

The Youngstown Mothers of Twins Club



*Providing support and information to parents
of multiple birth children for over fifty years.*

Meetings:

Second Wednesday of Each Month at 8:00 p.m.
Davidson-Becker Family Center
11 Spring Street
Struthers, OH 44471

Please call: Michele Porter at 330-530-2128
Or visit our website at:

www.orgsites.com/oh/twins

A Message from Moms of Multiples

The news that twins, triplets, or other multiples were about to join your family was probably met with mixed emotions, ranging from absolute joy to near panic. Your life has been changed forever. Whether you have just found out you're going to have a multiple birth or possibly welcoming them into your home through adoption, or your children have already been born; you will soon come to realize that you have been chosen to become part of a special group of parents.

No one knows better than we do about those new responsibilities and pressures, not to mention the gamut of emotions involved. The only fact that remains the same is that you still have only twenty-four hours in each day; and you still have only two hands, feet and eyes. We may not have all the answers but you can be sure that we can offer information and support. You can be assured that there will be someone, somewhere, who has not only experienced your problems but understands them.

A Mother of Twins Club offers that opportunity to share those joys, triumphs, and problems.



Membership Includes:

*** **Monthly Meetings** are a night of fun and information.

*** **Children Events** include activities such as a hayride, swim party, and a safari.

*** We perform **Community Service** such as highway cleanup and TLC for elderly.

*** A **Scholarship Fund** for multiples or mothers of multiples to help pay for education.

*** **The Mother of the Year Banquet** to honor a special member for their outstanding dedication to their family and community. Spouses are welcome to attend this event.

*** An **Annual Convention** is held in to meet with moms of multiples from all over the state.

*** **"The Twindicator"** is a monthly publication featuring information on the club's activities

*** An **Annual Christmas Party** is held to celebrate the season. Moms and spouses get together for a night of great food and great fun.

*** The **Latest Information** on the rearing and development of multiples.

Call today to join!

Who We Are:

The Youngstown Mothers of Twins Club (YMOTC) is a non-profit organization founded to join together mothers of multiple birth children.

YMOTC was established in 1948 and is affiliated with the Ohio Federation of Mothers of Twins Clubs (OFMOTC).



Fall Hayride

Our Object:

The object of the club shall be to promote interest in and supply information for and about twins. It shall concern itself with civic problems and projects for the betterment of the community and country.

Helpful Hints

Request help – Whenever offered, don't refuse. Don't be afraid to admit you're not "Supermom".

Breastfeed if you want – Many mothers of multiples do successfully. Daddy can give a bottle at night, or you can alternate bottle with breast.

Keep a daily diary – A steno pad with baby's name on each side works well. Keep records of all shots, medications, vitamins, etc. It's helpful at the doctor's office.

Take a nap when babies do – You need your rest too—get it when you can!

Stay calm – Healthy babies cry but it won't hurt them. They will soon learn to wait their turn and share mom.

Feeding two at once – Bottle feeding—hold one, prop other next to you. Reverse the next time so each can be held. Feeding solids—put babies in infant seats, use one dish and one spoon. Don't worry about germs—they'll pass them to each other anyway.

Take time for you! – and your husband. Birth of any child can put strain on you and marriage. Take time to "recharge"—you'll be a better wife and mother.

Contact local YMOTC –The best advice we can give you is to contact YMOTC for clothing, hints, support or just someone to talk to. See back page for contact information.

WHAT CAN WE OFFER?

We can offer you just about everything you'll need except possibly an extra pair of hands, and in some cases maybe we can even arrange that. We usually meet once a month to chat, eat and build friendships. We also have informative speakers at our monthly meetings to help us all be better mothers and women. We provide that special one-on-one networking with other members who have gone through similar situations. The best advice you could ever take regarding your multiples is to contact YMOTC.

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Freebies for Newborn Twins

Babies "R" Us - The national baby products chain does offer a discount for multiples. The information below is taken directly from their web site (<http://www5.toysrus.com/guest/generalfaq.s.cfm>):

We offer 10% off two or more of the same item purchased in the same order (for example two cribs, two bedding sets, 2 strollers, etc.) The discount pertains to the following categories only: furniture, bedding sets and baby gear* (this offer is not available on special purchase items).

For additional information, please contact your nearest Babies "R" Us store. Congratulations on your new bundles of joy and we look forward to serving you!

*Baby Gear includes car seats, strollers, travel yards, high chairs, swings, gates, exersaucers/walkers, and backpack/carriers.

