



support
education
research

Mary Adcock
President

President@MultiplesofAmerica.org

www.multiplesofamerica.org

Dear Multiples of America member,

As you know, finding out you're pregnant with twins, triplets, or more comes with a range of emotions. It's an exciting time that is also filled with questions, preparations, and challenges.

This toolkit provides resources to help you or to share with a friend or prospective club member on this journey.

Contents of this toolkit:

- *Toolkit specs cover letter*
- **Your Multiples & You** - This pamphlet is a complete resource for expectant parents, including quick tips for the pregnancy and for the first months with your multiples. Facts and research offer an added perspective into the world of multiple parenting. Read through it yourself or share a copy with a parent who is expecting multiples. *Available in pdf format for viewing or download.*
- **Partnership Flyer** – This flyer highlights the services and support available through our partner organizations. **Several provide care baskets to parents with newborns in the NICU.** Contact our Executive Office at info@multiplesofamerica.org or the organizations directly for information on how to help your members gain access. *Available in pdf format for viewing or download.*
- **In the NICU** - This brochure provides pointers for parents with one of more multiples in the Neonatal Intensive Care Unit (NICU), with sections on the first days, care options and going home. *Available in pdf format for viewing or download.*
- **A Personal Tale** - Taryn and Anson share their journey of having twins in the NICU, and the importance of getting support from a local club. *View this video, which is also available in the video archives of our Facebook pages.*
- **Higher Order Multiples** - This flyer offers tips, information and resources specific to families expecting triplets or more. *Available in pdf format for viewing or download.*
- **Clubs Tips for Supporting MOMs who Breastfeed** – This Tips Sheet offers ideas for ways clubs can help support mothers of multiples who choose to breastfeed their multiples. *Available in pdf format for viewing or download.*
- Our **sister organizations** in Canada and the United Kingdom (UK) also have some valuable resources for expectant parents
 - √ **Twins Trust**, a support group for parents of multiples based in the UK, has free fact sheets on postpartum depression (PND: Help from family and friends) and on sleep expectations.
<https://twinstrust.org/information/resources-for-parents-and-professionals.html>
 - √ **Multiple Births Canada**, a support group for clubs in Canada, includes a document on Nutrition Guidelines for Multiple Pregnancy in their free website resources:
<https://www.multiplebirths.ca/resources>

Executive Office: 2000 Mallory Lane, Suite 130-600, Franklin, TN 37067-8231

E-Mail: info@multiplesofamerica.org **Web Site:** www.multiplesofamerica.org

CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES

(Also known as the National Organization of Mothers of Twins Clubs)