



When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition

By Barbara Luke, Tamara Eberlein

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When You're Expecting Twins, Triplets, or Quads by Dr. Barbara Luke & Tamara Eberlein is the revolutionary, nutritionally based prenatal program for the growing number of women pregnant with multiples. Revised and expanded for an era when multiple births are on the rise, the third edition of *When You're Expecting Twins, Triplets, or Quads* includes updated diet and exercise recommendations for the postpartum mother as well as twenty-five new recipes.

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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 quadruple 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

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

About the Author

Barbara Luke, Sc.D., M.P.H., R.N., R.D., is a professor in the Department of Obstetrics, Gynecology, and Reproductive Biology at Michigan State University. She has published numerous research studies on multiple pregnancy through the University Consortium on Multiple Births, with colleagues from universities around the country. She is also the author of *Every Pregnant Woman's Guide to Preventing Premature Birth* and coauthor, with Tamara Eberlein, of *Program Your Baby's Health*.

Tamara Eberlein, an award-winning health journalist, has published hundreds of articles on health, parenting, and psychology. She is the author of four books, including *Sleep: How to Teach Your Child to Sleep Like a Baby*. She is also the mother of twins.

Users Review

From reader reviews:

Brian Ramos:

Now a day folks who Living in the era exactly where everything reachable by match the internet and the resources within it can be true or not involve people to be aware of each data they get. How people have to be smart in receiving any information nowadays? Of course the answer is reading a book. Reading through a book can help people out of this uncertainty Information mainly this When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition book because this book offers you rich information and knowledge. Of course the knowledge in this book hundred % guarantees there is no doubt in it you may already know.

Hayden Roberts:

Nowadays reading books be a little more than want or need but also be a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge even the information inside the book that will improve your knowledge and information. The details you get based on what kind of publication you read, if you want attract knowledge just go with schooling books but if you want truly feel happy read one together with theme for entertaining including comic or novel. The actual When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition is kind of guide which is giving the reader unforeseen experience.

Peggy Hardman:

Reading a book to get new life style in this season; every people loves to read a book. When you read a book you can get a lots of benefit. When you read books, you can improve your knowledge, since book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If

you wish to get information about your examine, you can read education books, but if you act like you want to entertain yourself look for a fiction books, these us novel, comics, along with soon. The When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition will give you new experience in reading a book.

Dwight Richardson:

In this period of time globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you personally is When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy, 3rd Edition this e-book consist a lot of the information on the condition of this world now. This specific book was represented just how can the world has grown up. The words styles that writer use for explain it is easy to understand. The writer made some research when he makes this book. That's why this book suitable all of you.

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