

## NEWS RELEASE

FOR IMMEDIATE RELEASE

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### Online Events Focus on Parenting Multiples During High School Years and Beyond

**Franklin, TN** - Multiples of America offers in-person and online support targeted to expectant and new parents of twins, triplets, or more. But the organization doesn't stop there. Their supports and resources extend to all ages and stages of parenting. Case in point: Two upcoming online events focus on parenting multiples during the high school years and beyond.

The first event, to be held on the evening of January 14, offers tools to help parents in guiding multiples who choose to head toward college following high school graduation. Indeed, the college admissions process can be overwhelming, anxiety producing and scary to navigate with one child, with multiples those feelings can be increased by two, three or more! An online Connect, "The ABCs of the College Years," will bring members together to impart important factors to consider, discuss trends, and break some current myths. Brooke Anderson, a LCSW and school-based therapist, will share her expertise and lead the discussion raising questions, such as, "How do you plan college visits with multiples when they choose different places?" or "What is that like when they separate for the first time in their lives?" .

The second event will explore challenges with parenting multiples during the college years and throughout adulthood. This Connect, to be held the evening of February 11, will explore "Identity Issues, Conflicts & Intimacy in Adult Twin Relationships." Growing up as a multiple means navigating a delicate balance between a shared bond and forging an individual path. Dr. Joan Friedman, twin expert, well-known author, identical twin, and mother of five, including twin sons, will lead the Connect.

"While many twins are best friends and remain so throughout their lifetimes, many are not," Friedman explains in her recent book, *Beyond the Bond: Insights into Navigating the Challenges of Being or Raising a Twin*.

Friedman will offer strategies to help parents support their multiples' life-long process of living a shared bond while forging an individual path.

These Connects are part of a year-long schedule of online events planned for members of Multiples of America. Some events and member supports, like these, are focused on parenting during the teen and adult years; others are focused on expectant parents, parenting newborns, toddlers, or school-age multiples. Check the [Multiples of America website](#) for more information on these events or about joining the organization through a local club or as a [direct member](#) or affiliate member.

**Multiples of America (also known as the National Organization of Mothers of Twins Clubs, Inc.)** is a 501 (c) 3, non-profit organization dedicated to supporting families of multiple birth children (*twins, triplets and higher-order multiples*) through support, education, and research. *Founded in 1960, the organization serves nearly 3,500 members and more than 100 clubs across the country. For more information about the organization, its services, and benefits, contact our Executive Office, at [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org)*