



# **Aloha Mothers of Multiples**

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## **Lending Library**

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### **PREGNANCY**

EVERYTHING YOU NEED TO KNOW TO HAVE A HEALTHY TWIN PREGNANCY (2000) From pregnancy through labor and delivery.

EXPECTING TWINS, TRIPLETS, AND MORE (2005) A doctor's guide to a healthy multiple pregnancy.

FROM HERE TO MATERNITY (1994) A complete pregnancy guide.

MOTHER MESSAGE (1992) Handbook for relieving the discomforts of pregnancy.

THE MULTIPLE PREGNANCY SOURCEBOOK (2001) Pregnancy and first days with multiples.

TWO AT A TIME (2001) The journey through pregnancy and birth with Jane Seymour.

WHAT TO EXPECT WHEN YOU'RE EXPECTING (1996) A month to month guide during pregnancy.

YOUR PREGNANCY TWINS, TRIPLETS AND MORE (2005) A quick guide about multiples pregnancy.

### **PREGNANCY AND EARLY CHILDHOOD**

HAVING TWINS (1991) A guide to pregnancy, birth, and early childhood.

MAYO CLINIC COMPLETE BOOK OF PREGNANCY & BABY'S FIRST YEAR (1994) Covers all aspects of pregnancy & baby care through age one.

MULTIPLE BLESSINGS (1994) A guide for parents of multiples from pregnancy through childhood.

PLANNING FOR PREGNANCY, BIRTH, AND BEYOND (1990) A guide by the American College of Obstetricians and Gynecologists.

THE MULTIPLES MANUAL (2004) 1,002 Essential tips for expectant mothers from pregnancy to preschool.

TWINS! PREGNANCY, BIRTH, AND THE FIRST YEAR OF LIFE (1997) Addresses concerns of parents with the most accurate answers and current advice from specialists.

## **BREASTFEEDING**

AMY SPANGLER'S BREASTFEEDING A PARENT'S GUIDE (1992) A detailed guide to breastfeeding.

EAT WELL, LOSE WEIGHT WHILE BREASTFEEDING (1992) Complete nutrition book for nursing mothers including a healthy guide to weight loss.

MOTHERING MULTIPLES (1999) From La Leche League International, a guide to breastfeeding and caring for twins.- 2 copies

THE BREASTFEEDING SOURCEBOOK (1996) Everything you need to know about breastfeeding.

THE WOMANLY ART OF BREASTFEEDING (2004) By the La Leche League International, written for mothers by mothers, a complete guide to breastfeeding.

## **PARENTING**

BABY + LIFE (1990) How to help your child in a life-threatening emergency and how to prevent one from happening.

BABY MINDS (2000) Brain-building games your baby will love.

BABY PROOFING BASICS (1991) How to keep your child safe by creating a safe environment.

BABY STEPS (1994) The whys of your child's behavior in the first two years.

EVERY CHILD CAN SUCCEED (1996) Making the most of your child's learning style so they can succeed.

FREE STUFF FOR BABY! 2006-2007 EDITION (2006) How to save hundreds of dollars every year on the things you need most.

GAMES TO PLAY WITH BABIES (1993) 250 fun-filled games to foster language skills, coordination, problem-solving, imagination, confidence, dexterity, and many others.

I SLEEP AT RED LIGHTS (2003) A true story of life after triplets.

LIVING WITHOUT YOUR TWIN (2001) A personal story about losing a twin.

RAISING TWINS (2000) What parents want to know and what twins want to tell them from birth through adolescence.

SIX-POINT PLAN FOR RAISING HAPPY, HEALTHY CHILDREN (1989) A six point plan to free young children to lead happy, responsible lives of their own.

THE HAPPIEST BABY ON THE BLOCK (2002) The new way to calm crying and help your newborn sleep longer.

WE ARE TWINS, BUT WHO AM I? (1991) A personal story about the life as a twin.

WHAT TO EXPECT THE FIRST YEAR (1996) A comprehensive month-by-month guide that clearly explains everything parents need to know about the first year.

WHEN MOTHERS WORK (1997) Loving our children without sacrificing ourselves.

YOUR PREMATURE BABY (1991) Everything you need to know about childbirth, treatment, and parenting premature infants.

## **MULTIMEDIA**

CARING FOR PREMATURE BABY (Video)

DIARY OF TWIN DEVELOPMENT (Cassette) Pre-natal to 19 months.

DISCIPLINE (Video) How to teach children to control their own behavior.

YOUR MULTIPLES AND YOU (Video) Regarding toddlers and preschoolers.

YOUR PREGNANCY, YOUR NEWBORN (CD) Complete guide for expectant and new mothers.