Multiple Birth Resources

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

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.)
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.


*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


*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.


*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

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


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


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 Though 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 Preemie Store and More
A mail order catalog with preemie clothing for hospital or home, as well as birth announcements, pacifiers, diaries and preemie books.
  Telephone: (800) O-SO-TINY (676-8469)
  Internet: www.preemie.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 preemie 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