



Triplets? Relax: Tips to Guide You Through the First Year, Sanity Intact

By Victoria Adams

Victoria Adams. Paperback. Book Condition: New. Paperback. 86 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Want to know how to feed more than one baby at the same time Do you want to learn a routine that enables you to regularly get a good nights sleep Are you someone looking for the perfect shower gift Raising triplets during their first year has never been easier, thanks to Triplets Relax! In this accessible handbook, stay-at-home mom of triplets Victoria Adams shares valuable tips that are quick and to the point. The book is cleverly crafted to be an easy-to-read guide for new parents of triplets with limited time on their hands. There is no need to flip through the countless pages of a thick book or surf the Internet for hours on end. Triplets Relax! offers guidance on feeding, sleeping, scheduling, and more from your triplets first day at home through their first year. Adams also includes a list of resources for parents, as well as a SPECIAL CHAPTER ON BREASTFEEDING AND PUMPING. Triplets Relax! will help parents of triplets to establish a daily routine that is efficient and manageable, giving them the tools to feel independent and in control while raising...



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