

# Twin Information

## **Multiples Information Websites:**

- <http://www.owc.net/~twins/coping1.html> Twin to Twin Transfusion Syndrome Foundation provides education and emotional support to families before, during, and after pregnancies diagnosed with TTTS
- <http://www.nomotc.org/> --National Organization Mothers of Twins Club
- <http://www.babyzone.com/parenting/twins/cobedding.asp> The Rescuing Hug: The Benefits of Co-Bedding Infant Twins
- <http://www.twinonline.org.uk/> For parents of twins: Covers everything you need to know about preparations, equipment, stages from pregnancy through teenage years, and a special section for fathers.
- <http://babyzone.com/parenting/twins/twinprep.asp> Preparing for Twins
- <http://www.owc.net/~twins/coping1.html> This one covers a lot of good points and suggestions on coping with infant twins.
- <http://www.babycenter.com/refcap/baby/babytwins/3590.html;prod-ekp-sessionid=HT0YKIWGEADAUCUAQIVSKTQ?CP-bid=#0>  
Caring for Newborn Multiples
- [http://www.parentsplace.com/family/multiples/articles/0,10335,239496\\_111538,00.html](http://www.parentsplace.com/family/multiples/articles/0,10335,239496_111538,00.html)  
(Parentsplace.com) Survival strategies for new parents.
- [http://www.parentsplace.com/family/multiples/articles/0,10335,239496\\_111544,00.html](http://www.parentsplace.com/family/multiples/articles/0,10335,239496_111544,00.html)  
(Parentsplace.com) Encouraging Individuality In Twins, Separation in School & More
- [http://www.parentsoup.com/toddlers/potty/articles/0,12106,166527\\_233220,00.html](http://www.parentsoup.com/toddlers/potty/articles/0,12106,166527_233220,00.html) Potty Training Twins
- <http://www.bellaonline.com/articles/art3001.asp> Potty Training Twins
- <http://multiples.about.com/cs/twintoddlers/> A few articles on Parenting Multiples at different stages
- <http://multiples.about.com/mbody.htm> Articles on topics related to parenting twins
- <http://www.twinshelp.com/> Articles on various aspects of life with twins.
- <http://multiples.about.com/mlibrary.htm> Links for Parenting of Multiples
- <http://www.twinshelp.com/index.html> Hints, tips and articles for multiple birth families
- <http://multiples.about.com/library/weekly/aa080301a.htm> Stroller Strategies
- <http://mostonline.org> Mothers of Supertwins, supporting multiple birth families

## **Breastfeeding Multiples:**

YES, you CAN breastfeed multiples!!! See the following links for more information:

- <http://www.prairienet.org/illi/WebCincinnatiOH.html> -LaLeche League of Cincinnati
- <http://www.la lecheleague.org/bfmultiple.htm> La Leche League collection of information on nursing multiples
- <http://www.Twins.Taka-Kan.org> Information from WCMOTC member Susan Sparks on breastfeeding twins
- [http://www.breastfeeding.com/helpme/helpme\\_images\\_twins.html](http://www.breastfeeding.com/helpme/helpme_images_twins.html) Nursing positions for twins
- <http://multiples.about.com/cs/breastfeeding/> Collection of Breastfeeding Tips for Multiples
- <http://members.tripod.com/~breastfeedingtwins/index.html> Great information on Breastfeeding Twins & Parenting
- <http://www.babiestoday.com/breastfeeding/> Great informative articles & resources on breastfeeding by Jack Newman MD & information on breastfeeding multiples by Melissa Clark Vickers MEd, IBCLC-both well known in this field.
- <http://familymedicine.about.com/library/breastfeeding/blbreastfeedinggo.htm> Breastfeeding Myths
- <http://www.nutritionnc.com/breastfeeding/index.htm> Breastfeeding, A Mother's gift, general breast feeding information
- <http://members.tripod.com/~sjba/articles.htm> St. John Breastfeeding Alliance
- <http://www.la lecheleague.org/NB/NBMarApr98p45.html> Breastfeeding Guidelines from American Academy of Pediatrics

## **Catalogs:**

- [http://www.brightideasbaby.com/scripts/product\\_bumbo.asp](http://www.brightideasbaby.com/scripts/product_bumbo.asp) Bright Ideas Baby Products - Bumbo Baby Sitter
- <http://www.morethan1.com/> More Than One & Mainly Multiples 1-800-388-8946
- <http://www.doubleblessings.com/memories.html>
- <http://www.babyling.com/> Preemie Clothing & More
- <http://www.2by2multiples.com/> 2 By 2, Clothing & Giftware for Multiples
- <http://www.twinsmagazine.com/currentIssue.shtml> Magazine about raising your twins.

## **Books:**

- <http://www.parentbookstore.com/twins.html> Parent books Twins & high order Multiples booklist
- <http://www.amazon.com/exec/obidos/ASIN/0967616115/inktomi-bkasin-20/102-4535742-4456157>
- <http://www.twinsmagazine.com/theBookshelf.shtml>

\*\*\* The Club has a portable library for member's use which is stocked with many great books that include twin pregnancy, breastfeeding, and parenting of twins and related topics. Members should talk to the club librarian for a list of books that are available.

## **Other Sites for Parents:**

- <http://www.cincinnati.momslikeme.com/> Cincinnati area discussion board.
- <http://www.pampers.com/> Various good parenting information, Developmental stages of child, Caring for your child and you can sign up to receive their Parenting E-mail newsletter.
- <http://www.askdrsears.com/html/10/T100200.asp> Spoiling baby questions answered.
- [http://fisher-price.com/us/experts/article\\_view.asp?articleid=38870](http://fisher-price.com/us/experts/article_view.asp?articleid=38870) Car seat safety, and child development issues.
- <http://www.bestbabyproducts.com/highchair.html> Advise on baby products.
- <http://www.safetyalerts.com/> Recalls
- <http://www.cpsc.gov/> Consumer Product Safety Commission
- <http://www.safekids.org/> National SAFE KIDS organization--Their mission is the prevention of unintentional childhood injury --the leading cause of death among children under 14. The site offers tips ranging from fire & home safety to water and playgroup safety, product recalls are also listed.
- <http://www.kinderstart.com/> KinderStart is the largest (and most popular) indexed directory and search engine focused on children zero to seven on the 'net.
- <http://www.familyfun.com/> Family Fun, Good Ideas, Practical Advise and fun stuff to do with your children.
- <http://dltk-kids.com/> Crafts for kids
- <http://www.pbskids.org/> For kids: Games, Music, Stories, and Coloring pages that include popular PBS TV characters
- <http://www.crayola.com/> Lots of crafts, activities and much more for kids and parents
- <http://www.nickjr.com/> On-line games, Learning activities and ideas for parents to do with their children and much more
- <http://www.babylistsbook.com/> Elaine Farber, Newborn Specialist/Consultant/Baby Nurse

## **Twins Days in Twinsburg, Ohio**

Each year during the first full weekend in August, a festival is held in Twinsburg, Ohio (about 30 miles south of Cleveland). It's reported to be the largest annual gathering of twins in the world. Contact: the Twins Days Festival Committee at (330) 425-3652 <http://www.twinsdays.org/>