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 editions. (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 baby’s due date when writing.

*Contact:* Marvelous Multiples
*Phone:* 205-437-3575
*Web site:* www.marvelousmultiples.com

**The MOST Quarterly Magazine**
Free with Mothers of Super Twins (MOST) membership.

*Address:* P.O. Box 951, Brentwood, NY 11717
*Phone:* 631-859-1110
*Web site:* 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:* P.O. Box 438
Thompsons Station, TN 37179-0438
*Phone:* 877-540-2200 or 615-596-0936
*Web site:* www.nomotc.org
Books can be ordered from:

1. **University Bookstore**
   4326 University Way N.E.
   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–North**
    6417 Phinney Ave. N.
    Seattle, WA 98103
    206-297-9366

2c. **Birth & Beyond–Eastside**
    317 N.W. Gilman Blvd
    Space 47
    Issaquah, WA 98027
    425-392-6665

3. **Amazon.com**
   www.amazon.com

4. **International Childbirth Education Association (ICEA) Bookcenter**
   P.O. Box 20048
   Minneapolis, MN 55420
   800-624-4934

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**The Triplet Quarterly**
Published four times a year by The Triplet Connection.
*Address:* P.O. Box 99571, Stockton, CA 95209
*Phone:* 209-474-0885
*Web site:* 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
*Phone:* 888-558-9467
*Web site:* www.twinsmagazine.com

**Books and Booklets**

**The Art of Parenting Twins**
Malmstrom, Poland, 1999
This book discusses the unique joys and challenges of raising twins.

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

**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.

**Entwined Lives**
Segal, 1999
Twin studies.

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

**Everything You Need to Know to Have a Healthy Twin Pregnancy**
Leiter, Kranz, 2000
Written by an OB/GYN who gave birth to and is now raising twins.

**Expecting Marvelous Multiples**
(40-page booklet) 1995
Marvelous Multiples, 205-437-3575
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
Gromada, 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, 1999
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 and 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, 205-437-3575

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.

Raising Twins: What Parents Want to Know and What Twins Tell Them
Pearlman, Ganon, 2000

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

When You’re Expecting Twins, Triplets, or Quads
A complete resource with an excellent medical foundation.

Your Premature Baby: Everything You Need to Know About Childbirth, Treatment, and Parenting
Manginello, Frank, and Theresa Foy Digeronimo
Support Groups/Education/Web Sites, Etc.

The Center for Study of Multiple Birth
Address: Room 464, 333 E. Superior St.
         Chicago, IL 60611
Phone: 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 N.E. Pacific St.
         Seattle, WA 98195
Phone: 206-598-4003
Web site: http://www.washington.edu/medical/uwmc/
          uwmc_clinics/matern/classes/multiplesclass.html

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.
Phone: 612-571-3022
Web site: www.intltwins.org

Lactation Services at University of Washington
Medical Center
Prenatal and postpartum breastfeeding consultation
service for families with multiples.
Address: Box 356078, 1959 N.E. Pacific St.
         Seattle, WA 98195
Phone: 206-598-4628 (consult free of charge)
Web site: 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 per minute; average call is five minutes. 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
Web site: www.lalecheleague.org

Marvelous Multiples
Educational materials for expectant parents of multiples and their health care providers.
Address: P.O. Box 381164, Birmingham, AL 35238
Phone: 205-437-3575
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: P.O. Box 951, Brentwood, NY 11717
Phone: 631-859-1110
Web site: 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
Phone: 800-243-2276
Web site: www.nomotc.org

Local Clubs:
- **Eastside Mothers of Multiples**: Bellevue, Redmond, Bothell, Woodinville, North Bend, Renton, Issaquah
  Web site: www.emoms.org
- **Halls Lakes**: Everett, Lynnwood, Mountlake Terrace, Bothell, Mill Creek, North Seattle
- **North Seattle Families of Multiples**: Seattle, Shoreline, Lynnwood
- **Phone**: 206-417-2926
- **Puyallup Valley Pairs Plus**: Enumclaw, Bonney Lake, Buckley, Puyallup, Tacoma, Auburn, McCord AFB, Spanaway, Graham, Orting, South 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, Poulso, Kingston, Suquamish, Bainbridge Island
- **Valley Mothers of Multiples**: Kent, Renton, Auburn, South Seattle, Maple Valley, Federal Way

**Parents of Prematures**
Offers references and a resource list.
*Phone*: 206-283-7466

**Sidelines**
A network of support groups across the country for women with complicated pregnancies and their families.
*Address*: P.O. Box 1808, Laguna Beach, CA 92652
*Phone*: 888-447-4754
*Web site*: 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.
*Web site*: 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:*  P.O. Box 99571, Stockton, CA 95209  
*Phone:*  209-474-0885  
*Web site:*  www.tripletconnection.org

**Twin Services**
Offers counseling, referral phone services, and publications for parents.  
*Address:*  P.O. Box 10066, Berkeley, CA 94709  
*Phone:*  510-524-0863  
*Web site:*  twinservices.org

**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  
*Phone:*  440-899-TTTS  
*Email:*  www.tttsfoundation.org

**Products**

**Abdominal/Back Support**
*Several types are available, some products include:*

Loving Comfort  
*Available at Village Maternity:*  206-523-6157

Baby Hugger  
*Available through Trennaventions:*  206-343-5850

**Birth and Beyond**
Twin/triplet baby carriers, Maclaren double strollers, twin pillows (Ana, NurseMate), books, gifts.  
*Seattle:*  206-324-4831  
*Eastside:*  425-392-6665  
*North:*  206-297-9366
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 percent off. If three of the same item are purchased, the third is 30 percent 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.  
Web site:  www.mostonline.org/free/company.htm  

Kiddy’s Korner  
Premie wear.  
Phone:  888-801-5629  

Nursemate Twin Pillow: Four Dee Products  
Phone:  800-526-2594  
Web site:  www.twinconnection.com  

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.  
Phone:  800-O-SO-TINY (676-8469)  
Web site:  www.preemie.com  

Pump Station  
Phone:  877-842-7867  
Web site:  www.pumpstation.com  

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  
Phone:  858-451-9907  
Web site:  www.tinybundles.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

Triplet Products Mall
Books, jewelry, clothing, and new and used strollers.
Web site: www.tripletconnection.org/tripmall.html

Twice Blessed
Products for families expecting multiples.
Phone: 800-972-8946
Web site: www.twiceblessed.com

Twin Breastfeeding Pillow: EZ-2 Nurse
Phone: 800-584-TWIN

Twin Stuff
Web site: www.twinstuff.com