



Multiple Birth Resources

These resources are specially focused on the concerns of families expecting multiples. Be sure to let us know if you find a resource that is not listed, so we may consider adding it to future additions. (Please call Perinatal Education at (206) 598-4003.)

Newsletters/Magazines

Milestones: A newsletter designed just for families who are expecting multiples. Subscriptions are available and include seven issues, each one timed to arrive at the start of a new stage of pregnancy, from the first trimester to postpartum. Include your babies' due date when writing.

Contact: Marvelous Multiples
Address: PO Box 467841, Atlanta, GA 31146
Telephone: (770) 242-2750

The MOST Quarterly Magazine:

Free with Mothers of Super Twins (MOST) membership.

Address: PO Box 951, Brentwood, NY 11717
Telephone: (516) 859-1110
Internet: www.mostonline.org

Mothers of Twins Clubs Notebook: MOTC Notebook carries feature stories, columns, and research information about the lives of multiples and their families.

Contact: National Organization of Mothers of Twins Clubs
Address: PO Box 23188, Albuquerque, NM 87192-1188
Telephone: (800) 243-2276
Internet: www.nomotc.org

The Triplet Quarterly:

Published four times a year by The Triplet Connection.

Address: PO Box 99571, Stockton, CA, 95209
Telephone: (209) 474-0885
Internet: www.tripletconnection.org

Twins Magazine: Published six times a year, subscriptions available. New parent and expectant parent packets are available.

Address: 5350 Roslyn Street, Englewood, CO, 80111
Telephone: (800)-328-3211
Internet: www.twinsmagazine.com



Books can be ordered from:

- 1. University Bookstore**
4326 University Way NE
Seattle, WA 98105
(206) 634-3400, or
(800)-335-7323
(ask for “general books”)
- 2a. Birth & Beyond-Seattle**
2610 E. Madison St.
Seattle, WA 98112
(206) 324-4831 **or**
- 2b. Birth & Beyond-Eastside**
14450 Woodinville-
Redmond Rd.
Woodinville, WA 98072
(425) 402-9366
- 3. Amazon.com**
www.amazon.com
- 4. International Childbirth
Education Association
(ICEA) Bookcenter**
PO Box 20048
Minneapolis, MN 55420
(800) 624-4934

Books and Booklets

Being a Twin, Having a Twin—Rosenberg, Maxine, 1985

Breastfeeding Twins—(booklet) La Leche League International,
(847)-519-7730

Child Safety Made Easy—Marques, Lori, Lisa Carter, and Mike
Nelson. This book was co-written by a mother of twins, and
offers tips on dealing with multiples and safety issues.

Every Pregnant Woman’s Guide to Preventing Preterm Birth—
Luke, Barbara, 1995. Out of print; may be available at your
local library.

Expecting Marvelous Multiples—(40 page booklet) 1995,
Marvelous Multiples, (770) 242-2750

*Greater Expectations: When Twins, Triplets or Quads Are On
The Way*—Luke, Barbara and Tamara Eberlein, 1999

*Having Twins: A Parent’s Guide to Pregnancy, Birth, and Early
Childhood*—Noble, Elizabeth, 1990

*The Joy of Twins and Other Multiple Births: Having, Raising,
and Loving Babies Who Arrive in Groups*—Novotny, Pamela
Patrick, 1994

Keys to Parenting Twins—Gvomada, Karen Kerkhoff, 1992,
Barron’s Educational Series, Inc.

*Make Room for Twins: A Complete Guide to Pregnancy,
Delivery and the Early Years*—Alexander, Terry Pink, 1987

Mothering Multiples: Breastfeeding and Caring for Twins—
Gromada, Karen K., La Leche League International,
(847) 519-7730

*Mothering Twins: Advice and Support from Five Moms Who’ve
Been There and Lived to Tell the Tale*—Albi, Johnson, Catlin,
Dierloo & Greatwood, 1993

*Mothering Twins: From Hearing the News to Beyond the
Terrible Twos*—Albi, Linda, 1993

Multiple Blessings: from Pregnancy Through Childhood—
Rothbart, Betty, 1994

Newborn Intensive Care: What Every Parent Needs to Know—
Zaichkin, Jeanette, 1996.

Nourishing Marvelous Multiples—(38 page booklet) 1994,
Marvelous Multiples, (770) 242-2750

The Parent's Guide to Raising Twins—Friedrich, Elizabeth and
Cherry Rowland, 1990

***The Psychology of Twins: A practical handbook for parents of
multiples***—Collier, Herbert, 1996

Preventing Preterm Birth: A Parent's Guide—Katz, Gill &
Turiel, 1988. Out of print; may be available at your local
library.

