



# **Twice Blessed: Everything You Need To Know About Having A Second Child-- Preparing Yourself, Your Marriage, And Your Firstborn For A New Family Of Four**

*Joan Leonard*

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*Joan Leonard's Twice Blessed offers everything you need to know about having a second child--preparing yourself, your marriage, and your firstborn for a new family of four.*

Just when you thought you were finally adjusting to being a parent--your stretch marks have faded and you've packed away your nursing bras and maternity clothes--you decide to have a second child. And although by now you may feel like a parenting expert, the second time around brings its own set of questions, quandaries, and chaos, from tighter finances to new routines.

Drawing on the expertise of pediatricians, gynecologists, and family therapists, as well as the anecdotes of mothers everywhere (tips from the trenches), this book includes both the psychological and physiological aspects of a second birth. It covers how to prepare yourself for a different pregnancy and birth, your marriage for another dramatic change, and your child for a new brother or sister. With warmth, inspiration, and humor, it looks carefully at the brand new family of four and what to expect as it evolves during the first weeks, first months, and first year.

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