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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 ...
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Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique IndividualsJoan 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

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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.

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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 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,

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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

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Even twins are unique. Most people idealize twins, fantasizing a close, perpetually loving relationship. Yet Klein, herself an identical twin, demonstrates that twins have complicated and intense relationships that range from over-identification or excessive closeness to profound estrangement and conflict. This book is a must-read for twins, their parents, and scholars, students, and other researchers and professionals dealing with mental health and child development.

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.

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Journalist Abigail Pogrebin, a twin herself, offers a poignant and personal look at what it's really like to live with one's mirror image and tells the story of many twins who struggle to balance intimacy and individuality.

The development of how twins relate to each other and their single partners is explored through life stories and clinical examples in this telling study of twin interconnections. While the quality of a nurturing family life is crucial, Dr. Klein has found there are often issues with separation anxiety, loneliness, competition with each other, and finding friendships outside of twinship. When twin lives are entwined because of inadequate parenting and estrangement, twin loss is possible and traumatic, creating a crippling fear of expansiveness—an inability to be yourself. Therapists and twins seeking an understanding of twin relationships will find this clinically compelling book a valuable resource.

Every parent of twins knows that raising them can be full of unique challenges. Getting through the first twelve months may be especially difficult, but that is only the first hurdle. In *Raising Twins After the First Year*, author Karen Gottesman, a mother of boy-and-girl twins herself, guides parents through the many specific issues they will face as their twins grow from age one to ten. She covers ways to

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deal with "the terrible two's times two"—potty training, the legitimacy of cryptophasia (twin language), sibling rivalry, managing double mood swings, how to start to give your twins independence, and much more. Completely practical and down-to-earth, *Raising Twins After the First Year* will be a useful and comforting resource for every parent bringing up twins.

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