Beechnut Baby Foods - Call 1-800-BEECHNUT (1-800-233-2468) to request a free new parents pack for twins, triplets or quads. It will include coupons for products, double the normal amount of coupons if you have twins, three times if you have triplets, etc. You'll also get ongoing newsletters which also have coupons. You can also sign up for an online email newsletter (http://www.beechnut.com/Special%20Offers/sign_up.asp) for more ongoing coupons.

Carnation - Joining their new birth program will get you almost \$20 in free product coupons and other discount coupons as your twins grow

Carnation Good Start Formula
Nestle Infant Nutrition
PO Box AW
Wilkes-Barre, PA 18703

Carters - The children's clothing company has a special gift pack for parents of newborn triplets+ only (sorry, nothing for twins). But if you have triplets, they'll mail you three free shirts (large size). You'll have to send them proof of the triplets birth (copy of birth certificates) and you should mail it to:

Carters
Attn: Multiple Birth Program
224 N. Hill St.
Griffin, GA 30223

Drypers - Joining their new birth program gets you two coupons for free packages of Drypers and additional coupons as they grow. Write a letter and provide proof of birth to

AFP
PO Box 8830

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Vancouver, WA 98666-8830

Enfamil (Mead Johnson) - Enfamil advises parents of twins to contact their pediatrician after their multiples birth to have them talk to their local Enfamil representative. If a promotional offer is available, the representative will issue a recommendation for free products be sent to the parents. You can also call 1-800-BABY-123 (1-800-222-9123) to join the Enfamil Family Beginnings program for ongoing coupons through the mail.

Evenflo - Call 1-800-233-5921 for information on receiving a free gift basket for twins to quads. The starter kit will most likely include disposable liners for diaper pails, bibs, and coupons for other products. You'll need to send them proof of the multiples via the mail but call first to register.

The First Years - Requires copies of the birth certificates and short letters requesting to become members of their Multiple Birth Program and receive a gift basket of free rattles. The address is as follows:

The First Years

Attn: Multiples

100 Technology Center Dr., Ste. 2A

Stoughton, MA 02072

Gerber - Call 1-800-4-GERBER (1-800-443-7237) to sign up for the Gerber Super Twins program. You'll receive coupons for free Gerber products, double the amount sent for any newborn parents of singletons. Triplet parents get three times the coupons and some other goodies, but it will require you to send them a copy of the triplets birth announcement.

Heinz - Call 1-800-872-2229 to receive free welcome packets for each of your twins or triplets. The packs will include coupons off Heinz baby products and some informational literature. No proof of the twins birth will be required.

Huggies - Provides a one-time gift of higher-value coupons for parents of newborn twins or triplets. Send proof of birth (crib cards, copies of birth certificates, etc.) to the following address:

Kimberly Clark Corp.

Dept. QMB

PO Box 2020

Neenah, WI 54957-2020

You'll also receive ongoing coupons through the mail after joining their program.

JC PenneyPortraits - There's an online form on the JC Penney web site to sign up for their Multiple Birth Program. You'll get a pair of portrait sitting coupons for your twins (the offers can vary). You can complete the online form at the following URL

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(<http://www.jcpennyportraits.com/multiples/>).

Johnson and Johnson - Call 1-800-526-3967 to receive a free twins pack that includes coupons and informational literature on their baby products line. You won't probably be required to provide proof of the births of your twins.

McNeal Consumer Products - The makers of Tylenol will send you free welcome packets for each of your multiples if you call 1-800-962-5357 (option #5). The packs will include coupons and informational literature but make sure you tell them you have twins or triplets!

Modial Industries -

Modial Industries
600 Mondial Parkway
Streetsboro, OH 44241
216-626-4490

\$5 off coupon for Diaper Genie.

Nestle Infant Nutrition - Call 1-800-782-7766 to request the address and a registration code number so that you can mail proof of your twins (crib cards, copies of birth certificates, letter from doctor) to Nestles for coupons for two free cans of Nestle Good Start DNA & ARA infant formula. You can also sign up for their free magazine online at <http://www.verybestbaby.com/user/regp00pa.asp?OPTI=RI&offername=&Next=%2F> (separate from the program just for twins, but it will also get you more coupons for free formula)

Oceanspray - Parents of twins or triplets can receive a special assortment of Oceanspray product coupons in the Multiple Birth program. Send a copy of proof of birth of your multiples to:

Ocean Spray Cranberries, Inc.
One Ocean Spray Drive
Lakeville-Middleboro Ma 02349

Oshkosh B'Gosh- The national clothing stores offer 10% discounts on all products sold in their stores if you are a parents of multiples. Be sure to tell the cashier at checkout time you have twins to get the discount and if they're not aware of it, ask them to talk to the store manager about giving you the discount (it's in addition to any current sales they may have going on).

