



## ***MOST News***

*Read Online*

### **It's Time for Adopt-a-Family**

Thanksgiving is right around the corner and here at MOST we are starting to gear up for the Holiday Adopt a Family program. Many of our families have told us that when they get together for Thanksgiving they take some time to talk about adopting a MOST family for the holidays. I can remember my family putting everyone's name in a hat and picking one family member to buy a gift for. Now we take that same money and adopt a MOST family, as a family. It's a tradition we started a few years back and as our children have gotten older, they have gotten involved too.



Would you like to help with this program for this upcoming holiday season? Would you like to start helping now? We are accepting all donations, especially the things that are needed for every family like disposable cameras, scotch tape, flat gift wrap, packing tape, new children's books (any age), small gifts for Moms (like new photo albums or hand crèmes), new children's socks (any size), warm new pajamas and gift cards from stores like Target, Wal-Mart, K-Mart and Costco (cards should have NO expiration date please). For more information either email us at [Info@MOSTonline.org](mailto:Info@MOSTonline.org) or call the MOST office at 631-859-1110.

**Check out the MOST [Adopt-A-Family web page](#) to pick a family to adopt this year!  
We couldn't do it without your help!**

### **SUPERTWINS Sneak Preview!**

Look for these stories in your next edition of SUPERTWINS magazine coming soon:

- **Grandparents Pearls: A Tale of Three Babies** is a birth story of triplets told from the point of view of their proud and loving grandma.
- **Welcome to Cold & Flu Season, Multiples Style** Dr. Ross, pediatrician and mother of triplets, offers her advice on coping with or avoiding the winter sniffles times 3, 4, or more.
- **Pre-term Labor and Putting the Dreaded "Mag" Into Perspective** is an excellent resource for expectant families who may require this uncomfortable but critical treatment for preterm labor.



## Reminder About MOST's Balloon Fundraiser

Buy a balloon in memory or honor of someone's birthday, anniversary, or other important date through the [MOST Balloon Campaign](#), and each honoree will receive a personalized balloon posted on the MOST website. Email MOST a photo to go with the dedication, and we will place it on MOST's website [Photo Gallery](#).

Follow our campaign as the balloon on the [MOST homepage](#) inflates, and check out the beautiful [collection of balloons on the MOST website](#) as they multiply.

*(Balloon purchases will also be acknowledged in an upcoming issue of SUPERTWINS magazine.)*



## THE MOST WONDERFUL CARNIVAL EVER

Coming June 2007, the MOST Wonderful Carnival Ever!

This event is a private carnival for MOST (Mothers of Supertwins) families only. All MOST families are invited, and best of all, it's FREE! The carnival will offer many great activities including:

- bounce houses
- face painting
- cookie decorating
- rock climbing
- fire engine ride
- sand art
- balloon animals
- hot dogs
- ice cream
- cotton candy
- popcorn
- under 2yr old section
- much more!!!



If you live in the New York area or are planning a trip to the area next June, contact MOST for more details.

Be sure to renew your membership, bring your sunscreen and share this exciting day with other families of triplets and more.

Come one, come all!

## ♥♥♥ What's New on the MOST Member Forums ♥♥♥

The [MOST Member Forums](#) now have almost 400 registered users and almost 3000 articles.

Here are just some of the hot topics from recent forum discussions:

- Pregnancy Forum - [Free stuff for multiples?](#)
- Cooking for a Crowd - [Favorite Holiday Recipes](#)
- Toddler Forum - [Dressing your kids in the same outfits?](#)
- Corner Café - [TV: Favorite Shows?](#)
- School Age - [What do you do for teacher holiday gifts?](#)
- Special Needs - [Who has had an IEP recently?](#)

[Register](#) on the new MOST forums today. If you are already registered, [sign up](#) for access to the members-only and specialized groups.

[Forum Terms of Agreement](#)

[Forum Instructions](#)

**MOST offers a variety of forums for everyone:**

**Available to registered public users:** Announcements, Pregnancy/Infancy, Humor, Products, Cooking for a Crowd

**Available to MOST members-only:** [Woman2Woman](#), [Marriage/Family Issues](#), [Corner Cafe](#), [Regions](#), [Toddler/Preschool](#), [Military Families](#)

**Specialized groups for qualified members:** [Double Digits](#), [Quads](#), [Quints](#), and [Sextuplets \(QQS\)](#), [Single Parenting](#), [Special Needs](#), [School-age](#) (includes home-schooling), [Large Families](#) (includes multiple multiples.)

## MOST Monthly Features

### Web Page of the Month

Have you been to the MOST [Free Stuff web page](#) recently? Over the past year we've added many new free resources for families of multiples and preemies.

The page has links to following items:

- [Companies with Multiple Birth Programs](#)
- [Developmental Milestones](#)
- [Free Sample Products](#)
- [Infant Feeding and Activity Chart](#)
- [Complimentary copy of SUPERTWINS Magazine](#)
- [The Dilley Discipline Ladder](#)
- [NICU Glossary of Medical Terms and Acronyms](#)
- [Dealing with Insurance Claims](#)

### Products of the Month

MOST has two new books available in our online store:

[Pregnancy Bedrest: A Journey of Love](#) by a two-time bedrest patient and family therapist addressing the physical, emotional, and spiritual struggles of bedrest.

[Party of 9](#) the Hanselman's humorous and heartwarming look at the month-to-month challenges of raising sextuplets

- [Infant Weight Calculator and Converter](#)
- [Free articles from SUPERTWINS Magazine](#)
- [NICU/Hospital Discharge Checklist](#)
- [Directions for Making a Preemie Cap](#)
- [Growth Charts](#)
- [Emergency Release Form](#)
- [Sample letter for Multiple Birth Programs](#)
- [First Aid Sheets](#)

plus one.



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