



Double Trouble: Twins and How to Survive Them

Emma Mahoney

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This indispensable guide to multiple pregnancy, birth and beyond, comes from an expert on the subject - Emma Mahony is a twin herself as well as being the mother of twins. Humorous cartoons from the Times' front-page cartoonist make this a lighthearted, informative guide to everything expectant mothers of twins need to know. Twins are amazing - but multiple pregnancy and birth, not to mention coping with twins once they are born, carries a set of special fears, risks and issues. Many parents-to-be find themselves overwhelmed. This guide is informative yet informal - in a similar vein to 'Best Friends Guide To Pregnancy'. The author is uniquely experienced in this subject, being a twin and also a mother of baby twins. Contains advice from pregnancy and childcare experts as well as case studies. Illustrated inside with humorous cartoons from Jonathan Pugh, father of two and front-page cartoonist at The Times. An exploration of practical issues such as eating for three, managing breastfeeding, and the trend towards Caesareans for NHS twin births. * Any special concerns? The unnecessary label of 'high risk' in pregnancy. * Testimonies from mums who have tried different approaches. * Interviews with medical and midwife experts. * A step-by-step guide to the different stages of pregnancy and birth, including how to involve the father and explain twins to other siblings. * Tips on managing once the twins have arrived.

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