



support  
education  
research

*Dawn Keller*  
Executive Director

[info@multiplesofamerica.org](mailto:info@multiplesofamerica.org)

[www.multiplesofamerica.org](http://www.multiplesofamerica.org)

### **Navigating the Holidays with Multiples, Part 2**

We're told the holidays are supposed to be magical... but when you're parenting multiples, they often feel more exhausting than magical — like an obstacle course you're just trying to get through while still feeling the pressure to somehow make it "special."

In this session, Licensed Clinical Social Worker, Twin Mom Coach, and mom of twins Kristen Eberly will share practical ways to handle the holiday chaos and lower the pressure. You'll walk away with strategies to help when:

- Routines are thrown off at Grandma's house.
- Meltdowns are happening all at once.
- Family are members offering advice you didn't ask for.
- And there's the guilt of wondering if you're doing enough.

Click on the link below to listen in.

<https://pages.harmonyinmultiples.co/multiples-of-america>

**Enjoy!**

Email us at [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org) with questions or comments.

Look on our homepage to register for an upcoming Zoom Connect.

**Executive Office:** 2000 Mallory Lane, Suite 130-600, Franklin, TN 37067-8231  
**E-Mail:** [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org) **Web Site:** [www.multiplesofamerica.org](http://www.multiplesofamerica.org)

**CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES**

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