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A Contented House With Twins

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Synopsis

A Contented House with Twins unites the UK's leading baby expert, Gina Ford, and the highly regarded television presenter Alice Beer, a mother of twin girls. Discovering you are pregnant with twins is both an exciting and a thoroughly terrifying prospect. Within weeks of the arrival of her beautiful daughters, Alice found that she was 'screaming out for a routine' and craving the knowledge of mothers who had been through it with two. This book is the result of those cries. Alice's front-line experience of coping with twins is combined with Gina's highly successful parenting advice and, for the first time, her groundbreaking routines, specially adapted for twins. Together, they tackle the practical and emotional aspects of parenting two babies, including:- what you can expect in a multiple pregnancy- how to feed two at once- what to do when they each want a different story or both want a hug- how to cope with everyday practicalities: shopping, bathtime, and much more. Alice's humorous insights and Gina's essential advice, tips, support and successful routines will guarantee that parents enjoy their twins and get their lives back.

Book Information

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Customer Reviews

My twins are almost 8 months old now and they have been on Ford's routines since 3 mo old. I work and I simply didn't have the luxury of doing things "on demand". We were using the Baby Whisperer before we switched to Ford, but the BW was simply not detailed enough, and her sleep advice wasn't working for us. BTW, for sleep advice, Ferber's "Solve your child's sleep problems" is the best. Going back to Ford. Her detailed scheduled helped us immensely to structure our girls' day. It also helped us understand early weaning and how to go through with it. It contains details on everything that you need to know as a new parent: how much does the baby need to sleep during the day, how much formula vs. solids they need to eat for their age, etc. The prep chapters on the wardrobe, how many items of different type to get for twins and tips like using bassinet sheets in the cribs to catch spit ups were super helpful too. The fact that girls were on a schedule also helps us manage our nanny and helps her do her job better, because she knows exactly what she needs to do and when. (If you are thinking, sheesh, this person has a nanny... Well, in Seattle, it's cheaper to hire a nanny to take care of 2 children f/t than to pay for 2 kids at daycare). In short - if you are expecting twins, I recommend that you at least read this book even if you are not into scheduling (but with twins... trust me, schedule is the only way to keep your sanity). You will learn a lot of useful information from this book that you WON'T learn from any special twin parenting classes. I regret wasting several hundred dollars on twin parenting classes at UW Medical Center in Seattle - I didn't learn a single thing, worse, now that I have been a parent of twins for 8 months, I realize how CLUELESS the instructor was. Read this book instead.

I understand that different things work (or don't work) for different people, so I am sure that for some folks this book is a saver. At the beginning I was dead set on putting the twins on a schedule, but it just didn't work for my girls. The book is VERY detailed and plans a day for you up to a minute ("the twins have to be fed by no later than 2:45 pm" -- a typical quote), so you are left to wonder what is going to happen when you deviate from the plan. It presupposes that you are with the twins pretty much 24/7 with nothing else to do than to feed them, bathe them (every day! -- who does that?), change their clothes, etc. The directions are very rigid and the tone very authoritarian (in a British way, I guess), with little allowances for people's varying circumstances (like I am not going to bring my twins upstairs to their dark room just for a 45 minute nap in the afternoon -- they are perfectly happy sleeping in a pack-n-play in a daylight-lit room). And what if your twins don't want to eat at

exactly 2:45 pm? (well, that will put them off the next feed, according to the author, and apparently it's a huge disaster). What I am saying is that there is very little in the way of suggestions as to what to do if things don't go according to author's plan (which of course they never do). And how can one expect that people (babies included) will follow an exact same routine every single day? -- just look at yourself: some days you are more sleepy, some days less; depending on the weather you are either more or less energetic; some days you eat more often but a bit and some days you are happy with three large meals -- and as I have discovered, same thing applies to babies, so the best thing is to be open every day for something new and just roll with the punches.

Don't question the wisdom, just follow the advice!! Best book ever. We (and several of our friends with twins) did note that the twins needed more sleep than the routines recommend, however by the end of the age range they were getting the recommended amount, so it seems written for the older end of the range.

Haven't had time to read through

Not much help, pretty much stated the obvious in my opinion.

The book is almost like a new book and it comes w/ a plastic cover. Thanks for sending it so quickly
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I love the advice given and the specifics to do it with. I also love that it gives you examples for each age and whether you are breastfeeding or not. Very good book. Would recommend to anyone with twins.

Gift given to mother of new twins. not sure if it worked.time will tell! Contented... hwy EW darling!

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