



multiple mayhem

A monthly publication of the Pensacola Parents of Multiples

February 2009
Vol. 20, Issue 7



THIS MONTH'S MEETING: Come prepared to have your photo taken for our pictorial club directory! The draft has been printed and we'll need you to proof your entry for accuracy. See you then!
Thursday, Feb. 5 / 7 p.m. / Sacred Heart Hospital Conference Center

FROM THE PRESIDENT

Keep those resolutions

I guess I am done with the recuperation phase after the holidays. We finally got our thank you letters out. It is time to get things going again. I hope you are doing well with your New Year's resolution, whatever it may be. Mine would be keeping this house organized and clean so that maybe we can start looking for a bigger house this summer.



Diane Wood

I have been running into old members and parents around town. Let's all try to hand out the club's business cards or brochures. If you do not have any, please let me know. Our main goal right now is to increase membership and help or call our new parents who may need some guid-

ance from those of us with experience. Any new ideas would be welcomed.

With the colder weather, now is a good time to start tagging your items for the spring yard sale (April 17-18).

I do this year-round so it is not as difficult. Now also is a good time to clean or mend any items that need to be done before selling. I do some of this while watching television. The more you get ready for the sale, the more the club can make to donate to our charities.

I hope to see you at the next meeting, this Thursday, Feb. 5.

Multiple Blessings,
Diane Wood
PPOM President

Find us on Facebook!

Secretary Tara Rhodes has created a group for us on Facebook! Many of our members have profiles on Facebook already. It's free and easy to do, and is a good way to keep up with friends old and new. Just log on to Facebook.com and search for Pensacola Parents of Multiples. See you there!



Pensacola Parents of Multiples
P.O. Box 10596
Pensacola, FL 32524
Club voice mail: (850) 470-0880
During club meetings, you can be reached at 416-8000.

Web addresses

PPOM: www.pensacolapom.org

FOMOTC: www.fomotc.org

NOMOTC: www.nomotc.org

Contact Diane Wood for the password to the NOMOTC site to enter the Members Only section.

Yahoo Group:

ppoms-subscribe@yahoo.com

Pensacola Parents of Multiples is a member of the Florida Organization of Mothers of Twins Club and the National Organization of Mothers of Twins Club.

The printing of this newsletter is provided courtesy of Sacred Heart Hospital.

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QUESTION OF THE MONTH



How do you teach your kids about money? Email answers to newsletter editor. We'll print them next month! *Answers to last month's question, how did you know you were having multiples, on p. 3.*



What's PPOM?

Pensacola Parents of Multiples is a non-profit organization established to provide support and assistance to all parents of multiples and their families. We provide **emotional support and encouragement**. We offer information on various **educational topics** relating to having and caring for multiples. We also offer **social interaction** with other parents and families with multiples. These services are for all parents of multiples and expecting parents regardless of membership status in our organization. Membership includes local, state, and national organizations. You will receive 12 issues of the club newsletter, Multiple Mayhem (by email unless specified by mail), and 6 issues of the National Notebook. Members have reduced participation fees at the two biannual club consignment sales and also get early shopping privileges at the sales.

Club and meeting information

The Pensacola Parents of Multiples meets the **first Thursday of every month** (except July) at the **Sacred Heart Hospital Main Entrance Conference Center**. Meetings begin at **7 p.m.** (please try to arrive by 6:55) and last about 1 1/2 to 2 hours. **Annual dues** are \$25, which include local, state and national membership and newsletter subscription. Parents with multiples 5 or older have half-price membership, as do grandparents of multiples. Dues should be mailed to: Treasurer Rebecca Knapp, or given to her or the president at a meeting. **Local membership is free for those expecting multiples and until the multiples are 3 months old.** This monthly newsletter subscription can be purchased for \$7 a year to non-members. If you are an expecting parent, please pick up a helpful information packet at our next meeting.