***The Stork Brought Three: Our Epic Journey as Parents of
Triplets***—Hall, Jean and Denny Hall, 1997

***Twins: Expert Advice from Two Practicing Physicians on
Pregnancy, Birth, and the First Year***—Agnew, Connie, Alan
Klein, and Jill Ganon, 1997

Twins: From Conception to Five Years—Clegg, Averil and Anne
Woolet, 1988

***Twins, Triplets and More: Their Nature, Development and
Care***—Bryan, Elizabeth M., 1992

Twins, Triplets & More: From Pre-Birth Through High School—
1992

***The Twinship Sourcebook: Your Guide to Understanding
Multiples***—Compiled by the editors of TWINS magazine,
(800) 328-3211

Understanding Twins—Braunstein, M.P., 1991

***Your Premature Baby: Everything You Need to Know About
Childbirth, Treatment, and Parenting***—Manginello, Frank,
and Theresa Foy Digeronimo,

Support Groups/Education/Websites, Etc.

The Center for Study of Multiple Birth

Address: Suite 464, 333 E. Superior St., Chicago, IL 60611
Telephone: (312) 266-9093

Expecting Multiples Prepared Childbirth Series

A four-part prepared-childbirth class series designed for the special needs of families expecting multiples.

Address: University of Washington Medical Center
Perinatal Education Program
Box 356078, 1959 NE Pacific St.
Seattle, WA 98195
Telephone: (206) 598-4003
Internet: (http://www.washington.edu/medical/uwmc/uwmc_clinics/matern/classes/multiplesclass.html)

The International Society for Twin Studies (ISTS)

ISTS is an international, nonpolitical, nonprofit, multidisciplinary scientific organization. Its purpose is to further research and public education in all fields related to twins and twin studies, for the mutual benefit of twins and their families and of scientific research in general. The Society was founded in Rome in 1974.

Contact: Adam Matheny, Louisville Twin Study
Address: School of Medicine, University of Louisville
Louisville, KY 40292
Telephone: (502) 852-1093
E-mail: apmath01@ulkyvm.louisville.edu

International Twins Association, Inc.

ITA is a nonprofit organization promoting the spiritual, intellectual and social welfare of twins throughout the world. ITA has been meeting every Labor Day weekend since 1934.

Address: 6898 Channel Rd., Minneapolis, MN 55432
Telephone: (612) 571-3002

Lactation Services at University of Washington Medical Center

Prenatal and postpartum breast feeding consultation service for families with multiples.

Address: Box 356078, 1959 NE Pacific St.
Seattle, WA 98195
Phone consult free of charge: (206) 598-4628
Internet: www.washington.edu/medical/uwmc/uwmc_clinics/matern/lactation.html

La Leche League International

Provides information and encouragement to mothers who want to breastfeed. Helpline charge is \$1.99/min; average call is 5 min. There are local chapters in Seattle, Eastside, Everett, and South Snohomish County.

Breastfeeding helpline: (900)-448-7475, ext. 95
Western Washington Chapter information: (206) 522-1336
Internet: www.lalecheleague.org

Marvelous Multiples

Educational materials for expectant parents of multiples and their health care providers.

Address: PO Box 467841, Atlanta, GA 31146 (770) 242-2721
E-mail: marvmult@aol.com.

Mothers of Supertwins (MOST)

An international, non-profit support network of families with triplets and more. MOST provides information, resources, empathy, and good humor during pregnancy, infancy, toddlerhood and school age.

Address: PO Box 951, Brentwood, NY 11717
Telephone: (516) 434-MOST
Internet: www.mostonline.org

Mothers of Twins Clubs

Support groups for parents of twins and higher order multiples.

For the current phone number of the group in your area:

Contact: National Organization of Mothers of Twins Clubs
Address: P.O. Box 23188, Albuquerque, NM, 87192-1188
Telephone: (800) 243-2276
Internet: www.nomotc.org

Local Clubs:

Eastside Mothers of Multiples: Bellevue, Redmond, Bothell, Woodinville, North Bend, Renton, Issaquah

Halls Lakes: Everett, Lynwood, Mountlake Terrace, Bothell, Mill Creek, N. Seattle

North Seattle Families of Multiples: Seattle, Shoreline, Lynwood

Puyallup Valley Pairs Plus: Enumclaw, Bonney Lake, Buckley, Puyallup, Tacoma, Auburn, McCord AFB, Spanaway, Graham, Orting, S. Prairie

Skagit Moms: Skagit and Island Counties

Renaissance Moms: South Seattle, Federal Way

Tacoma Parents of Multiples: Tacoma, Pierce County
Twice the Spice: Kitsap County, Port Orchard, Bremerton, Silverdale, Poulsbo, Kingston, Suquamish, Bainbridge Island
Valley Mothers of Multiples: Kent, Renton, Auburn, South Seattle, Maple Valley, Federal Way

National Online Fathers of Twins Club

This world wide web site offers chats, a bookshelf, and personal stories. NOFOTC is also in the process of organizing local clubs.

