

Higher Order Multiples Support Resources

Multiples of America also known as National Organization of Mothers of Twins Clubs, Inc. is a nonprofit 501(c)(3) organization founded in 1960.

Multiples of America is a nationwide network with over 300 local clubs, representing over 22,000 individual members. Our mission is to support families of multiple birth children through education, research, and networking.

For more information about Multiples of America, contact:

MULTIPLES OF AMERICA

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Higher Order Multiples Coordinator

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Multiples of America, also known as National Organization of Mothers of Twins Clubs, Inc. is a support group for parents of multiples, and is a national network of local clubs whose basic purposes are research, education and support of multiple birth children and their families.

Multiples of America's Higher Order Multiples (HOM) Coordinator provides support for parents who have triplets, quadruplets or more. Multiples of America's services are designed to help these parents connect with one another and share experiences with similar issues.

The HOM Coordinator is available to answer questions about the different phases of raising your multiples. Let us help you connect with other HOM families. The HOM Coordinator monitors, responds, and shares information on Multiple of America's **HOM Facebook Page**, which is designed for parents to communicate with other parents who are experiencing similar issues. It is a place to share experiences, seek advice, and find support in one another. For further information, visit <https://www.facebook.com/groups/102582546554802/> or contact the Multiples of America's Higher Order Multiples Coordinator at:

[HOMSupport@multiplesofamerica.org](mailto:HOMsupport@multiplesofamerica.org).

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PUBLICATIONS

Multiples of America's *Notebook*

A quarterly publication that features a Higher Order Multiples column written by the Higher Order Multiples Coordinator and welcomes submissions from parents of Higher Order Multiples.

Multiples of America's website

www.multiplesofamerica.org

Full of information for families with multiple birth children, including links to other multiple related sites.

Twins to Quints

Multiples of America's book is available through Amazon. This book features a chapter on higher order multiples. To order visit: www.AmazonSmile.com

Other Books

Mothing Multiples: Breastfeeding and Caring for Twins or More

By Karen Kerkhoff Gromada

When You're Expecting Twins, Triplets or Quads: A complete Resource

By Barbara Luke & Tamara Eberlein

The Multiples Manual

By Lynn Lorenz

Exceptional Pregnancies

By Janet Bleyl and Kathleen Birch



Tips for HOM Families

- Use a chart so everyone will see at a glance who has been cared for and at what time.
- Take individual photos of each child regularly as well as group shots.
- Invest in good strollers (single, double and triplet.)
- Spend time with the children every day as a family.
- NEVER turn down help!
- Try to channel the children's energy with active play.
- Laugh with the children every day!

Information about Higher Order Multiples Pregnancy

HOM pregnancies are generally very high risk pregnancies. According to the March of Dimes, the following are the average gestations seen in HOM pregnancies:
Triplets—32 weeks
Quadruplets—30 weeks
Quintuplets and higher—29 weeks

The medical community continues to make great advances in managing care of both mother and babies. It is important that expectant parents educate themselves about their HOM pregnancy.

Multiples Of America's Higher Order Multiples Mission Statement

To coordinate services for parents of higher order multiples and those having multiple sets of multiples.

To provide nationwide support on any topic relating to raising triplets, quadruplets, quintuplets or more and multiple sets of multiples.

RESOURCES

Organizations that have services of interest to families with higher order multiples are listed as follows. You may want to inquire about pamphlets, packets and other information when contacting these groups.

The Center for the Study of Multiple Births

www.multiplebirth.com/

The Center's purpose is to stimulate and foster medical and social research in the area of multiple births, and to help parents with the special problems they and their offspring may encounter.

March of Dimes

www.marchofdimes.com

A nonprofit organization addressing the special concerns of premature births and birth defects.

Raising Multiples

info@raisingmultiples.org

<https://www.raisingmultiples.org>

A network of families with triplets, quadruplets and more (formerly known as MOST) that provides information, resources, empathy and good humor during pregnancy, infancy, toddler and school age.

Sidelines National Support Network

612-492-1353

www.sidelines.org

A nonprofit organization that supports parents experiencing a high risk pregnancy.

Facebook Groups

Search with terms such as "triplets" or "quadruplets" or "higher order multiples" to find a wide variety of public pages and private groups that connect parents of higher order multiple children.