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Emotionally Healthy Twins: A New Philosophy for Parenting ...

Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children has a definite point of view, so reading it can be thought-provoking, even if you don't agree -- sort of like listening to Ron Paul, or to a vegan.

Emotionally Healthy Twins: A New Philosophy for Parenting ...

Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children eBook: Joan Friedman: Amazon.co.uk: Kindle Store

Emotionally Healthy Twins: A New Philosophy for Parenting ...

Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Individuals Joan A. Friedman (2008). Da Capo Press, Life Long Books, 224 pp., US\$15.95, ISBN 13 978 0 7382 1087 2 - Volume 11 Issue 2 - Danielle Cath

Emotionally Healthy Twins: A New Philosophy for Parenting ...

Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children. This book is a guide from pregnancy through young adulthood. The author is a twin, a mother of twins and a psychotherapist specialising in the treatment of emotional issues of multiples. She discusses seven key parenting guidelines to help the twins develop into unique individuals and offers parents strategies for each stage of their children's growth, from birth to young adulthood.

Emotionally Healthy Twins: A New Philosophy for Parenting ...

Most parents try to treat their twins as individuals, but most unwittingly undermine their best intentions because they lack a practical set of guidelines for raising emotionally healthy multiples. Drawing on her unique experience as a twin, the mother of twins, and as a psychotherapist, Dr. Joan A. Friedman outlines the seven key concepts for helping twins develop into self-realized, unique ...

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Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children: A New Philosophy for Parenting Two Unique Individuals (Inglés) Tapa blanda - 12 feb 2008 de Joan Friedman (Autor)

Emotionally Healthy Twins: A New Philosophy for Parenting ...

Emotionally healthy twins : a new philosophy for parenting two unique children. [Joan A Friedman] -- A new parenting twins philosophy outlining the seven simple concepts to raising emotionally healthy individuals even while encouraging them to cherish their special sibling relationship.

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Most parents try to treat their twins as individuals, but most unwittingly undermine their best intentions because they lack a practical set of guidelines for raising emotionally healthy multiples. Drawing on her unique experience as a twin, the mother of twins, and as a psychotherapist, Dr. Joan A. Friedman outlines the seven key concepts for helping twins develop into self-realized, unique individuals and offers parents specific strategies for each stage in their children's growth. From how to set up the nursery to handling playdates and extracurricular activities, from deciding on same or

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separate classroom education to encouraging grandparents and other family members to think beyond the pair to see individuals, Emotionally Healthy Twins will become the standard reference for parenting twins.

It's a fact: twins experience life differently than singleton children. They're compared to each other in everything from athletics to academics. They encounter unique social issues (what happens when one child is invited to a social outing while her twin is not?). They can even have difficulty forming deep relationships outside of the twinship. Yet no book effectively helps parents navigate these unique emotional challenges--until now. In the first book written on the emotional needs of twins, *Twinsight: How to Raise Emotionally Healthy Twins* bypasses the usual discussions on how to pay for two tuitions (a conundrum, to be sure!) and instead tackles deeper questions: How do you help twins feel like individuals? Should they be expected to be each other's caretaker? How can a parent avoid comparing? How can you encourage relationships outside the twinship? and more! Drawing on over seventy interviews with adult twins and their non-twin siblings, as well as expert insights from educators and psychologists and exhaustive research, author Dara Lovitz offers parents a definitive roadmap to raising emotionally healthy twins now and into the future.

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A new parenting twins philosophy outlining the seven simple concepts to raising emotionally healthy individuals even while encouraging them to cherish their special sibling relationship

Double the fun. Double blessing. Double delight. Having twins is definitely a double dose of joy, but

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parents of twins will admit that it is not always easy. If raising one newborn was a workout (and it is), raising two (or more) is like competing in an Ironman...backward...while wearing banana slippers. Well-meaning friends will try to prepare you for the endurance event that lies ahead, but only a seasoned parent, writer, and mom of twins (who has three additional kids to boot) can do it with the honest, belly-laugh humor and tried-and-true proven strategies you need to stay sane.

Do you sometimes resent your twin and then feel guilty about it? Are you frustrated that no one understands what it is like to be a twin? People think being a twin is mysterious, fun, and magical, but in reality, twin relationships can be difficult to navigate. The Same but Different offers insights on and solutions to the challenges that arise when young adult twins are expected to be independent, self-assured "singletons" after having been raised as twins. This book was written to help twins, their families, and significant others to understand more about the intricacies of adult twin relationships, this book, Instructs twins how to have an honest, authentic relationship, Explains why twins may feel disappointed about friendships that do not match the twin connection, Reveals how influential twin connections are in choice of a spouse, a profession, and a place to live, Offers tips and strategies to navigate the issues of separation, individuality, and codependence, Provides insight and understanding to families and significant others coping with twin struggles Book jacket.

Raising Twins guides you through the physical, emotional, and cognitive developmental differences and challenges specific to twins. Straightforward and reassuring, this book addresses the key issues that impact twins from babyhood all the way through adolescence: Sharing and comparisons Competition and rivalry The "secret language" of twins The good twin/bad twin myth Teen-specific issues like dating and applying for college And much more including lively, candid discussions with twins and their parents

The best twin-tested tips used by real moms! The stresses that come with raising two babies are numerous - but they are predictable and manageable. From a mom who's been there, Juggling Twins is a funny, realistic, and reassuring guide for every new mom of twins who may be asking herself, "Can I really pull this off?" From pregnancy to health issues, to eating, sleeping, bathing, and leaving the house, Juggling Twins is packed with the detailed, authoritative information that parents of multiples crave. You'll learn how to: Nurse two babies at the same time, comfortably and efficiently Get exactly the help you need from family and friends in those first few weeks Safely transport two babies at once when it's just you and them Survive the nights by breaking them into shifts (that include you sleeping) Stockpile the right food and supplies in advance of their arrival Maintain your identity and your marriage through the madness Get prepared, stay calm, and count your blessings (two!)-raising twins can be a wonderful,

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intense challenge that draws on the best in you. "Practical advice and a healthy dose of humor—this book has exactly what parents need to help them survive and thrive with multiples. Recommended reading for all mothers of twins." — Deborah Platek, MD, Director of Maternal Fetal Medicine, Harvard Vanguard Medical Associates

Alone in the Mirror: Twins in Therapy chronicles the triumphs and struggles of twins as they separate from one another and find their individuality in a world of non twins. The text is grounded in issues of attachment and intimacy, and is highlighted by Dr. Barbara Klein's scholarly research, clinical experiences with twins in therapy, and her own identity struggles as a twin, all of which allow her to present insights into the rare, complicated, and misunderstood twin identity. She presents psychologically-focused real life histories, which demonstrate how childhood experiences shape the twin attachment and individual development, and she describes implications for twins in therapy, their therapists, and parents of twins. Unique to this book are effective therapeutic practices, developed specifically for twins, and designed to raise the consciousness of parents as well. Readers will find these practices and the insights within invaluable, whether they use them to communicate with twin patients, family members, or if they are part of a twinship themselves.

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