Pampers or Luvs - Call 1-800-726-7377 to request a free package as part of their **Pampers** Multiples Birth program or 1-888-665-3257 for a free package on the **Luvs** Multiples Birth Program . Packages will include coupons for Pampers (or Luvs), wipes and some other products and coupons (it changes periodically). You most likely won't be required to send them proof of your twins or triplets, but this offer is only available for parents of multiples. The two programs are separate from each

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Freebies for Newborn Twins

other so sign up for both if you plan on using both products!

Playtex Diaper Genies - To participate in the Multiples Birth Program (and receive a coupon for \$7 off a Diaper Genie), send your name, mailing address and proof of the birth of your twins (crib cards, birth announcement, etc.) to the following address:

Playtex Diaper Genie
20 Troy Road
Whittany, NJ 07981

Preschoolian Shoes - Please fax copies of birth certificates toll free to 866 681 1081 and include your email. They will email you back a code which will reduce the price of your order by 50%.... (you can buy any 2 styles colors or sizes)- shoes must be purchased in multiples of 2 (2,4,6 etc)- if you intend to buy more than 2 let them know in the fax... you can also email a photo to jeff@preschoolians.com instead of the fax if you like.

For more information ,go to their web site -- <http://www.preschoolians.com>

Ringling Brothers Barnum & Bailey Circus- The circus folks will allow you to receive free circus certificates for each of your twins if you sign up online before they turn 1: (<https://www.ringling.com/offers/baby.aspx>)

The certificates have no expiration date so it works better if you register now and get the certificates and then redeem them when they're older and can appreciate the circus more.

After you register online, make sure you print out their forms and send a copy of each of your twins birth certificates to:

Baby's First Circus Program
Feld Entertainment, Inc.
8607 Westwood Center Drive
Vienna, VA 22182

Similac - Call 1-800-232-7677 for information on their Welcome Additions Club and to receive a welcoming kit including coupons or product samples. You can also sign up online however it's confusing how to do so for twins online (<https://www.rossenroll.com/welcomeAddition/wac/join.asp>) so we do suggest calling them and telling them you just had twins.

Tiny Love Baby Toys--Parents of twins and multiples can buy one soft developmental toy from Tiny Love and get a second one free. To qualify, you must submit a qualification form, providing proof of your multiple birth, including birth certificates copies. Please note that the discount is only available on orders placed by calling Tiny Love directly. Tiny Love's soft textured toys, such as Gymini Activity Gyms, promote developmental skills.

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Freebies for Newborn Twins

http://www.tinylove.com/multiple_births_program.aspx

Walmart First Choice Formula - Call 1-866-877-9177 and you will receive one free can of formula. Write them at the address below and you'll receive an additional two cans.

PBM Product, Inc
Attn Debbie Burdyck
204 N. Main
Gordonsville, VA 22942

White House Greetings- This one isn't twin-specific (any parent of a newborn can do this), but as of this writing it would get you a "personalized" greeting from a dad of twins for your newborn twins. Send your twins names, birthdate and your address to the White House and you should receive an official congratulatory card from the President (a nice keepsake for baby's scrapbooks). Send the request to:

The White House Greeting Office
Room 39
Washington D.C. 20500

The Best Multiple Books

Pregnancy

Everything You Need to know to Have a Healthy Twin Pregnancy *by Gila Leiter*

What happens when a practicing OB/GYN finds herself pregnant with twins? Gila Leiter combines her professional and personal experience to provide a step-by-step guide through multiple pregnancy and birth. Like a typical OB relationship, the focus here doesn't extend much further beyond the early postpartum period, but there is a wealth of information related to pregnancy and delivery.

When You're Expecting Twins, Triplets, or Quads: A Complete Resource *by Barbara Luke, Tamara Eberlein*

Cheryl, a mother of toddler twins, says, "This is the best book I read - and recommended to friends having twins. It was fabulous and very up-to-date." Her accolades echo the thoughts of many parents who regard it as a valuable resource. Dr. Luke, an expert on prenatal care, outlines what to expect during pregnancy and delivery, giving proven, practical advice on maintaining a healthy pregnancy. *I hated this book! Okay maybe I didn't hate it, but it did scare me to death! However, it was an eye opener and had me thinking about the risks involved in a twin pregnancy. If you already understand the risks involved in a multiple pregnancy and want a less scary read then go with the Gila Leiter book.*

Twinspiration: Real-Life Advice From Pregnancy Through the First Year for Parents of Twins and Multiples *by Cheryl Lage*

Too many books about pregnancy and in particular, multiple births, have scary facts and issues that really make you not want to read them. This book is funny, amusing, and very informative. Some of the things mentioned in her book worth looking forward to... "Turn the computer off", "Baby's first bloodshed (daddy did it!)" and all the oops' and laughs along the way. It makes up for all those horror stories that seem to pervade the pregnancy shelves of every book store.

