



# TwinProof: Preparing for a Happy and Balanced Life with Twins

*Aishah Davis*

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## **TwinProof: Preparing for a Happy and Balanced Life with Twins** Aishah Davis

When Aishah Davis learned she was having twins, she began reading everything she could on the topic. Thing was, she just didn't find many books for expectant mothers of multiples. She wished there was more out there that spoke to her specific needs. After her twin boys were born, she began writing a book that would answer the questions she had wanted to solve during her pregnancy. The result is TwinProof: Preparing for a Happy and Balanced Life with Twins. In TwinProof, Davis gives you the unique insight that only a mom of multiples can. The lessons start with what to do from the day you learn you're pregnant and extend through the first year of your babies' lives. You'll learn: How to team up with your partner/spouse for a smoother pregnancy How to treat your body's special needs as an expectant mother of twins About the unique budgeting needs for twins About baby items that will help you more easily care for your twins The pros and cons of delivering twins vaginally versus by cesarean How to select the right pediatrician and caregiver About the importance of sleep training twins Where to find the best play spots for twins How to travel with your babies . . . and much, much more! Davis will also show how you and your partner can find time for yourselves during your babies' first year. She knows well the importance of achieving balance in your life during this hectic and exciting time. You'll learn how to find time to exercise, how to schedule getaways with your partner, and more. If you want a happy and balanced life with your twins, look no further than TwinProof. Aishah Davis has worked in medical and pharmaceutical sales for companies across the US for more than a decade. For nearly ten years, she's also mentored expectant moms of multiples about the unique parenting journey that awaits them. Davis and Andre Davis, are the proud parents of twins Aydin and Addai. Davis holds a bachelor's degree in journalism from Florida A&M University and lives in Central Florida with her family.

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