



# When You're Expecting Twins, Triplets, or Quads: A Complete Resource (Harperresource Books)

By Barbara Luke, Tamara Eberlein

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You're expecting more than one baby? Congratulations! 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, a renowned expert on the prenatal care of multiples, outlines a practical, nutrition-based program to keep you and your babies healthy and offers a comprehensive tour of what you can expect during your unique pregnancy and childbirth experience. Women who follow this program experience 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 birth weight
- safe limits on exercise and physical activity
- taking a leave from work and negotiating your best deal
- reducing your risk for pregnancy complications
- recognizing signs of preterm labor and what to do about

Effective, encouraging, and up-to-date, *When You're Expecting Twins, Triplets, or Quads* is essential for you and your babies.

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### Editorial Review

#### Amazon.com Review

The double whammy of successful infertility treatments and an increase in the number of women having children later in life has resulted in a staggering--but perhaps not surprising--phenomenon: a tremendous increase in twin, triple, and quadruplet births. *When You're Expecting Twins, Triplets, or Quads* is an outstanding, much-needed addition to the pregnancy genre for women who face the alternating joy, terror, and ambivalence associated with carrying, delivering, and coping with young multiples.

Subjects like nutrition, mom's changing body and emotions, fetal development, potential complications, and labor and delivery take on new meaning when you add another baby or two to the standard equation. With the goal of minimizing risk factors associated with multiple births, Dr. Barbara Luke and her team of writers cover each subject with a buoyant determination to tell it all and tell it well--avoiding the typical "how to name and dress your twins" issues. Accompanying the detailed medical perspective of Dr. Luke are personal experiences gathered from the journals of a few articulate moms, making each subject as real as it is educational. Simple illustrations, valuable charts (including one to plot and monitor fetal growth in grams or pounds), specific menu examples (like how *can* you consume 4,500 calories if you're expecting quads???), and lots of reassurance make this book a winner. --*Liane Thomas*

#### From the Back Cover

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- Finding a qualified maternal/fetal medicine specialist?
- Dietary recommendations, menus, and 75 recipes for maximizing birthweight
- Safe guidelines on exercise, physical activity, and work
- Reducing your risk for pregnancy complications?
- Recognizing the signs of preterm labor and what to do about them?
- How twin type (fraternal vs. identical) affects prenatal care
- What to expect during and after delivery
- Feeding and caring for your newborns . . . and yourself
- Getting back into shape after delivery

#### About the Author

Barbara Luke, Sc.D., M.P.H., R.D., a professor of obstetrics and gynecology and author of *When You're Expecting Twins, Triplets, or Quads*, directs a successful prenatal program for mothers of multiples at the

University of Michigan in Ann Arbor. She is also a practicing dietitian and the author of *Every Pregnant Woman's Guide to Preventing Premature Birth and Good Bones: The Complete Guide to Building and Maintaining the Healthiest Bones*.

## Users Review

### From reader reviews:

#### Nathan Herr:

What do you consider book? It is just for students as they are still students or the idea for all people in the world, what the best subject for that? Just simply you can be answered for that problem above. Every person has various personality and hobby per other. Don't to be pushed someone or something that they don't want do that. You must know how great and also important the book *When You're Expecting Twins, Triplets, or Quads: A Complete Resource* (Harperresource Books). All type of book are you able to see on many sources. You can look for the internet sources or other social media.

#### Teressa Fernandez:

Reading can called head hangout, why? Because when you find yourself reading a book mainly book entitled *When You're Expecting Twins, Triplets, or Quads: A Complete Resource* (Harperresource Books) your head will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely will end up your mind friends. Imaging each and every word written in a publication then become one application form conclusion and explanation that will maybe you never get ahead of. The *When You're Expecting Twins, Triplets, or Quads: A Complete Resource* (Harperresource Books) giving you an additional experience more than blown away your thoughts but also giving you useful facts for your better life on this era. So now let us demonstrate the relaxing pattern here is your body and mind will be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

#### John Lien:

This *When You're Expecting Twins, Triplets, or Quads: A Complete Resource* (Harperresource Books) is great reserve for you because the content which is full of information for you who all always deal with world and possess to make decision every minute. That book reveal it data accurately using great organize word or we can state no rambling sentences included. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but difficult core information with wonderful delivering sentences. Having *When You're Expecting Twins, Triplets, or Quads: A Complete Resource* (Harperresource Books) in your hand like keeping the world in your arm, information in it is not ridiculous one particular. We can say that no e-book that offer you world throughout ten or fifteen minute right but this publication already do that. So , this really is good reading book. Heya Mr. and Mrs. active do you still doubt this?

**Anna Williams:**

This When You're Expecting Twins, Triplets, or Quads: A Complete Resource (Harperresource Books) is completely new way for you who has curiosity to look for some information mainly because it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or perhaps you who still having small amount of digest in reading this When You're Expecting Twins, Triplets, or Quads: A Complete Resource (Harperresource Books) can be the light food in your case because the information inside this book is easy to get through anyone. These books build itself in the form that is reachable by anyone, yeah I mean in the e-book web form. People who think that in book form make them feel tired even dizzy this reserve is the answer. So there is absolutely no in reading a guide especially this one. You can find actually looking for. It should be here for a person. So , don't miss it! Just read this e-book type for your better life and also knowledge.

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