Money-saving idea on baby food

Dianne Taylor sent in this submission from her son, who is a dad of twins and a member of his area multiples club in north Georgia. Although we do not have Kroger stores here, the Beechnut products can be purchased at any grocery store. He writes:



"We just saved over \$50 at Kroger's using our Beech Nut baby food coupons (the ones you get in the mail from mailing off the UPC codes) and the current Kroger Card promotion. This even includes the DHA Plus. I also transferred a prescription to the Kroger pharmacy

and got \$20 of instore savings that we used in this.

"The Kroger Card discount is on the larger jars of Stage 3 baby food. Look for the shelf price that says '12 for \$6.' That's 50 cents per jar."

Visit the company's website at www.beechnut.com and click on "Check out our online offers." One coupon reads: "Just save 48 proofs of purchase from any Beech-Nut product. Then

mail them with this certificate to the address below. You'll get four coupons for \$1.00 off any 10 Beech-Nut® items."

Thanks for sharing this, Dianne. We MOMs are always looking for ways to save money!

Recruitment of new members

We are trying to increase our membership base. Please make an effort to come to the next meeting to pick up pamphlets to distribute to doctors offices, dentist offices, kids facilities, etc. We will have a sign-up form so that there will not be duplication of our efforts. If you cannot come to a meeting, we can email you the business card layout and you can print them out at home on white cardstock.

Let's update our club library

We are trying to update our library for our members. If you have any books or magazines relating to multiples that you would like to get rid of, please consider donating to the club's library, which is available at most meetings. Members will have the opportunity to check out books and take home. **For a complete list of our library inventory, please see pages 6-7. Librarian:** Bach-Uyen Le Thi





ANSWERED: QUESTION OF THE MONTH

How did you know you were having multiples?

Maria Prusa

The month we conceived, I had the worst pains on both sides one night that doubled me over, and I said to my husband, "I bet I dropped two eggs. I usually only have ovulation pain on one side. I wonder if we are gonna have twins?"



He laughed and said, "Yeah, that's what we need!" Our oldest was not yet 2, and boy was she a handful. He even said, "Can you imagine having two Aly's?" and I replied, "NO!" When I found out, he thought I was joking and did not believe me until I showed him the sonogram pictures and told him I heard the two heartbeats.

Holly Jeffries

I thought I was having a miscarriage one day at work. I was about eight weeks along. Luckily my husband works at the same place as I do so he took me to the ER in the afternoon. Finally around 9 p.m. I got an ultrasound and the tech gave us the news. We just stared at each other, "What?" and laughed nervously. We knew it had to be a boy and girl. Sure enough, that's what we have.

Terri Spaar

Tim and I both had our suspicions that I was carrying more than one because of how sick I was and also because there are about six sets of twins on his side of the family (he's

a twin and so is his mom), and there are four sets of twins on my side. (See *odds of having multiples*, p. 9.)

Penny Castor

I woke up every night at 3 a.m. to eat. That was very unusual for me. I should have known that something was going on. I found out at my first doctor's appointment – there they were on the ultrasound. I was eight weeks pregnant.



Katina Meacham

We found out we were having multiples when we went to our follow-up appointment with the reproductive endocrinologist for my 6 week ultrasound. When the nurse put the ultrasound wand on my stomach, we saw three round "holes" which were the sacs. Because we had transferred four embryos with our IVF cycle, we knew there was a chance for higher-order multiples, but we always expected a single or maybe twins at the most! The thought of selective reduction never crossed our minds, and we started to prepare for our three babies. Now I look at my almost 5-year-old triplets and cannot imagine life without them! They are truly a blessing!!

For signs and symptoms of multiple pregnancy, see: <http://multiples.about.com/cs/pregnancy/a/twinsigns.htm>

Out and about: Area happenings

Go, Dog. Go! A Treehouse Theatre Production. Auditions are Feb. 23 and 24 beginning at 6:30 p.m. Seeking actors age 10 to adult. Strong background in movement desired. Dance experience a plus. This is a musical, and everyone who auditions will be asked to sing a short song and participate in dance auditions. Performance dates: April 17-19 and 24-26. Details: 434-0257.

