



from the President

To KY MOMs,

My name is Susan Griffith and I am the KY State Mothers of Multiples (KSMOM) President for this coming year. I am proud to be a member of THREE clubs in Kentucky - Bluegrass POTMC in Lexington, Louisville MOTC, and Thoroughbred MOMs (a new club in Lexington for us more "mature" moms -- notice, I didn't say "older!").

My fraternal twin sons, Brandon and Chad Moore, are juniors in college (Chad attends UK and Brandon attends Transylvania) and will turn 21 in May. I didn't realize having adult twins would be inspiring to moms of infant and toddler multiples until I attended a Bluegrass meeting in February and one of the moms said something like this to me, "Your twins are 20, and you look happy and normal. Maybe there's hope for me!" Our MOTC and POT clubs are all about giving each other support, and I'm glad I could make that mom feel better!

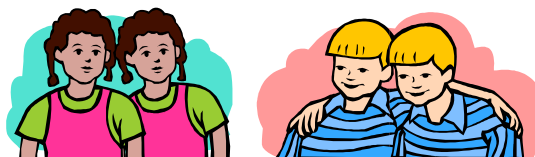
KSMOM just completed our 2006 state convention March 3rd and 4th, hosted by Louisville MOTC. Many thanks to Dawn Knapp and Lindy Stoll for putting on a fabulous convention! We had fun playing casino games on Friday night; Saturday morning we had a fruitful business meeting and heard an inspiring talk by Karen Gromada, R.N., author of "Mothering Multiples," and after a delicious Fazoli's lunch we heard a speech pathologist speak; and identical twin sisters who teach at the same elementary school talked about their experiences in school and in teaching multiples.

We had members of four KY clubs at our convention: Louisville, Bluegrass,

Thoroughbred, and Northern Kentucky. But, we would like to see many more clubs in Kentucky at our convention! We're now looking for a host for our 2007 Convention. Our By-laws say that the convention should take place in March, April or May. At press time, Owensboro is considering hosting, but please let me know if your club is interested! We decided at this year's convention that we would ask each year's hosting club to pick a charity that we can support at our convention - i.e., March of Dimes, God's Pantry, Hope Center, Chrysalis House, etc.

Please feel free to e-mail me with your thoughts and ideas for the future of KSMOM.

Sincerely,
Susan Griffith
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*Be sure to visit the KSMOM website at
www.orgsites.com/ky/ksmom/ for updates!*

Double Good Speakers at Convention 2006!!

As Susan told us in her letter, Convention 06 was really great! The speakers were so good, here are some of the highlights and interesting points of their presentations.

Karen Gromada - Taking Care of Yourself and Your Relationships

Karen is the mother of five children, including MZ (monozygotic, or identical) boys – well, they're 29 years old now, so perhaps we should say men! She is a nurse by profession, and the author of "Mothering Multiples," one of the best books around for advice and tips for breastfeeding twins or more.

Karen talked about how having twins or more affects so many aspects of a woman's physical health and her family relationships. On the physical side, a multiple pregnancy is rough on the body, with the extra weight gain and stretching along with the risk of elevated blood pressure. Also, a woman who needed to be on bed rest will probably experience some significant muscle deterioration. Thus, it's important for a new mom to budget what it takes to heal up– even budgeting money for a sitter if dad or family can't take over care giving for awhile so mom can take a walk or exercise or rest, as needed.

Karen also talked about how a mom can feel "touched out" from all the hands on/lifting/cleaning care of infants and toddlers and how this can kill the mood, so to speak, for a lot of moms. Karen said she herself more than once told her hubby after a busy day "I have a force field up – don't come into the force field right now unless you're bringing me a glass of wine." She went on to say that tired as a mom might be, it's still very important to keep the physical relationship going in a marriage, and sometimes other things have to give. She gave a VERY humorous example from her own life – hearing it was one of the many perks of attending convention!

Summing it all up, Karen finished by saying how in her case, working through these issues with her husband and children had made the whole experience of parenting twins and her singletons so rewarding. She enjoys her relationships with her husband and children, and she really enjoys being a cool grandma, having recently ridden Mission to Mars at Disneyworld three times in a row with an 8 year old. And when she needs a laugh, she asks her twin sons to do the "Blue Steel" routine from the movie Zoolander. How cool is that???

Gary Simpson – Speech & Language Development

Gary is a speech therapist in the Louisville area and also works with the neonatal follow up program for oral motor and feeding therapies at U of L, so he brought a wide range of experience to his presentation. He provided and went over a great handout with some guidelines for normal speech-language development along with a "concern" list to give parents some guidance about their kids' speech/language development (his first note on the concern list was that you should NOT be concerned about your children simply because they are twins or multiples!). He included some resources and "Tips for Talking" – look for the tips on the KSMOM web site soon. He also fielded some questions from members about specific situations – all very interesting!

Twin Teachers – Ann Wheatley and Amy Anders

These young women are MZ twins and just incredibly CUTE – check out their photo on the KSMOM website and you will agree. They've been teaching about 3 years, and actually started out team teaching kindergarten at a parochial school (they would start out the day by explaining what Miss Ann and Miss Amy were wearing and that worked well with the kids!). Now they teach separate 1st grade classrooms, but they coordinate lessons fairly closely.

Ann and Amy were always in separate classes in grade school – that was the school policy. They feel that parents should definitely have more of a say in classroom placement, and that is the case where they teach. Fortunately it worked out for them, although given the choice, they would have preferred to be together. Interestingly, they attended the same college and were in many of the same classes, since they both wanted to be teachers. One of their professors wouldn't let them work on the same project because they were twins and she said it would be an unfair advantage!

In the issue of together or separate, Ann and Amy advised parents along the usual lines - do the kids tend to be more competitive or cooperative? Does one kid boss around the other(s)? Does one or more of the kids worry about the other one? And so on. They also suggested parents ask the kids about whether they want to be in the same class or not and why -it's good to let them feel part of such an important decision. Coming from twins, that sounds like a great idea!