Tinglof “Double Duty 2nd Edition is singularly successful in combining practical advice with reassurance and encouragement from seasoned parents of twins. It

neither sugar coats nor overstates the challenges, but presents a straightforward picture of what parents can expect from their twins at every stage, from pregnancy through the teen years. Tinglof mingles thorough research with personal anecdotes to present a comprehensive resource for parents of twins. With updated information about the medical issues of multiple pregnancy and new insights about the psychology of the twin relationship, the new edition is recommended reading for all prospective parents of twins” -Pamela Fierro, Guide to Twins & Multiples at About.com

Pathology of Multiple Pregnancy - Virginia J. Baldwin 2012-12-06  
Pathology of Multiple Pregnancy collates case material from over 500 autopsies (including embryos) and 1200 placentas from twins, triplets, and higher multiples with selected literature on human multiple reproduction. It emphasizes important new concepts of pathophysiology and interpretation of less than ideal outcomes of multiple conception based on over 30 years experience in the field. Aspects of perinatal pathology unique to twins and higher multiples are emphasized, with practical suggestions for the service pathologist, including items of potential medico-legal significance. Controversial topics, such as the value of studies of concordance for diseases or malformations, and the significance of inter-twin anastomoses, are addressed and suggestions made for further investigation. A close working relationship between pathologists and clinical colleagues is encouraged by discussion of clinico-pathological correlations. And, the most recent discussions on mechanisms of twinning and genetic versus environmental influences on the development of twins are presented.

**Mum Of Twins** - Studio Victoria 2019-07-31

This journal is perfect for moms-to-be as memory book, diary or for daily

note taking. It can make a wonderful gift for a woman expecting twins to record all the wonderful experiences. Size at 6"x9" 110 pages White Paper, Lined Blank Cover Finish: Matte

**Having Twins** - Elizabeth Noble 1980

*Your Pregnancy Quick Guide: Twins, Triplets and More* - Glade B. Curtis 2009-02-23

Explanations of the special tests for mother and babies throughout pregnancy Information on the nutritional needs and target weight gain for mothers expecting more than one child From birth presentation to monitoring during labor, what may happen during childbirth Cesarean-section—the facts Information about premature birth and how you can protect yourself Suggestions for coping with pregnancy discomforts Advice if you're an older mother-to-be or working woman

**How to Survive When One Twin Dies** - Vicky Burley 2013-04-05

One woman's journey. This book journals the author's experience from discovering she was pregnant with twins but was likely to lose one, to delivering one healthy baby and one stillborn.

**Womb Mates** - Gary D. Steinman 2007

**Twin to Twin** - Crystal Duffy 2018-12-15

A twenty-nine-year-old mother's harrowing and inspiring adventure through a high-risk twin pregnancy. 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. But she was actually 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. That is until she learns her twins have a life-threatening condition called Twin-to-Twin Transfusion Syndrome, meaning Baby B is transfusing blood (disproportionately) to Baby A. Crystal is declared too high risk, so her OB 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'll pass the next few weeks, away from her

husband and daughter. Soon she embarks on an emotional rollercoaster—from late night emergency ultrasounds to hospital baby blessings, sprinkled with comic relief from nurses and hospital staff. 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. Her hope is that it will bring strength to other women dealing with their own personal trials and tragedies, so they can also triumph. Praise for Twin to Twin "An "orphan" disease, expectant mothers with Twin to Twin (and their support systems) should adopt . . . Twin to Twin. An intimate account, told with flagging and unflagging optimism, Duffy's story ensures that others need not ride alone through this rollercoaster experience." —Suzy Becker, author of One Good Egg "Duffy's wit and self-deprecating humor helped her survive the realities and (sometimes devastating) physical and emotional truths of her high-stakes twin pregnancy. Twin to Twin is engaging, compelling, and yes, entertaining read." —Susan Krawitz, author of Viva Rose

*Two at a Time* - Jane Seymour 2002-04

In a new paperback edition, Seymour's popular guide gives warm, insightful, and comprehensive guidance to fellow parents of twins. 16-page photo insert.