UWF Chemistry Department expands "Fun with Science!" Saturday sessions. The UWF Department of Chemistry, in conjunction with the Institute for Human and Machine Cognition (IHMC), has expanded the number of "Fun with Science!" Saturday sessions this spring for sixth-, seventh- and eighth-grade students. Led by UWF science faculty members, the sessions are held from 9:30 to 11:30 a.m. on the UWF Pensacola Campus, but locations will vary depending on the event. Dates and sessions are: Feb. 28, "Chemistry of Fireworks," "Plant Biology Part I" and a session to be announced; March 21, "Marine Biology" and "Physics of Lasers"; and April 25, "Geographic Information Systems," "Environmental Science" and "Plant Biology Part II."

Sponsored by International Paper, Pensacola Mill, sessions are limited to 20 to 30 students. All registrations must be conducted via the new Web-based application process. No phone or e-mail registration will be accepted. The registration process will open seven to 10 days prior to each session and will remain open until all slots are filled. To register, visit the "Fun with Science!" Web site, at <http://uwf.edu/chemistry/outreach.cfm>. For more information, contact Cindy Williams, at 474-2739.



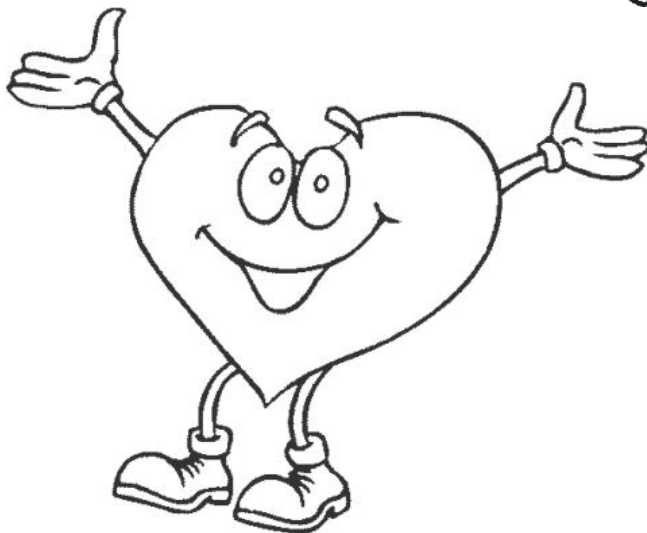
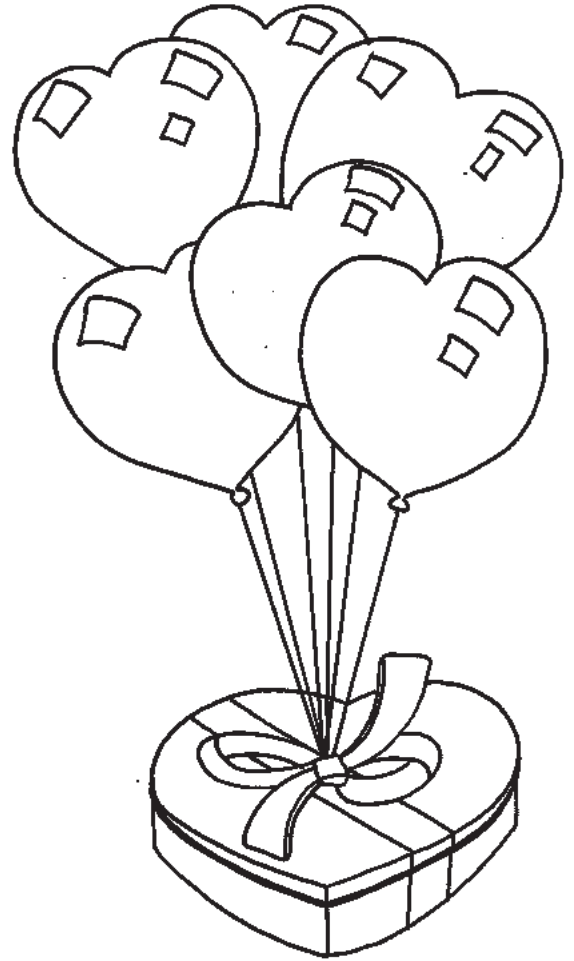
FOR THE KIDS

