



HIGHER ORDER MULTIPLES SUPPORT RESOURCES

Expecting three or more?

Multiples of America's Research and Membership Development department is here to provide support for you. Our National Worker volunteers are available to answer your questions about the different phases of raising your multiples. We can connect you with partner organizations who offer specialized support when complications arise during pregnancy. A HOM Facebook page gives members a chance to share, question, visit, and seek advice from other parents.

Our local clubs can also connect you with other families of triplets and more.

Support from another parent who has "been there, done that" is priceless!

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 set



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

We are a nationwide network with over 150 local clubs, representing nearly 7,000 individual members. Our mission is supporting families of multiple birth children through education, research, and networking.

For more information,
check out our website:
www.multiplesofamerica.org

MULTIPLES OF AMERICA
EXECUTIVE OFFICE
2000 MALLORY LANE
SUITE 290 #1312
FRANKLIN, TN 37067

Email:

info@multiplesofamerica.org

PUBLICATIONS

Multiple Connections

Multiples of America's bimonthly electronic publication is emailed to every member. The publication includes features about parents, families, and multiple parenting as well as organizational news.

Your Multiples & You

An e-publication from Multiples of America filled with information and tips for parents expecting or just welcoming multiples. Ask for a copy to be emailed to you by emailing us at:

info@multiplesofamerica.org

ONLINE

Multiples of America Website is full of information for families with multiple birth children, including information on education of multiple birth children and connections to research studies. Connect with us on Facebook, Twitter, Instagram, or LinkedIn.

CLUB CONNECTION

Connect with a parent of multiples club in your area at:

<https://multiplesofamerica.org/find-club>



TIPS FOR HIGHER ORDER MULTIPLES FAMILIES

- Use a chart so everyone will see at a glance who have been cared for and 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 Pregnancies

Higher Order Multiples (HOM) pregnancies are generally very high risk. 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.

Additional Resources

March of Dimes

www.marchofdimes.com

Raising Multiples

www.raisingmultiples.org