Internet: www.geocities.com/~nofotc

Parents of Prematures

Offers references and a resource list.

Local representative: Chris Cordell, (206) 525-7027

Sidelines

A network of support groups across the country for women with complicated pregnancies and their families.

Address: PO Box 1808, Laguna Beach, CA 92652

Telephone: (760) 598-5331

Washington State telephone: (425) 489-1027

Internet: www.sidelines.org

StorkNet's Week by Week: Guide to Your Pregnancy

An on-line guide to each of the forty weeks of pregnancy, including specific information for families expecting multiples.

Internet: www.pregnancyguideonline.com

The Triplet Connection

Provides information to families who are expecting triplets, quadruplets, quintuplets or more, as well as encouragement, resources, and networking opportunities for families who are parents of larger multiples. New parent and expectant parent packets are available.

Address: PO Box 99671, Stockton, CA 95209

Telephone: (209) 474-0885

Internet: www.tripletconnection.org

Twin Services

Offers counseling, referral phone services and publications for parents.

Address: PO Box 10066, Berkeley, CA 94709

Telephone: (510) 524-0863

Internet: www.parentsplace.com

Twin to Twin Transfusion Syndrome Foundation

Dedicated to providing educational, emotional and financial support to families and caregivers before, during, and after pregnancies diagnosed with twin to twin transfusion syndrome—also to saving the babies, improving their future health and care, and keeping families together.

Address: 411 Longbeach Parkway, Bay Village, OH 44140
Telephone: (216) 899-TTTS
Internet: www.tttsfoundation.org/ttts.htm

Twinspace

A website about identical twins. Gilia Angell is a twin who provides a library of twin information at her site.

Internet: www.twinspace.com

Products

Birth and Beyond

Twin/triplet baby carriers, Maclaren double strollers, twin pillows (Ana, NurseMate), books, gifts.

Address: 4450 Woodinville-Redmond Road
Woodinville, WA 98128
Telephone: (425) 402-9366

Or:

Address: 2610 East Madison St., Seattle, WA
Telephone: (206) 324-4831

Burlington Coat Factory “Baby Depot”

Discount of final item when buying in multiples: if two of the same item are purchased, the second is 20% off. If three of the same item are purchased, the third is 30% off.

Address: Edmonds, Auburn SuperMall, Tacoma

Free Products

A regularly updated list of companies that provide free products to families with multiples is available online. Some products may be available only to families with triplets or more.

Internet: www.mostonline.org/free/company.htm

Nursemate Twin Pillow: Four Dee Products

Telephone: (800) 526-2594
Internet: www.fourdee.com

Questions?

Your questions are important. Please feel free to contact us.

Maternity and Infant Center
(206) 598-4600

Prematurity Prevention Program
(206) 598-4070

Perinatal Education Program
(206) 598-4003

Lactation Services
(206) 598-4628

The Premie Store and More

A mail order catalog with premie clothing for hospital or home, as well as birth announcements, pacifiers, diaries and premie books.

Telephone: (800) O-SO-TINY (676-8469)
Internet: www.premie.com

PreemieWear

Clothing for preemies or low-birth-weight babies. Call to order a free catalog.

Telephone: (800) 992-8469 or (916) 823-9883

Tiny Bundles

A mail order company offering fast delivery of unique handmade premie clothing, diapers, and pacifiers for the premature or low-birth-weight baby. Call or write for a free brochure.

Address: 11468 Ballybunion Square
San Diego, CA 92128
Telephone: (619) 451-9907

Triplet Products Mall

Books, jewelry, clothing, and new and used strollers.

Internet: www.tripletconnection.org/tripmall.html

Twin Breastfeeding Pillow: EZ-2 Nurse

Telephone: (800) 584-TWIN



UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Maternity and Infant Center

Box 356078
1959 NE Pacific St. Seattle, WA 98195
(206) 598-4600