Valentine's Day customs

Hundreds of years ago in England, many children dressed up as adults on Valentine's Day. They went singing from home to home. One verse they sang was: *Good morning to you, valentine; Curl your locks as I do mine – Two before and three behind. Good morning to you, valentine.*

Some people used to believe that if a woman saw a robin flying overhead on Valentine's Day, it meant she would marry a sailor. If she saw a sparrow, she would marry a poor man and be very happy. If she saw a goldfinch, she would marry a millionaire.

http://www.pictureframes.co.uk/pages/saint_valentine.htm



Valentine's Day

C	A	N	D	Y	E	S	Z	Q	F
H	Q	T	V	H	C	A	V	P	L
O	K	N	T	Z	I	S	A	K	O
C	H	E	A	R	T	S	L	U	W
O	F	G	R	I	I	Z	E	I	E
L	R	N	F	R	I	E	N	D	R
A	M	E	G	Q	F	D	T	Q	S
T	A	B	I	J	G	D	I	O	O
E	X	C	V	L	A	P	N	D	N
V	F	X	E	C	M	D	E	X	U

- Candy Hearts Chocolate
- Flowers Friend Give
- Valentine

FROM THE EDITOR

Practicing the three 'r's

You might have wondered why the newsletter editor has not written a column for the last few months! Well, truly, I had nothing new to say, so I thought the space was better used in other ways. This month, however, I do have something to say that is very important to me. It's about those three "r's": Reduce, Reuse, and Recycle.

I hope that those of you who live in Escambia County have taken advantage of ECUA's new FREE recycling program, which started Jan. 5. If you haven't signed up yet, it's easy! Just go to their web site, www.ECUA.org, and fill out an online request, and they will deliver to your home a recycling can to be put out on the same day as your garbage can. You also can read over the list of what items you can put in the receptacle. (Almost anything except glass.)

With our large, multiple families, we can create lots of trash bound to stay in landfills for thousands of years. But it doesn't have to be that way.

I've been recycling for 20 years, long before it was the "in" thing to do. I have constantly been amazed at how much we can keep from going into the landfill. Even with a family of five, we never, ever have had to put out our garbage can more than once a week, and even then, it is never full. The kids always help with the recycling, and I feel they are learning valuable lessons while doing it. As a society, we have

**Kirsten Efird**

to train our kids to do the right thing, to start using our resources more wisely than previous generations have.

I simply believe, and always have, that this is the right thing to do. We accumulate so much stuff! We have to start being more responsible with how we dispose of it. And it is so easy to do – and did I mention FREE??

For those of you in Santa Rosa County, there also are curbside pickup options (see www.co.santa-rosa.fl.us/recycle/curbside.html).

This web site says: "In most cases your garbage and recyclables can be collected **for the same price** as twice a week garbage collection." So, again, it is FREE! There also are drop-off sites

throughout the county (for a list, go to www.co.santa-rosa.fl.us/recycle/).

Make the commitment to do this today. It is easy, free, and **will not take any more of your time** than taking out the trash does. You will be amazed at the difference you can make.

(Full disclosure: I did not sign up for ECUA's recycling program. After much research I decided to keep doing what I've been doing, which is to keep my own recycling in my garage, and take it to the drop-off site about once a month. I elected to do this because the ECUA program does not accept glass, and I didn't want to keep two separate sets of recycling. So don't think I'm a hypocrite when you don't see a recycling bin on my curb!)



Product recalls

Infantino Expands Recall of Infant Rattles: The U.S. Consumer Product Safety Commission announced a voluntary recall of Infantino Lion and Lamb Grabby Rattles. Consumers should stop using recalled products immediately. This recall affects about 131,000 toys. (20,000 were previously recalled in March 2008.)