The Best Multiple Books

Raising Twins the Early Years

Raising Multiple Birth Children : A Parents' Survival Guide by *William Laut, Kristin Benit, Sheila Laut*

Because the authors are triplet parents, this is probably one of the best books available for parents of higher order multiples. This is a must-have survival guide for parents of twins, triplets, quadruplets and higher. It's an excellent collection of true-to-life, practical advice on managing -- and even enjoying -- life with multiples.

Mothering Multiples : Breastfeeding & Caring for Twins or More by *Karen Kerkhoff Gromada*

Author Karen Kerkhoff Gromada is an excellent resource on the topic of caring for multiples; not only is she a parent of twins herself, but she's spent years providing support to parents as a breastfeeding consultant and LaLeche League leader. For mothers who are committed to breastfeeding their babies, this is a must-have.

Mothering Twins: From Hearing the News to Beyond the Terrible Twos by *Linda Albi, Deborah Johnson, Debra Catlin, and Donna Florian Deurloo*

Although this nearly ten-year-old book is out of print, and somewhat out of date, I've always enjoyed and appreciated the words of wisdom and encouragement it contains. Co-written by a group of mothers of multiples, it asks the questions on prospective parents' minds, then answers them from the perspective of each author.

Ready or Not... Here We Come! The Real Experts' Cannot-Live-Without Guide to the First Year with Twins by *Elizabeth Lyons*

This book is different from most other twin/multiples books in that it is not only practical but funny and understanding as well. It's filled with the basic information plus little hints and shortcuts that are essential to keeping your sanity with twins. Most of these shortcuts aren't covered in any other of the dozens of twin books I have read. The girlfriend type perspective keeps you laughing. "Ready or Not..." covers everything from what baby items you won't need two of, to establishing a schedule. I can say that my husband and I referred to this book dozens of times in the last year. Of all the twin books on the market (I can say I've probably read all of them!) this is my favorite.

Raising Twins After the First Year

Ready or Not . . . There We Go!: The REAL Experts' Guide to the Toddler Years with Twins by *Elizabeth Lyons*

Once again, Elizabeth tells the good, the bad & the ugly of raising a family that includes a set of twins. This book will make you laugh, make you cry and make you glad that you never wrote a book about all of the crazy things your twins have done. Ready or Not...There We Go! Includes practical advice on just about everything you'll deal with from age 1 through age 4 from feeding, behavioral modification, potty training, choosing a preschool, adding to your family, dealing with stress in your marriage, and much more. This is not a book on statistics or scientific research into twin behavior -- God knows there are enough of those books out there; instead, Elizabeth shares her experiences, along with her Multiples Sorority friends' experiences with their twins. Elizabeth also includes titles of books that have helped her with her children. If you have twins or are expecting twins, you need to read this book. (If you haven't read Ready or Not ... Here We Come, buy that one, too!)

Raising Twins: What Parents Want to Know (And What Twins Want to Tell Them)

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The Best Multiple Books

by Eileen M. Pearlman, Jill Alison Ganon

I was looking for co-author Ganon's book TWINS! for my niece who is pregnant with twins, when we found this treasure. I have twins (a boy and a girl - age 11), and they thumbed through the book, going straight to the interviews with various sets of twins. We all got a real kick out of it and I have already found a lot of thoughtful information- particularly on the question of twins balancing their individual and twin identities. Bravo-finally a book that goes well beyond the pre school years. I also recommend Ganon's other book TWINS for twin pregnancy and the first year. I will be ordering both for x-mas presents for friends.

Psychology

Entwined Lives *by Nancy L. Segal*

When you've read all about having, delivering, raising, and coping with twins, and you just want to be immersed in fascination with their unique status, then pick up a copy of "Entwined Lives." Subtitled "Twins and What They Tell Us About Human Behavior," it is full of interesting anecdotes, interviews with multiples, and scientific explanations about human behavior. Simply fascinating.

