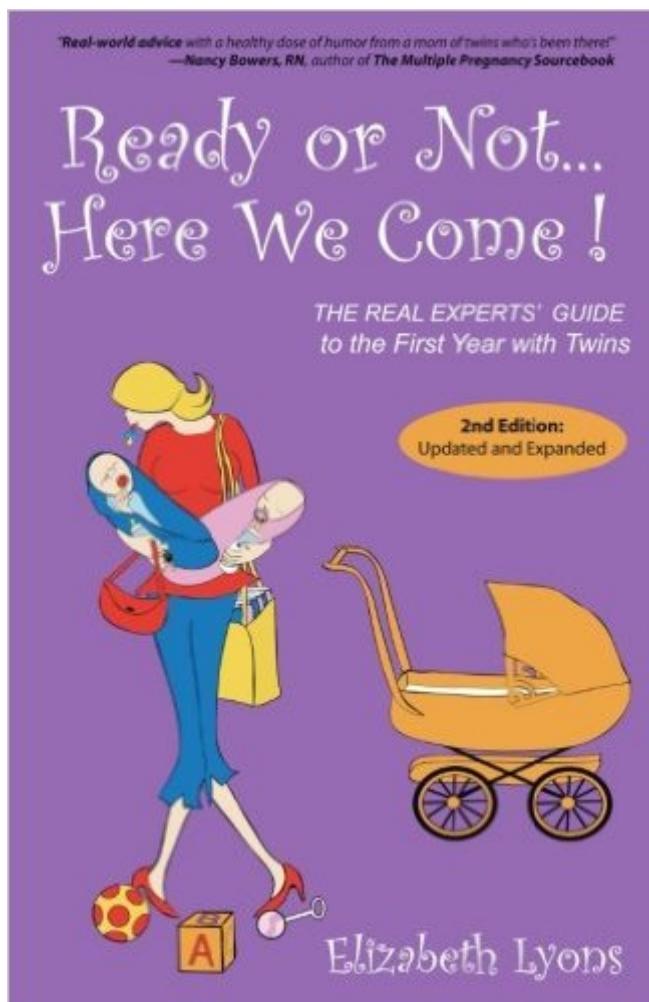


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# Ready Or Not Here We Come!: The Real Experts' Guide To The First Year With Twins



## **Synopsis**

You've expanded (to the point where you've traded high-fashion maternity wear for your husband's XXL T-shirts), answered WAY too many questions about your babies' conception, and felt your belly bounce like jelly as your dynamic duo engaged in a boxing match. And the adventure has only begun! In her first humor-packed guide to raising twins, Elizabeth Lyons and her "multiples" sorority offer the wisdom of their combined experience in the form of practical shortcuts, real-world strategies, and sage advice. Topics include: - Preparing the Lair: Mandatory Gear for Babies AND Mom - Twinproofing Your Marriage - Breastfeeding Strategies (and Why It's Okay if You Don't) - Unsolicited Advice: Stories from the Trenches - Getting Twins on a Schedule--Preferably the Same One Lyons balances the day-to-day challenges of raising twins--from double feedings to sleep deprivation to getting out while pretending everything's under control--with a sanity-saving dose of camaraderie. By the end, you'll be smiling and shouting, "Thank heaven, I'm not alone!"

## **Book Information**

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## **Customer Reviews**

Upon learning that my wife and I were going to be parents of twins, the first thing we did was buy a few books so we could prepare ourselves for what to expect. What we discovered is that there are as many ways of handling twin-related stuff (feeding, sleeping, traveling) as there are authors who write about how to deal with those things. Know this: you'll figure all of it out on your own. You'll pick up bits and pieces of good information from various sources, but ultimately you are the best guide for what works best for your twins. That said, when you're a blank slate and need some help, the

various books on the subject can be a great help. I'd suggest picking up more than one to get each author's personal opinions, which many times come from their personal experience. Such is the case with "Ready or Not..." The author is herself a Mom of twins and doles out plenty of good tips and tricks. No doubt she used many of them in raising her twins. We even used a few with great success. There are some funny stories, and some touching ones. There's a great insert about a Mom who suffered from postpartum depression. It's one of the most helpful parts of the book, and a great addition that many other books lack. My wife really appreciated reading it. The problem we had with the rest of the content was the overall negative tone. Horror stories. Tales of idiot husbands. And sometimes the negativity wasn't even that overt. There's a quiet, persistent sense of impending doom throughout the entire book. She suggests (strongly, like a warning) that new mothers of twins should take a multivitamin because there's not going to be any time in the day for the mom to eat well. We thought that particular tip was well-intentioned, but more than a bit over dramatic.

Anyone who reads this book and doesn't absolutely love it is nuts! I have a 2-year-old son and 4-month-old boy/girl twins. Admittedly, before my twins were born, I might have thought Elizabeth's take on the amount of work involved with newborn twins was a bit exaggerated. But now that they are here, it's become clear that she's right on! The reality of twins is that you probably won't sleep very well for the first few months, your house won't be immaculate, and you might eat more cereal for dinner than you did previously. If you have older children, you might occasionally feel torn early on regarding the amount of quality one-on-one time you are able to give them versus the amount you could give them before the twins arrived. But that's reality. The other reality, which Elizabeth makes quite clear, is that twins (as well as their older siblings) are an amazing blessing, and each challenge that presents itself has a strategy or two that can be employed to address it. In the end, more than worrying about the state of her house, the state of her diet, or the state of her hair, what's most important is that parents work their way through this time with a sense of humor, an appreciation of the blessings they've been given, and the knowledge that it gets easier and more fun with each passing day. I highly recommend this book for anyone expecting twins --- or anyone who's given birth to them in the last year. I also recommend a few more medically based books on raising babies, such as *The Baby Book* by William Sears, M.D.

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