Twins and More Resources

Publications
The MOST Quarterly Magazine:
Free with Mothers of Super Twins (MOST) membership
www.mostonline.org

Twins Magazine:
Phone: 833-766-3342
www.twinsmagazine.com

Books
Twin Set: Moms of Multiples Share, Survive and Thrive Secrets
Christine Boyel, Cathleen Stahl, 2008

It's Twins!: Parent to Parent Advice from Infancy through Adolescence
Susan Heim, 2007

Twins! Pregnancy, Birth and the First Year of Life
Connie Agnes, Alan Klein, Jill Alison Ganon, 2006

Multiples Illuminated: Life with Twins and Triplets, the Toddler to Tween Years
Megan Woolsey, Alison Lee, 2017

When You’re Expecting Twins, Triplets, or Quads

Twinspiration: Real-Life Advice from Pregnancy through the First Year and Beyond
Cheryl Lage, 2016

Raising Twins: Parenting Multiples from Pregnancy Through the School Years
Shelly Vaziri Flais, 2014

Twinsight: A Guide to Raising Emotionally Healthy Twins with Advice from the Experts (Academics) and the REAL Experts (Twins)
Dara Lovitz, 2018

The Womanly Art of Breastfeeding: Completely Revised and Updated 8th Edition
La Leche League International, 2010

The Preemie Primer: A Complete Guide for Parents of Premature Babies – From Birth through the Toddler Years and Beyond
Jennifer Gunter, 2010

Dana Wechsler Linden, Emma Trenti Paroli, Mia Wechsler Doron, 2010

Breastfeeding Resources
Breastfeeding and Parenting Resource
www.kellymom.com

Breastfeeding Resource
www.thebump.com/breastfeeding

La Leche League International
Phone: 800-LaLeche
www.lalecheleague.org

continued
**Websites**

Doulas of North America  
www.dona.org

Parenting Multiples  
www.multiples.about.com

Pregnancy/Birth  
(including a Multiples Pregnancy calendar, birth stories and more)  
www.pregnancy.about.com

Center for Loss in Multiple Birth, Inc.  
www.climb-support.org

Information and support for parents and caregivers involved in Twin to Twin Transfusion Syndrome pregnancies, including some bereavement support  
www.tttsfoundation.com

Peer support and information for parents undergoing monoamniotic pregnancies  
www.monoamniotic.org

SEWMOT  
Southeastern Wisconsin Mothers of Triplets  
www.milwaukeemotc.org

**Support Groups**

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.  
www.mostonline.org

My Morning with Mom  
A support group for moms and babies to get together and share experiences with one another and a health care professional. Thursdays, 10 a.m. to 11:30 a.m.  
No registration required.  
For questions, call 414-328-7524  
Aurora.org/events  
Keyword: My Morning with Mom

National Online Fathers of Twins Club  
This worldwide web site offers chats, a bookshelf, and personal stories.  
www.nomotc.org

National Organization of Mothers of Twins Club  
A network of local clubs whose goal is to improve public awareness of the needs of multiple birth children by fostering the development of local support groups, enhancing the quality of educational materials available to parents, educators, and others by cooperating with and participating in research projects which involve twins and/or their families.  
NOMOTC is a non-profit corporation funded by dues, donations, and grants.  
www.nomotc.org

Sidelines  
A network of support groups across the country for women with complicated pregnancies and their families.  
www.sidelines.org