



MOST's Mission

MOST (Mothers of Supertwins), a community of families, volunteers and professionals founded in 1987, is the leading national nonprofit provider of support, education and research on higher-order multiple births.

MOST's mission is to advocate for quality prenatal care, promote healthy deliveries, and supply information to all multiple birth families in order to support successful parenting through every phase of their children's development.



participated in the survey, an overwhelming response! The most important piece of information to come out of this study is that married couples who are parents of multiples are not doomed to divorce. In fact 82% of the families had high levels of marital satisfaction and less than 5% were divorced. These families were not just married but happily married. We conducted this study on a very limited budget and tight timeline, so we hope to procure funding to do more in-depth follow-up studies to look at what factors might contribute to this low divorce rate and what areas are of concern to those who do divorce. We are also looking for input from parents who are divorced on how MOST can better support you as a single parent. Please email or write me and let me know.

Finally, I am writing this letter after just returning from the most wonderful girl-friends weekend I've had in a long time: the MOST Moms Gathering 2009 (NYC)! I had an amazing time spending several days with these wonderful women who I am sure will become life-long friends. I may, however, need several weeks of Weight Watchers and visits to the gym to recover from the fantastic food we enjoyed. I hope that more moms will be able to join us next year. To follow the planning discussions for the 2010 MOST Moms Gathering visit the Events forum (www.MOSTonline.org/forums.htm) on the MOST Family Support Forums. To be notified about any new posts in the Events forum scroll to the bottom of the forum and click on the 'Watch this forum for new topics' link. In fact, you can click the same link at the bottom of any of the MOST forums you want to follow. If you have ANY questions or problems we will be happy to help.

The summer of 2009 was not like those relaxing lazy summers of my youth. MOST was busier than I can ever remember. For starters MOST reviewed and updated our mission statement this past spring under the leadership of Diane Wipfler, MOST's chairman of the board. The process, which most non-profits undergo about every 5-10 years, helped us recommit to the original purpose and goals set forth and followed during the past twenty plus years by the founding members of our organization. Doing this truly reenergized our board to find new and innovative ways to better serve families, and I am excited to see how invigorated this dedicated group of volunteers have become by the challenge. Here are just some of the great projects they are doing:

In late spring, Patti Tessler RN, FNP and I presented at the National Perinatal Social Workers Association annual conference in Philadelphia, PA and were exceptionally well received as we spoke about family centered care for families of multiples in the NICU during our lecture titled Multiple Birth Families: NICU and Beyond. While developing our presentation we were guided by materials developed and used by Kelly Ross, MD, MOST's Medical Director during her many presentations made on behalf of MOST and all multiple birth families in her home state of Missouri and throughout the US.

Earlier that week I had an opportunity to represent MOST and PreemieCare at a meeting in Washington, DC conducted by Bright Futures, a division of the American Academy of Pediatrics. I gave a presentation titled Post Partum Depression and Multiple Birth Mothers and discussed other issues related to prematurity and multiple births. The presentation included many statistics gathered from MOST's Post Partum Depression survey conducted under the guidance of our Coordinator of Research Development, Laurie LaMonde, Ph.D. (www.MOSTonline.org/facts_PPDSurvey.htm).

I arrived back in NY just in time to help put the finishing touches on MOST's new policy statement called Media Exposure and Multiple Births (www.MOSTonline.org/Media_and_Multiples.pdf). Members of MOST's board had been working on this project for several years. The statement is an offshoot of MOST's Supertwins Bill of Rights (www.MOSTonline.org/billofrights.pdf) which was published back in the 1990's and updated in 2006.

With those challenging projects completed, it was time to think about some summer fun and the MOST Family Carnival! What a joyful fun day I had meeting with long-time friends of MOST as well as some new families. Read more about this fantastic event later in this issue.

Sadly, in early July, we also learned that another family of higher-order multiples was facing the challenges of divorce. Over the years we have read several news articles citing statistics on how prevalent divorce is among parents of multiples but have not been able to find even one study supporting these numbers. With that in mind, we developed a survey this summer to help establish a baseline statistic for the divorce rate among parents of multiples. As a support group, we want to be sure that we have the resources, information and support programs needed to help both parents and children coping with divorce. Over 3,000 parents

Even with all these great events happening, I still LOVE to read what is new with each of you, so please keep your emails, letters and photos coming! MOST connected with and supported so many new and expectant families over the last few months, and I always enjoy catching up with many of you on Facebook. I just wish I could get to all of the updates, so feel free to drop me an email or letter too.

We could use your help and support to ensure these and other great projects at MOST are available to support families of multiples. Please consider making a donation to MOST, designating us as your United Way recipient or asking your employer about a matching gift. We are excited to announce that one of our MOST Dads, Jon Sullivan, will be raising money for MOST this Fall by running in an Ultra Marathon. Read more about Jon's plans later in this issue and support his efforts by following his training blog on his Change.org page! (www.change.org/mostonline/projects/fundraising/jonathan_sullivan_runs_for_most). If you would like to raise money for MOST and need help deciding how, just give us a call.

As always, thank you for all you do! Your donations and volunteered time make it possible for MOST to continue supporting multiple families every step of the way. Together we are educating parents and professionals, providing empathy and resources to families, and conducting important research to meet the needs of our beloved children. If I or MOST can ever be of assistance, please do not hesitate to get in touch, as that is what we are here for and LOVE to do.



Maureen ♥

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