



# It Gets Easier: Surviving Twins During Their First Year

*Tracey Egan*

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## **It Gets Easier: Surviving Twins During Their First Year** Tracey Egan

Nothing in your experience can prepare you for having twin, your new life plus two. Having twins is a unique experience. It is fun, busy, and, at times, overwhelming. It brings out an entire range of emotions: profound joy, overwhelming pride but also doubt and worry. Nothing prepares a mother for the moment when they leave the security of the hospital and arrive home responsible for the care of not one, but two newborn babies. Tracey Egan guides the overwhelmed, and often exhausted, parents of twins through that crazy first year. Reassuringly comprehensive, *It Gets Easier* is an essential reference that will support and guide parents of multiple children through the myriad choices they have to make. Discover how to prepare in advance, accessible tips on coping with daily life, routines for feeding, teething and sleeping that suit your family's needs and how to preserve self-confidence in that hectic first year. *It Gets Easier* reassures as much as it advises because it really does get easier and easier, until one day you find yourself relaxing with a cup of tea while the twins are having a nap, and those crazy early weeks and months are a distant memory. It is a book for all mothers, not only mothers of multiple babies, as the ideal preparation for surviving the first year when parents need most help and reassurance.

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