Twins: And What They Tell Us About Who We Are *by Lawrence Wright*

This book provides proof for the perennial "Environment vs Genes" debate about humankind and personal destiny. After reading this book, I have come around 180 degrees - it's genes. Stories of separated twins leading essentially parallel lives are so compelling, that I realized that we are all propelled through our lives by personality. Our individual fates are controlled mostly by our abilities and instincts than by the conditions of our life. Those abilities and instincts are largely genetic. Far from being a kind of predestination, this frees us to live fully through our personalities, our selves. It frees us from the myth that we are victims of fate - we, our instincts and our abilities are all its shapers.

Children's Books

Twin to Twin *by Margaret O'Hair*

This is a wonderful twin story with a sweet rhyme and great illustrations. It is the perfect addition for the twins in your life. I gave it to a three-year-old with newborn twin siblings, and he just can't get enough of it. I recommend it highly.

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Raising multiple birth children can be challenging. Joining a mothers of twins club is the best "link" you can have to information and support; but if you still need additional guidance, or simply want to network beyond your local community, you might want to consider these resources.

[Twin Stuff](http://www.twinstuff.com/)--<http://www.twinstuff.com/>

This website is the place to go for the latest news stories involving multiples. Created by twins for twins, the site also has a bulletin board, twin links, a photo gallery, "Fun and Games," surveys, and products of interest to multiple birth families. This website is loaded with helpful, interesting, up-to-the-minute information. Definitely worth a visit!

[Ohio Federation Mothers of Twins Club](http://www.ofmotc.org/)--<http://www.ofmotc.org/>

A Support Group for Parents of Twins, Triplets, & More. Ohio Federation of Mothers of Twins Clubs, Inc. (OFMOTC) was founded in 1949 as a nonprofit, noncommercial, nonpolitical, nonsectarian organization for mothers or guardians of twins or other multiple births. OFMOTC supports members and promotes twins/multiples births. OFMOTC is proud of its involvement at the local, state and national levels for the continued benefit of its members.

[Twin Days in Twinsburg, Ohio](http://www.twinsdays.org/)--<http://www.twinsdays.org/>

Every year, on the first full weekend in August, Twinsburg, Ohio hosts Twins Days Festival, the world's largest gathering of twins and their families. For information about the festival, planned activities, and registration information, check out the official website.

[National Organization of Mothers of Twins Clubs \(NOMOTC\)](http://www.nomotc.org/)--<http://www.nomotc.org/>

A national non-profit organization founded in 1960 for the purpose of promoting awareness of the special aspects of child development specifically related to multiple birth children. NOMOTC's website provides information helpful to parents of multiple-birth children, including book lists, resources, information on twin development, and links to local clubs. There is also information about researchers seeking participants for twin studies and postings for agencies seeking twins for print or film work.

[TWINS Magazine](http://www.twinsmagazine.com/)--<http://www.twinsmagazine.com/>

Twins Magazine's web site features a parent's forum to share insights, cartoons and fun facts, articles from their current issue, and information about twins. There are also lots of links to other multiple birth websites.

[Triplet Connection](http://www.tripletconnection.org/)--<http://www.tripletconnection.org/>

This national organization of parents of triplets and higher order multiples offers a website that includes a chat room, information on timely topics, and a classified section featuring used triplet equipment and accessories.

[Mothers of Supertwins \(M.O.S.T.\)](http://www.mostonline.org/)-- <http://www.mostonline.org/>

An international non-profit support network for families who have or are expecting triplets or more. MOST's website features information, resources, and discussion forums specifically geared

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toward families with higher order multiples. The site also includes a list of MOST volunteers who are available to speak with families with special needs or concerns.

[Multiplicity](#)--This website is for parents who have experienced a multiple loss. There are lots of articles, links, and references to help those who are coping with the unique challenge of parenting surviving multiples. There is also a link to Bramble, a Chicago-area support group.

[Twin to Twin Transfusion Syndrome Foundation](http://www.synspectrum.com/multiplicity.html)--<http://www.synspectrum.com/multiplicity.html>
A non-profit private organization dedicated to providing information about twin to twin transfusion syndrome (TTTS). The website includes information on medical research and treatment centers, along with information about planning for this high-risk pregnancy and dealing with the loss of a twin. There are also personal stories of mothers who have experienced TTTS. Extremely informative site on this topic.

[International Society for Twin Studies](http://www.ists.qimr.edu.au/)--<http://www.ists.qimr.edu.au/>
An international, non-profit multidisciplinary scientific organization whose purpose is to further research and public education related to twins. The website includes information about upcoming conferences.

[Twins World](http://www.twinsworld.com/)--<http://www.twinsworld.com/>
A website created by twins for twins. This site is loaded with information, including sections on organizations, events, jokes, and photos. It also features a talent agency for twins and a shopping link to products of interest to multiple birth children and their families. There is even a section to help "reunite twins."