

WHAT ARE THE TWIN PREGNANCY COMPLICATIONS?

Congratulations that you are expecting the **twins baby pregnancy**. Twins may be a bundle of joy, but they also come with various responsibilities. Nevertheless, when you have two babies in the womb, your pregnancy will change slightly than just a regular pregnancy.

For instance, you will encounter the same pregnancy signs as a normal pregnancy - morning sickness, sudden cravings, and weakness- but your symptoms would be more intense and whatever you are dealing with in terms of sickness can be seen even more profoundly. It's not unexpected for a mom having twins to endure extreme fatigue and stiff morning sickness.



To have more comfortable [newborn twins](#) birth, keep the mentioned tips in mind:

Choose a healthcare provider that has the better experience of dealing with the things related to the birth of twins. Inexperienced doctors may don't understand what's going on during the period and every pregnancy is unique then it needs someone who has experience. You need to choose a doctor that is trained and has dealt with the matter of twin pregnancy quite frequently. Look online and ask for the best doctor for twin pregnancy.

Another person who is equally important in the journey of pregnancy is a nutritionist or a dietician that has a comprehensive understanding of what should be eaten at this stage. (In general, a woman having twins should have more than 600 extra calories than the basic diet. If you're having multiples, total 300 extra calories per baby.). If you are planning for **twin**

breastfeeding take special care of yourself as it will be a charging task for the body to produce milk if nutrition is not sufficient.

Leave dieting for some days. Gain the suggested mass of weight for a twin pregnancy, which is somewhere in the range of 35 and 45 pounds for a normally expected lady. Pregnant ladies conveying twins who don't put on sufficient weight are in danger of preterm work and delivering the weak and prone to ill health twins.



Take your beauty sleep. While some pregnant moms don't require having bed rest, most two moms-to-be need to have bed rest as having two kids can be more tiring than one. This is because 50 per cent of twin babies come before (before 37 weeks of pregnancy). Premature babies see a lot of health difficulties, so you want to make sure that you don't put additional stress and take care of yourself and your babies as much as possible.

Start reading the relevant content to stay prepared. Read all the books regarding twin parenting. Parenting twins has its own difficulties that you want to be qualified for. Talk to other parents who are in a similar condition like yours to get practical advice, and share pregnancy stories. Start buying [twin baby gear](#) that helps in pregnancy and the kid's afterbirth. Practice yoga 5 days a week for easy delivery. In twins, a c section is most likely but one can have Vaginal delivery.