

HEALTHY
SLEEP
HABITS,
HAPPY
TWINS

*A Step-by-Step Program for
Sleep-Training Your Multiples*

Marc Weissbluth, M.D.

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Contents

Introduction / xi

PART I

UNDERSTANDING SLEEP IN CHILDREN / 1

CHAPTER 1

The Importance of Sleep for the Whole Family / 3

CHAPTER 2

What Is Healthy Sleep? / 16

PART II

SLEEP STRATEGIES FOR TWINS AND MULTIPLES / 33

CHAPTER 3

How to Sleep-Train Twins / 35

CHAPTER 4

Creating a Sleep-Training Team / 66

CHAPTER 5

Children's Sleep Needs at Different Ages / 85

PART III

TROUBLESHOOTING / 121

CHAPTER 6

Breast-Feeding Twins: Special Challenges,
Special Tips / 123

CHAPTER 7

Anticipating and Preparing for Possible
Challenges with Sleep Training / 139

Resources / 155

Acknowledgments / 161

Index / 163

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No book can replace the diagnostic expertise and medical advice of a trusted physician. Please be certain to consult with your doctor before making any decisions that affect your health or the health of your children, particularly if you or they suffer from any medical condition or have any symptom that may require treatment.

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