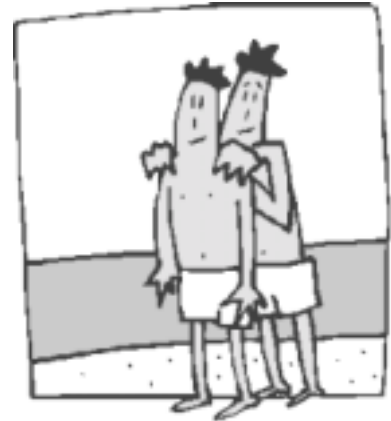




Resources For Parents of Twins

Parenting is a challenge under any circumstances. Parents of twins or more have double or triple the pressure! It may be harder to find information and advice about raising twins. Family and friends are often familiar with the ups and downs of parenting, but twins or triplets or more are a whole new ball game. You may have questions about equipment, individuality, safety, toileting or childcare. Don't try to figure it all out on your own. Parents of multiples need extra support. Here are some places to look for information and support.



- **National Organization of Mothers of Twins Club:**
P.O. Box 438
Thompsons Station, TN 37179
www.nomotc.org
- **The Center for the Study of Multiple Births**
333 E. Superior St. Suite 464
Chicago, IL 60611
(312) 908-7532
www.multiplebirth.com
(Send a business-size, self-addressed envelope to receive a list of references and resources.)
- **The Twins Foundation**
P.O. Box 6043
Providence, RI 02940
(401) 729-1000
(This is an international membership organization and primary research information center on twins and other multiples.)
- **Twin Services**
PO Box 10066
Berkeley, CA 94709
(This organization offers a list of references and a series of handouts that may be ordered. Handouts are available in English, Spanish and Chinese. Individual handouts cost .50¢ each. Sets of handouts cost between \$7.95 and \$29.95.)

- **Twinline**
A telephone service for parents of twins is sponsored by Twin Services. Call (510) 524-0863 Monday through Friday between 10 am and 4 pm Pacific Time. This is *not* a toll free line.
- **Books for Parents of Twins:**
Having Twins: A Parent's Guide to Pregnancy, Birth and Early Childhood (1991). Elizabeth Noble, Boston: Houghton Mifflin Company.
When You're Expecting Twins, Triplets or Quads (1999). Dr. Barbara Luke and Tamara Eberlein.
Everything You Need to Know to Have a Healthy Twin Pregnancy (2000). Gila Leiter, M.D. with Rachel Kranz. New York: Random House.

Sources:

Cooperative Extension publications by Judith A. Hooper, University of Wisconsin Extension, Betsy R. Schenck, Virginia Cooperative Extension Service, Billie H. Frazier, University of Maryland Cooperative Extension

UNH Cooperative Extension County Office Telephone Numbers

Belknap (603) 527-5475	Carroll (603) 447-3834	Cheshire (603) 352-4550	Coos (603) 788-4961	Grafton (603) 787-6944
Hillsborough Milford (603) 673-2510 Goffstown (603) 621-1478	Merrimack (603) 225-5505 (603) 796-2151	Rockingham Brentwood, NH 03833 (603) 679-5616	Strafford (603) 749-4445	Sullivan (603) 863-9200

Visit our website: ceinfo.unh.edu

UNH Cooperative Extension programs and policies are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veterans status.