



# Mothers of Supertwins

Supporting Multiple Birth Families...Every Step of the Way

## 10 Great Reasons to become a MOST Member!

### 1. Information

Your membership means MOST can continue providing families high-quality information like the [MOST's 500 page website](#), [parenting resources and books](#), and [Stories from the Heart Blog](#).



### 4. Advocacy

Your membership sustains [advocacy efforts and policy statements](#) that MOST creates on behalf of all multiples and their families.

### 2. Networking

Your participation on the secured [Family Support Forums](#)\* not only provides support to you, but is also a wonderful gift to other parents who hope to benefit from **your** multiple birth experience.



### 5. Outreach

Without MOST members, outreach programs that help multiple birth families in need such as the annual [MOST Adopt A Family](#) and personal resource referrals, would simply not be possible.

### 3. Research

Your membership supports critical [research projects](#) used by researchers and medical professionals to find new ways to help families of higher-order multiples have healthy outcomes today and tomorrow.



### 6. Training

Your membership helps fund programs that [train volunteers](#) and [mentor local multiple support groups](#) so families expecting and parenting multiples receive quality support at the local level as well.

## Make the most of your membership with these services!

### 7. MOST Blog

The [Stories from the Heart Blog](#)\* is filled with both personal pieces and educational articles, so check them out and [submit your stories](#) and photos for consideration as an upcoming post!

### 8. Support

Get the support you need through our [MOST Volunteer program](#) by posting your questions on the [MOST forums](#), or by locating a [local parent of multiple support group](#) near you.

### 9. Events

Consider joining us at one of our next annual events like the [Annual Mothers of Multiples Gathering](#).

See you there!

### 10. Shopping

Don't forget to shop for items in the [Supertwins store](#) such as [parenting packets and books](#), [articles](#), items sold through MOST affiliate programs, and more.

Supporting MOST...  
supports families of  
multiples just like yours!

Join MOST Today!