The tail piece on the rattles can detach, posing a choking hazard to young children. Infantino has received 10 reports of the tail piece on the rattle detaching since March 2008. No injuries have been reported.

The recalled rattles were sold at Wal-Mart, Babies "R" Us and other stores from May 2007 through September 2008 for between \$3 and \$4.

Consumers should contact Infantino for a replacement rattle or a product of equal value. Contact Infantino toll-free at (888) 808-3111 between 8 a.m. and 4 p.m. PT Monday through Friday or visit the firm's Web site at www.infantino.com.



Newsletter submissions welcome!

Would you like to submit something for the newsletter? A story, congratulations, announcement, request, a note to introduce yourself, an advertisement, interesting topic, anything? Contact Kirsten Efird. Deadline is the 20th of each month.



Check out (literally) our library selections!

We would like to get the club library going again now that the inventory has been updated. Please take a look at the list of reading materials on these two pages to see if there are any books that you would like to borrow. You

will need to let our librarian Bach-Uyen Le Thi know if you are interested in borrowing a book because she may not always bring all of them to the meetings. Please call her as that is a better way to reach her than email.

Books by Topic

Multiples

“Having Twins” by Elizabeth Noble

“Mothering Twins”

“Twins! Pregnancy, Birth, and the First Year of Life” (2 copies) by Agnew, Klein, Ganon

“When You’re Expecting Twins, Triplets, or Quads” by Luke and Eberlein

Breastfeeding

“Breastfeeding Your Baby – A Special Starter Kit” (video)

“Breastfeeding Your Premature Baby” La Leche League International

“Nursing – the First Two Months” by Katheen Huggins, R.N., M.S.

Pregnancy

“A Journey of New Life: A video Guide to Pregnancy”
“Baby & Me: The Essential Guide to Pregnancy” by United Medical Resource

“Complete Pregnancy & Baby Book” by Vicki Lansky

“Everything You Need to Know to Have a Healthy Twin Pregnancy” by Gila Leiter, M.D. w/ Rachel/Kranz

“How to Prevent Miscarriage & Other Crises of Pregnancy” by Stefan Semchyshyn, M.D.

“Lamaze, You and Your Baby” (video)

“Our Babies Come with Instructions – Childbirth Sacred Heart Hospital”

“Planning Your Pregnancy & Birth,” 3rd Ed., American College of Obstetricians & Gynecologists

“Post-Partum 3rd Trimester, 2nd Trimester, 1st Trimester” (video)

“Pregnancy, Childbirth and the Newborn” by Simkin, Whalley, & Keppler

“Pregnant Fathers” by Jack Heinowitz

“The Girlfriend’s Guide to Pregnancy” by Vicki Iovine

“The Pregnancy Book for Today’s Woman” by Howard I. Shapiro, M.D.

“What to Expect When You’re Expecting” (2 copies) by Eisenberg, Murkoff, Hathaway

Parenting/The First Year

“Amazing Talents of the Newborn” (video) by Johnson and Johnson

“Mediations for New Mothers” by Beth Wilson Saavedra

continued next page

Library inventory continued from page 6**Mother and Child**

“Your Child’s First Year”

“The Girlfriends’ Guide to Surviving the First Year of Motherhood” by Vicki Iovine

“The Premature Baby Book” by Helen Harrison

“What to Expect the Toddler Years” by Morris Green

Teens/Dads/35 and Over

“The Art of Parenting Twins” by Patricia Malinstrom & Janet Poland

“The Preschooler’s Busy Book” and “The Toddler’s Busy Book” by Trish Kuffner

“Toddler Twins” by Twins Magazine

“What to Expect the Toddler Years” by Morris Green

Parenting/Discipline

“Caring for Your Baby and Young Child, Birth to Age Five” by Steven P. Shelov

“Character Development: Encouraging Self Esteem & Self Discipline in Infants”

“Toddlers, & Two Year Olds” by Polly Greenberg

“Children: The Challenge” by Rudolf Dreikurs

“Christian Child-Rearing & Personality Development” by Paul D. Meier, M.D.