*Pregnant With His Royal Twins (Mills & Boon Medical)* - Louisa Heaton 2017-12-28

New year, twin babies!

[30 Days of Prayers While Trying To Conceive](#) - Andrea R. Scott 2020-12-26

This ebook was created to help those who are trying to conceive have a resource which focuses on your fertility as well as your daily life that you would like to highlight before God. It helps to provide the language and vocabulary to express your deepest desires as you move through different levels of prayer to God. There might be times when you feel as if you don't know what to pray while trying to get pregnant. 30 Days of Prayers While Trying to Conceive is an e-Book that has different prayers for each day that will bring you hope and increase your faith for a baby.

Inside you will find powerful confessions and prayers that show you how to release healing into your body. Prayer topics include: The two week wait, fruitful fertility, prayer to conceive twins, prayer to bless the womb and a whole lot more.

**Everything You Need to Know to Have a Healthy Twin Pregnancy** - Gila Leiter 2013-07-31

Twins...triplets...quads...finally! 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 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

*When You're Expecting Twins, Triplets, or Quads 4th Edition* - Barbara Luke 2017-02-07

This fourth edition of the book that introduced readers to the revolutionary, nutritionally based prenatal program for the growing number of women pregnant with multiples is now revised and expanded for an era when multiple births are on the rise and includes updated diet

and exercise recommendations for the postpartum mother as well as twenty-five new recipes. You're expecting more than one baby? Congratulations! Effective, encouraging, and up-to-date, *When You're Expecting Twins, Triplets, or Quads* is essential for you and your babies. Like all mothers-to-be, you're experiencing the full spectrum of human emotions: joy, fear, confusion, and excitement—maybe all at once. As a woman pregnant with more than one baby, you're feeling all these things . . . only more so! In *When You're Expecting Twins, Triplets, or Quads*, Dr. Barbara Luke, an acknowledged expert on the prenatal care of multiples, outlines a practical, nutrition-based program to keep you and your babies healthy, and she offers a comprehensive tour of what you can expect during your unique pregnancy and childbirth experience. Women who follow this program have significantly fewer complications during pregnancy—and their babies are born weighing 20 to 35 percent more than the average twin, triplet, or quad. Included is crucial information on:

- Finding a qualified maternal/fetal medicine specialist
- Dietary guidelines for maximizing birthweight
- Safe limits on exercise, physical activity, and work
- Taking a leave from your job and negotiating the best deal
- Reducing your risk for pregnancy complications
- Recognizing the signs of preterm labor and what to do about them
- What to expect during and after delivery
- Feeding and caring for your newborns . . . and yourself
- Getting back into shape after delivery

*Their One-Night Twin Surprise (Mills & Boon Medical)* - Karin Baine 2019-07-25

From friends to lovers... ..to becoming a family—of four!

*How to Have Twins. Double the Fun. How I Planned to Have My Identical Twin Girls Naturally. Chances of Having Twins. How to Get Twins Naturally.* - Gale Glenbury 2014-03-20

How to have twins is the story of how I PLANNED to conceive twins naturally. I dreamed about having identical twin girls ever since I was 16. 21 years ago my dream became reality. At the age of 33, I gave birth to identical twin girls and I PLANNED to have them. Twins do not run in my family but I did everything I possibly could to increase my chances of having twin girls and it worked! Each time I tell my story to people how I

planned to have twins, they are totally shocked and amazed. You will absolutely love reading this book if you are interested in twins. In this book, I tell my story how I did it. What I did eat, what I didn't eat, which supplements I took, when I had sex, how often and in what positions. I also reveal what clothes my husband wore, what my husband was not allowed to do and what my husband did do. I expose everything I did to conceive twins. I've written this book with 3 goals in mind: 1) To help my own twin daughters having twins, if they still want twins when they are ready for children. 2) To help people, who would like to conceive twins, like myself, to have twins. 3) An "ode" to my two daughters to tell them how much they mean to me. I hope I will help couples who would like to have twins to make it a reality, just like I did. Good luck! Gale Glenbury

**Expecting Twins, Triplets, and More** - Rachel Franklin 2005-04

A practical handbook for women with a multiple pregnancy covers a wide array of physical, emotional, and practical topics, including how to find the right doctor, eating and exercising for multiples, timelines for each trimester, the labor and delivery experience, and other useful medical information. Original. 15,000 first printing.

