



What to Do When You're Having Two: The Twins Survival Guide from Pregnancy Through the First Year

Natalie Diaz

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The creator of Twiniversity delivers the ultimate survival guide for parents of twins

The rate of twin births has risen 79 percent over the last three decades, and continues to increase. A mom of fraternal twins and a national guru on having two, Natalie Diaz launched Twiniversity, a supportive website with advice from the twin-trenches.

What to Do When You're Having Two is the definitive how-to guide to parenting twins, covering how to make a Birth Plan checklist, sticking to one sleep schedule, managing double-duty breastfeeding, stocking up on all the necessary gear, building one-on-one relationships with each child, and more.

Accessible and informative, *What to Do When You're Having Two* is the must-have manual for all parents of twins.

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