

[HEALTHY SLEEP HABITS HAPPY TWINS](#)



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The follow-up Healthy Sleep Habits, Happy Twins is a good resource to a parent of twins, offering practical advice for handling your multiples with a nice balance of confidence and humility. I had a singleton first, and we used the Healthy Sleep Habits, Happy Child book to sleep train her.

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HEALTHY SLEEP HABITS HAPPY TWINS Dr Weissbluth

or in twin support groups that I've conducted through the years. I had more than a hundred sets of parents fill out an extensive survey so that I could better understand their experience with sleep-training their twins, their concerns, and their questions. I heard countless stories of how getting twins to sleep well and sleep on a schedule was clearly worth the effort.

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Healthy Sleep Habits Happy Twins by Marc Weissbluth

Good sleep is essential for your children's health, growth and development. But establishing a successful sleep schedule is not easy, and training twins

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