**Double Duty** - Christina Baglivi Tinglof 1998

The mother of twin toddler boys provides real-life solutions, parent-tested suggestions, and expert advice on everything from pregnancy-related weight gain to whether or not to put the children in the same class in school. Illustrations.

**Double Trouble** - Cassandra Dee 2019

I'm expecting my stepbrothers' babies! Kyleigh: Years ago, my mother married the twins' father. Roman and Ryder, my new stepbrothers, were rude, arrogant, and embarrassed me in front of the entire lacrosse team. I wanted the floor to swallow me whole. But when I return to little Farmingdale for our high school reunion, everything changes because the twins look at me with new eyes. They appreciate my curves, and there's electricity flowing in the air. The problem is that after one fateful night, I'm pregnant with their children. I'm expecting twins ... and my stepbrothers are my babydaddies. Roman: We never meant to get her pregnant. But Kyleigh's changed a lot. She used to be a tall, skinny

beanpole with an awkward gait and coke bottle glasses. The woman who showed up at our high school reunion was completely different: she was sassy and shapely, with curves that made our mouths water. It was never supposed to happen, but her allure was too strong. Kyleigh's now pregnant with our twins, and my brother and I are going to find some way to make this work even if it costs us everything. Note to my readers: Hot hot hot! Lose yourself in this dramatic tale of a girl who finds herself pregnant with twins by her twin stepbrothers. As always, keep a cool glass of lemonade on hand because you'll be sweating with excitement by the end. Love, Cassie

**How to Give Birth to Twins** - Peter Suenos 2021-01-22

The idea of giving birth to twins seems to interest a lot of people. Some couples say they'd love the chance to have twins in the family and others react in a completely different way. If you really want to increase your chances of conceiving twins then it's important to understand how twins are really conceived. There are two types of twins; identical or monozygotic twins and non-identical or dizygotic twins. Identical or monozygotic twins are formed when one sperm fertilizes one egg which then divides into two separate embryos. Each contains exactly the same genetic components and identical genetic structures. They also share the same placenta. Non-identical or dizygotic twins formed when two separate sperms fertilize two separate eggs. These twins are different individuals and share no more genetic composition than those shared by siblings of the same parents. Each baby will have its own placenta. According to reports, naturally conceived twins occur once in around every 89 births. The majority of twins who are born are non-identical as a result of two eggs being fertilized. In this book, I am going to expose the various ways you can boost your chances of conceiving twins. This book covers the following topics: CHAPTER ONE THE CONCEPT ABOUT TWINS CHAPTER TWO FACTORS THAT INFLUENCE A WOMAN CHANCES OF CONCEIVING TWINS CHAPTER THREE HOW TO CONCEIVE TWINS NATURALLY CHAPTER FOUR BEST SEX POSITIONS TO CONCEIVE TWINS CHAPTER FIVE FERTILITY TREATMENT, SUPPLEMENTS AND DRUGS TO HELP YOU CONCEIVE

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TWINSCHAPTER SIXHOW TO ADJUST YOUR MEALS WHEN  
PREGNANT WITH TWINSCHAPTER SEVENFOODS TO EAT WHEN  
PREGNANT WITH TWIN

*Pregnancy Journal Twins On The Way* - Studio Victoria 2019-07-30

This journal is perfect for moms-to-be as memory book, diary or for daily note taking. It can make a wonderful gift for a woman expecting twins to record all the wonderful experiences. Size at 6"x9" 110 pages White Paper, Lined Blank Cover Finish: Matte

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