

Notebook

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NATIONAL ORGANIZATION OF
MOTHERS OF TWINS CLUBS, INC.

NOMOTC
A SUPPORT
GROUP FOR
PARENTS
OF TWINS
AND HIGHER
ORDER
MULTIPLES



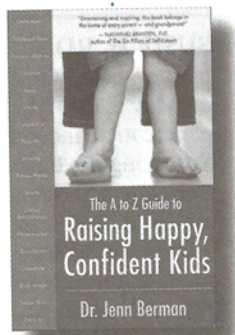
Resources & Publications

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The A to Z Guide to Raising Happy, Confident Kids

By Dr. Jenn Berman

This is an absolutely wonderful guide! Dr. Jenn Berman has presented twenty-six vital issues in raising children using creativity, openness and straight forward talk. This easy and fun to use walk-through-the-alphabet gives parents answers to essential questions from food (in "A is for Apple") to sleep (in "Z is for Getting ZZZ's").



"D is for Double Trouble" looks at multiple births and immediately acknowledges the unique challenges presented to parents of multiples. Recognizing the individuality of multiples is the first item discussed. The ten tips to, "help raise happy, healthy individual children who are part of a twin relationship" are right on.

The author states—and parent of multiples will agree that, "the greatest gifts you can give your twins are love, support and recognition of who they are; both as twins and as unique people."

"E is for Eenie Meenie" and discusses decision-making for kids. Especially essential is to encourage kids to use their natural intuition in making decisions. Teaching kids to listen to their 'inner voice' is a great way to build self-esteem.

You can read this book in an hour, but you'll keep it on your bookshelf as a solid reference guide in your parenting, to go back to time and time again.