



From One Child to Two

Judy Dunn

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Most mothers and fathers are surprised at how different parenthood feels when the second child arrives. Even before the birth, a host of new questions arises: can you possibly love a second child as much as the first? Is it better to have them close in age or farther apart? What about sibling rivalry?

In *From One Child to Two*, Judy Dunn gives parents all the information, emotional support, and reassurance they need to handle the stress -- and relish the joys -- of raising two children. An internationally recognized expert in the field of sibling relations, Dunn draws on her own decade-long study of siblings at home, as well as from extensive interviews and observations of parents and children.

- How the second pregnancy differs from the first
- How and when to break the news to the first child
- How to manage the days surrounding the birth, the hospital visit, and the crucial first month
- Being prepared for your firstborn's reaction to the new sibling by age group -- toddlers, preschoolers, or children in early elementary school
- How to cope with the new demands on your marriage
- The major milestones that families face together -- the changing role of fathers and grandparents, managing new schedules, and coping with parental burnout
- Sibling rivalry: what to do about fighting, when to intervene, and when it's supposed to get better!

Whether you're contemplating a second child, expecting one any day, or trying to cope with the changing dynamics of your newly expanded family, *From One Child to Two* is an indispensable guide. Filled with common sense, down-to-earth, and eminently practical advice, this is the one parenting book that you will refer to again and again.

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