



## It's Twins! Now What?: Tips, Advice and Real-Life Experience to Help You from Pregnancy Through to Your Babies First Year (Paperback)

By Jessica Bomford

Summersdale Publishers, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. Whether twins are a delightful surprise or a bolt from the blue, one thing is certain: your life will never be the same again. Packed with tips and anecdotes from fellow parents of twins, as well as advice from professionals, this go-to guide will help you prepare for, survive and enjoy your first year with twins. Provides tips on all the essential topics, including: Preparing for the arrival of your twins Premature birth Identical twins Establishing healthy sleep and feeding routines Getting out and about Twin health and development What it means to be a twin And much more!.



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