

Parents of Twins and Triplets Organization

Welcome to the wonderful world of multiples! Parents of multiple births face many issues that differ from those of singletons. The Parents of Twins and Triplets Organization of Nashville, Tennessee is a non-profit support group made up of parents, grandparents, guardians and expectant parents of twins, triplets and more.

Parents of multiples are often not certain where to start or what to expect. This flyer is intended to provide helpful information about multiples. Please remember that you should always consult with your health care provider about specific health issues.

Pregnancy:

~You may have to stop work earlier than expected and be advised to stay close to home.

~Expectant mothers of multiples are often put on bed rest.

~Multiples have a tendency to arrive premature, about half of all twins arrive before the end of 37 weeks.

~Plan to take childbirth classes between the 4th and 6th month. Ask about special classes for multiples. You should also have a good idea of what equipment and clothing you will need at this time.

~Ask your doctor about additional vitamins and minerals.

Breast-feeding:

~A hospital grade breast pump may be vital for expressing and storing milk until babies can latch on and are strong enough to nurse.

~Once nursing is established, we recommend

learning to position both babies for nursing at the same time.

~Try a double nursing pillow. It helps to nurse both babies at once, hands free!

At Home:

~Plan to have help when the babies arrive home.

~Maintaining a schedule and a routine are important.

Diaper, feed and bathe babies at the same time whenever possible.

~Establish priorities: feeding, sleeping, bathing.

~Try to rest while babies sleep.

~Most babies can sleep comfortably in the same bed for the first several months or longer.

~You should purchase diapers, wipes and other supplies in large quantity.

~Treat each baby as an individual. ~Take photo's of each baby. Be sure to write his/her name on the back.

~Color -coding is helpful when choosing babies clothing, bottles, and pacifiers as these make identification easier.

~Accept help from family and friends, especially the first year. ~Delegate chores and assign tasks to those who offer.

What they can do to help:

Bring food when they visit.

Change babies.

Watch babies while you nap, shower, take a walk.

Offer to do laundry or dishes.

Vacuum or pick up.

Prepare lunch or dinner.

Shop for groceries or run errands.

Other things for your help to keep in mind...

Mother the mother and help with household chores rather than take over care of the babies.

Remember she needs extra help for the first year, not just the first few months.

Keep in mind that premature multiples are more prone to illness so be sure to wash your hands upon arrival and frequently. Keep your distance if you are ill. Take special care in allowing other children around the babies.

Offer encouragement!

Leaving the house:

~An occasional walk or short trip may help to thwart cabin fever.

~Never leave home without your stroller. This is especially important when driving alone.

~When purchasing a stroller, consider where you will be using it most. ~Talking with other mothers of multiples will be helpful when purchasing any equipment.

~ Stroller options are Side-by-Side, front to back/tandem, and jogging strollers. Side-by-Side strollers are often lighter, but also the widest. You should be able to go in handicap accessible places. Other options are Jogging and Front to back strollers. The alignment can be difficult on some front to back models as well as attaching two single strollers. Jogging Strollers and some Front to back models can be very heavy.

~Be prepared for the curiosity you will generate

when taking your new multiples out.

Meetings:

POTATO meets on the first Tuesday of each month (except December) from 6:30 to 8:30 p.m., at Westminster Presbyterian Church, 3900 West End Ave. The meetings consist of business session (occasionally), snacks and fellowship, cope outreach (discussion of feeding, sleeping, toilet training, etc.), and usually a guest speaker on a topic relevant to parenting multiples. The club provides free baby sitting in an adjoining room for members and guests attending the meeting, (or you can keep your children with you in the meeting).

Newsletter:

We publish a monthly newsletter to keep all members up to date on club activities. This publication serves as a lifeline for those unable to attend the meeting(s). We include other helpful information as well. Members may also advertise "For Sale" and "Wanted" items.

Consignment Sales:

Each Spring and Fall we have a Consignment Sale. This serves as our primary fundraiser. Purchasing equipment for multiples can be expensive. As a general rule you can purchase most items for half or less of the original cost. Members can purchase and sell quality items such as baby equipment, toys and clothing.

Networking Together:

POTATO is a member of the National Organization of Mothers of Twins Clubs. (NOMOTC). With POTATO membership, you will receive Mothers of Twins Clubs Notebook, bimonthly. This publication keeps us up to

date on the latest research.

Social:

We have social activities for the entire family. These include a Pumpkin Party, Holiday Party, Easter Egg Hunt, and Summer Picnic. We also have Play Dates, Stroller Walks and New Mother Teas.

Our warm line phone service offers the opportunity to talk to "experienced" volunteers about pregnancy, bed rest, premature delivery, breast-feeding, toilet training and much more.

We have a Multiple Mentor Program. This pairs a more experienced parent with a new or expectant parent for a period of a year or more.

Membership:

POTATO has a membership fee of \$25.00 annually, payable in August. Dues are prorated for new members who join in other months. The membership fee is to help cover expenses such as our Newsletter, Social Events, Meeting Expenses, National Membership and other fees we incur as a group. *We do however offer Honorary Membership to families with more than one set of multiples or families with quadruplets or more.

Our purpose is to increase our knowledge and understanding of multiples through our exchange of ideas and information among parents, educators, doctors and others. Please feel free to attend our next meeting.

Multiple Birth Programs:

**For More POTATO info:
Kimberly Carano, New
Membership
1-888-870-1183
Shelley Riggs, President
773-2702
www.NASHPOTATO.ORG**

The following local retailers offer discounts for multiples:

Baby Depot/Burlington Coat Factory-20% off each additional item (excludes Sale Items).
Osh-Kosh-10% off total, parents only, present children or photo.
Buster Brown-10% off total.
Babies R Us-10% off each additional item of hard-line equipment.
Payless-0-6 months-free shoes.

Contact the following companies as soon as possible. If your multiples are older, contact only those of the products you use. Be sure to thank them for this special service, as every little bit helps.

Carnation 1-800-242-5200
Enfamil 1-800-222-9123
Similac 1-800-232-7677
Gerber 1-800-443-7237
H J Heinz 1-800-872-2229
Beechnut 1-800-233-2468
Pampers 1-800-385-6064
Triaminic 1-800-543-7987
Tylenol 1-800-962-5357
Johnson's 1-800-526-3967
Sassy 1-800-323-6336
Huggies 1 -800-544-1847
First Years 1-800-533-6708
Evenflo 1-800-356-2229

For information about parents of multiples clubs in other states contact NOMOTC at 1-888-540-2200 or www.NOMOTC.org

This flyer may be reproduced with the intent of helping families of multiple births.

07/04