



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

*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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