“Giving Your Children Every Chance” (video) by MEYS Laboratories

“I Am Your Child” by Rob Reiner

“It Worked for Me: Solving Everyday Problems of Rais-

ing Kids” by Parents Magazine

“Keys to Parenting Multiples,” 2nd Ed., by Karen Kerkhoff Gromada & Mary C. Hurlburt

“On Becoming Baby Wise (Book Two)” by Gary Ezzo, M.D. & Robert Buckham, M.D.

“Raising Positive Kids in a Negative World” By Zig Ziglar

“Stuttering & The Preschool Child” (video) By Stuttering Foundation of America

Names

“The Very Best Baby Name Book” by Bruce Lansky

“35,000 Baby Names” by Bruce Lansky

“The Great Beginning Baby Name Book” by Sara Whittier

Safety

“Childproof Your Home” by Vicky Lansky

“What Every Parent Should Know about Vaccines” by Paula A. Offit, M.D. & Louis M. Bell, M.D.

“Parents Baby Gear from Birth to Age Three” by Debra Wise

NOMOTC Booklets

Bereavement (2)

Higher Order Multiples (2)

Notebook (National Newsletter) July – Dec. 2002, May/June 2003, Nov./Dec. 2003

Placement in School (2)

Miscellaneous Magazines

New Beginnings: Jan –April 2002, Sept./Oct. 2002, March/April 2003, July/August 2002 or 2003, May/June 2002 or 2003



PPOM Officers 2008-2009

President
Diane Wood

Vice President
Jen Clarke

Secretary
Tara Rhodes

Social Chair
Penny Castor

Treasurer
Rebecca Knapp

Membership
Tamara Cummings

Newsletter Editor
Kirsten Efird

Fundraising/Yardsale Chair
Crystal Robinson

Publicity Chair
Shannon Krupa

Webmaster
Denise Hoyle

Scrapbook
OPEN

Library
Bach-Uyen Le Thi

Mom Support Line: On call

Whether you are expecting multiples or are a recent mommy to multiples, we know that you need support and encouragement. So lean on us "veterans"! We are happy

to hear from you and to share any helpful tips, info and advice or to just listen! Listed here are categories matched with moms who have "been there." Feel free to contact us.

Adopted Multiples open

Apnea Monitor open

Bottle Feeding
Kirsten Efird

Breastfeeding
Diane Wood
Penny Castor
Jen Clarke
Louise Hirst

Bed Rest
Penny Castor
Tara Rhodes

C-section
Tara Rhodes
Crystal Robinson
Penny Castor
Rebecca Knapp
Holly Jeffries

Cleft lip/palate open

Contraction Monitoring
Diane Wood
Kirsten Efird
Tamara Cummings

Developmental Delay open

Epidural
Crystal Robinson

Gestational Diabetes
Maria Prusa
Crystal Robinson
Louise Hirst

G-tube open

Hearing Issues open

Hypospaedius open

In Vitro
Kirsten Efird

NICU Experience

Diane Wood
Kirsten Efird
Penny Castor

PPD Jen Clarke
Susan Kline
Kirsten Efird
Holly Jeffries

Preterm Labor
Kirsten Efird
Tamara Cummings

Pneumotorax open

Reflux open

Setting Schedules
Diane Wood
Kirsten Efird
Tara Rhodes

Single Parent
Tamara Cummings

Torticollis
Tara Rhodes

Toxemia open

Triples Kirsten Efird

Chatty Cathys
Penny Castor

Working Moms
Rebecca Knapp
Bach-Uyen Le Thi

If you have any experience with any of these conditions and would like to give advice to new members please let Kirsten know and she will add you to the list. We have bunches of openings!



Multiples: What are the odds?

By Pamela Prindle Fierro, About.com

The odds of having multiples are influenced by many factors, and twinning rates have changed throughout the years due to some of those factors.

Among general population, the chances of having twins are about 3 in 100. Researchers have recorded an increase of nearly 60% since the early 1980s. The most recent statistics, part of a 2004 study by the National Center for Health Statistics, show that twins represented 32.21 of every 1,000 births.

The statistics for higher order multiples have shown a dramatic increase in recent years. The odds of conceiving “spontaneous” triplets (i.e., without the aid of fertility enhancements) is about 1 in 8,100. Researches noted a 400% increase in the rate of triplet births over the last 20 years. The odds of having spontaneous quadruplets are predicted to be 1 in 729,000.

It is estimated that 60% of triplets are the result of fertility enhancing treatments; while 90% of quadruplets are due to reproductive technology.

ADVERTISING PRICES

If you know of any businesses that might like to advertise to more than 100 families a month, please contact Rebecca Knapp, treasurer, at 434-8537 or email beccabutflies@yahoo.com. Please include a contact person, address and phone number.

Payment is required in advance and should be made out to PPOM. The deadline is the 15th of each month.

Yearly rates are available on request.

Paid club members will receive a 50 percent discount for advertising their business. Baby-related ad items are free to members.

Rates:

Business card	\$10/month
Half page	\$20/month
Quarter page	\$15/month
Full page	\$50/month

FROM OUR MEMBERS: FOR SALE, AND FREE!

Crystal Robinson has a double Jeep stroller for sale. Black and orange, good condition.

Also, if anyone would like any boys clothing, mostly 18 months and up, she would be glad to give them away. Trying to clean out closets. Call Crystal.

TEN MILE ROAD STORAGE

“Serving Your Storage Needs”

75 East Ten Mile Road
Pensacola, Florida 32534
(850) 477-8997
Office Location:
10250 N. Palafox Street

Celebrations

Birthdays

Kids

2/15 – Alexander and Brian Stanley (9)

Adults

2/4 – Brian Trivison

2/6 – Ben Stanley

2/7 – Tim Spaar

Anniversaries

2/18 – Terri and Tim Spaar (20 years!!)

OOPS! Did we miss a birthday or anniversary? Please let Kirsten Efird know and we will update our records. Thanks!

Lending a hand to new moms

In December, the board voted on sending members out to new moms’ homes to help however they can. A few weeks ago, Kirsten Efird visited with Renee Shelnett in Pace and got to give a bottle to one of the 6-week-old twin girls! Renee seems to have it all under control and didn’t even let me bring dinner! So I took a multipack of wipes.

If you’d like to help out a new mom, let any board member know. Sometimes they just need some adult conversation!

Members photo directory almost finished!

A preliminary draft of our new members photo directory has been printed! Please come to the February meeting and proof your entry to make sure we have all your information correct. Also, let us take your photo if we don’t have one! (Or email one to Kirsten Efird.) We will send out a PDF version as soon as it is completed. We think this will be very helpful in getting to know each other. Thanks!



WEB SITE OF THE MONTH

Check out Revolution Health.com’s web page on child allergies, complete with printable guides at <http://tinyurl.com/bvzlkv>





February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 GROUNDHOG DAY	3	4	5 PPOM meeting 7 p.m. Sacred Heart	6	7
8	9	10	11	12	13	14 VALENTINES DAY
15	16	17	18	19 Newsletter deadline	20 Krewe of Lafitte Parade, 8 p.m. downtown	21 Grand Mardi Gras Parade, 2 p.m. downtown
22 Krewe of Wrecks Parade, 2 p.m. P'cola Beach	23	24 Board mtg. at Diane's, 9:15 Fat Tuesday	25	26	27	28

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 PPOM meeting 7 p.m. Sacred Heart	6	7
8 DAYLIGHT SAVINGS TIME BEGINS	9	10	11	12	13	14
15	16	17 ST. PATRICK'S DAY	18	19	20 Newsletter deadline	21
22	23	24	25 No school for Esc. Co. public schools	26	27	28
28	29	30	31	Save the date: PPOM Spring Yard Sale, April 17-18		



INSIDE: