



# multiple mayhem

A monthly publication of the Pensacola Parents of Multiples

January 2009  
Vol. 20, Issue 6



**NO JANUARY MEETING!** Enjoy the New Year's holiday!  
Join us next month for our regular monthly meeting. We hope to bring in a financial consultant to talk about money matters for kids.  
**Thursday, Feb. 5 / 7 p.m. / Sacred Heart Hospital Conference Center**

## FROM THE PRESIDENT

# Happy New Year!

I am looking forward to a more relaxing New Year. The holidays are crazy at my house with four kids, but I also had three home study courses that I had to complete by the end of the year on top of it. I am glad that is done.



**Diane Wood**

If I can find the time and help in 2009, I would like to make more positive changes for our club. I have tons of ideas. It is everyone's club and we need everyone's help to make it better. We are all busy, but a little contribution would do wonders. I do hope you will include our organization in your New Year's resolutions. Our expectants and new parents

need our support, so please make an effort to reach out to them.

Our December meeting was very rewarding. We had the chance to walk up to the NICU to make a monetary donation (see photo, below).

It brought back memories to some of us. We also played our annual Bingo game with gifts (photos on page 2).

I know we all had a great holiday, and I can't wait to hear what Santa brought everyone. I will see everyone at the February meeting. Please let me know of any suggestions.

Multiple Blessings,  
Diane Wood



**Diane Wood, Susan Kline, Louise Hirst, Maria Prusa and Penny Castor presented a check for \$250 to the Sacred Heart Neonatal Intensive Care Unit at the December meeting. The proceeds were from our fall yard sale.**



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](http://www.pensacolapom.org)

**FOMOTC:** [www.fomotc.org](http://www.fomotc.org)

**NOMOTC:** [www.nomotc.org](http://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](mailto: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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## 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.

## Welcome to our newest 'members'!

Congratulations to Renee Shelnett, whose twins were born on Dec. 9!

Juliana Elaine Shelnett weighed 5 pounds 4 ounces and was 18 inches long.

Madeline Diane Shelnett weighed 4 pounds 14 ounces and was 18 inches long.

They were born at 34 weeks and 3 days and had to stay in the hospital 10 days.

The girls have three older siblings who are sure to be a big help. Congratulations to the whole family!



## Bingo Night at December meeting

We played our annual Bingo game with gifts at the December meeting. Louise Hirst, left, won this home-made gift that Susan Kline made on her sewing machine.



Photos by Diane Wood

## PRODUCT RECALLS

The following sites are a great resource for information on recalled toys and baby products. You can even do a search by product type and manufacturer.

<http://www.parents.com/product-recalls/>

<http://www.parents.com/baby/safety/toy-recalls/>

<http://www.babycenter.com/product-recall-finder>



**ANSWERED: QUESTION OF THE MONTH**

## Do your multiples share everything?

**Terri Spaar**

My 5-year-old twin girls share a room and wear the same clothes. They also have a playroom and share most of their toys, although I'm sure that will change as they get older, but for now it works.

**Tara Rhodes**

My twin 2-year-old girls do share some clothes, but for the most part they have their own toys and clothes. Having an older sibling, we actually have three of some things. Our girls do share a room (separate beds of course), but I do plan to separate them when they get older (maybe middle school age). We have the room to separate them now, but I prefer them together because they sleep better that way. I think it is important for them to learn to share, but it is also important to have the confidence in ownership as well. My motto is "Balance is the key!"

**Melissa Duvall**

When my (now 7) g/g twins were young, we had duplicates of EVERYTHING...clothing and toys! It wasn't until preschool (3-5 years old) that we started dressing them differently so that the teachers could tell them apart and have teachers and friends know them individually and not refer to them as "the twins" or "Emily and Arden" (no spaces on purpose...it was like one name!). At that time we let them

choose clothing (with our guidance, of course) and really express what colors were their favorites. Now in first grade, one totally prefers dresses and the other pants and skorts.

They shared a room until the end of kindergarten. They had the option of sharing a room and having a playroom or each having their own space. That summer they chose separate rooms. We hoped this would help them take pride in keeping their own room clean and eliminate the blame game of who made the mess. It's helped some, but hasn't eliminated the problem! They have, however, truly enjoyed their own room and their own closets (with their own clothes!).

**Crystal Robinson**

My twins are boys, and they do share pretty much everything. The older they get, the more stuff they like to have of their own. But I have never made a big deal of having their own stuff at this point in their lives. I guess I feel I want them to share, but not be as demanding of what is theirs at the age they are. It has really worked out so far, because I pick two outfits or two toys or whatever and they pick what they want. Usually it's not the same, but if it is, it usually works out, because we say, next time we have to take turns and if you wear it/use it this time, then next time he gets to wear it/use it.

## Out and about: Area happenings

**150th Anniversary of the Pensacola Lighthouse Tour:**

Jan. 3, 2 p.m., 2081 Radford Blvd., NAS. Refreshments and tours following the ceremony.

**Candlelight Tour of Fort**

**Barrancas:** Jan. 10, 5-7:15 p.m. Costumed interpreters will present the history of Pensacola during the Civil War at different stations inside Fort Barrancas. Small groups will depart the visitor center every 15 minutes for the hour-long tour. Visitors may bring a flashlight. Free; reservations required. Phone: 850-455-5167.

**Martin Luther King, Jr.**

**Parade:** Jan. 19, downtown Pensacola. Phone: 850-469-1299.

**World Famous Lipizzaner**

**Stallions:** Jan. 25, 2 p.m. and 6 p.m., Pensacola Civic Center. The world-famous Lipizzaner Stallions proudly present their 39th anniversary presentation of the "Dancing White Stallions" at the Pensacola Civic Center. Admission: \$27.50 and \$25.50; discounts available for children 12 and under. Phone: 850-434-7444.

## 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.

**QUESTION OF THE MONTH**

How did you know you were having twins (or more)? Email answers to newsletter editor. We'll print them in the next issue!





## FOR THE KIDS

“Happy New Year!” That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. But the day celebrated as New Year’s Day in modern America was not always Jan. 1. The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4,000 years ago. But in 153 B.C., the Roman senate officially declared Jan. 1 to be the beginning of the new year.

– <http://wilstar.com/holidays/newyear.htm>



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[www.dulemba.com](http://www.dulemba.com)



The song “Auld Lang Syne” is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year. It was written by Robert Burns in the 1700s. An old Scotch tune, “Auld Lang Syne” literally means “old long ago,” or simply, “the good old days.”

The tradition of using a baby to signify the new year was begun in Greece around 600 B.C. The use of an image of a baby with a New Years banner as a symbolic representation of the new year was brought to early America by the Germans.



# 8 resolutions every MOM should make

## From the MOMS Club of Winter Springs newsletter

(These mantras will make you feel good all year long. So take a deep breath and repeat after me!)

**1. I will embrace the fact that I'm not perfect.** You don't have to bake everything from scratch, make Halloween costumes out of scraps lying around the house, or coach the soccer team. Children don't need you to be perfect. What they really need are reasonable limits, lots of hugs and kisses, and a happy mommy.

**2. I will get down on the floor and play with my child every day.** Babies – and older kids too – need regular face-to-face time with the adults in their lives. Play is your child's way of expressing himself, and your being there boosts his emotional intelligence. Follow your little one's lead.

**3. I will take care of my body.** Carve out 30 minutes a day, several days a week, to get some exercise. It improves your mood, blasts fat, and boosts your immune system. Even a simple walk around the neighborhood will do the trick. Try to eat a balanced diet and get as much sleep as you possibly can each night.

**4. I will learn to love the chaos.** Family life is full of unexpected turns, illnesses, laundry, and more work than you'll ever see an end to. It is also full of moments of great beauty, tenderness, sticky kisses, and a miracle or two. Remind yourself that children are your excuse to lower your standards.

**5. I will make the family dinner a priority.** Sure, it's easier to grab pizza and eat in front of the TV than to arrange a meal at the dinner table. But the food isn't the focus – the family is. Sitting down with your children each night allows you to connect and talk about your day. And research has found that kids who regularly have dinner with their parents are more likely to do well in school and stay out of trouble.

**6. I will focus a little more on my marriage.** Marriage is a living thing that needs to be watered, fed, and nurtured. Hold hands whenever you can, and hire a babysitter once a week so you can spend time as a couple.

**7. I will make time for my friends.** You can live without friends, but why would you want to? Setting aside just 15 minutes a day – to send a postcard, dash off an e-mail, or make a phone call – will do more than keep you connected, because friendships not only nurture you emotionally, they also help you combat stress by allowing you to blow off a little steam.

**8. I will remind myself daily that time with my children is precious.** Motherhood never ends – but childhood does. You have a baby, you blink, and suddenly there's a 3-year-old standing in front of you. The magic years are unbelievably brief. Remember that the essence of parenting isn't in the milestones, but in the everyday moments. So stop, pay attention, and make sure you celebrate them every chance you get.

## Organize 2009!

Is one of your New Year's resolutions to get organized? Here are two sites that can help!

### flylady.net

Are YOU living in CHAOS (Can't Have Anyone Over Syndrome)? Do you feel overwhelmed, overextended, and overdrawn? Hopeless and you don't know where to start? Don't worry, friend, we've been there, too.

Step through the door and follow FlyLady as she weaves her way through housecleaning and organizing tips with homespun humor, daily musings about life and love, and anything else that is on her mind.

When you join FlyLady, you will receive daily FLYmail. Your FLYing Lessons will guide you through babysteps to help you set up routines, get rid of your clutter, and put your home and life in order. FlyLady's approach has worked for hundreds of thousands. Join anytime you want (there is no cost involved)! You are not behind – you are just getting started!

### napo.net

This is the website of the National Association of Professional Organizers. Check out their Frequently Asked Questions about getting organized at:  
<http://napo.net/public/tips.asp>





## 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!*



## FROM OUR MEMBERS: FOR SALE

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

*Cleaning out after Christmas? Remember, baby- and kid-related item ads are **free** to our members.*

## FROM THE BOARD

At the last board meeting, Diane Wood suggested having a few members go to the home of a new mom of multiples to give her some help or a break (and some adult conversation!). It also would be a great chance for those of us who are done having babies to have some baby time. Interested? Contact Diane or any board member.

## Celebrations

### Birthdays

#### Kids

1/25/98 – Austin Sparr (11)  
1/14/06 Madison and 1/31/02 Matthew, grandchildren of Tina Oscar

#### Adults

1/1 – Penny Castor  
1/15 – Crystal Robinson

### New babies!

Renee Shelnett's twin girls arrived Dec. 9!

Juliana Elaine Shelnett  
5 pounds 4 ounces  
18 inches long

Madeline Diane Shelnett  
4 pounds 14 ounces  
18 inches long

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

## Thank you

We would like to thank all of the friends who took the time to call just to say, "Hi, we are thinking of you and praying for you!" and also our friends who took the time to send us cards. My husband really thought that was neat of you to do!

**Tara and Sean Rhodes**

## Photo directory

We are in the process of creating a photo directory of our members. If you haven't had your photo made, please come to the next meeting prepared to have your picture taken, or you can email Kirsten Efird. We think this will be very helpful in getting to know each other. Thanks!

## ADVERTISING PRICES

If you know of any businesses that might like to advertise to more than 100 families a month, please contact Rebecca Knapp. Remember to 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

### TEN MILE ROAD STORAGE

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*Thanks to Rachel Floyd for providing the door prize for the December meeting! Congrats to Maria Prusa, winner of skin care items!*



## WEB SITE OF THE MONTH

Check out <http://napo.net/> January is Get Organized Month! This is the web site for the National Association of Professional Organizers, where you can find tips for organizing your home or office, and links to professional organizers.



## January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOTE: There will be NO PPOM meeting this month, due to the date falling on New Year's Day.			1 NEW YEAR'S DAY	2	3 150th anniv. of P'cola Lighthouse, 2 p.m., NAS
4	Santa Rosa Co. public schools return	5	Escambia Co. public schools return	6	7	8
9	10	11	12	13	14	15
16	17	18	19 National Organize Your Home Day!	20	21	22
23	24	25	26 MLK HOLIDAY No school	27	28	29
30	31					
Lipiz-zaner Stal-lions, 2 and 6 p.m., Civic Center						

## 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 Fat Tuesday (Mardi Gras Day)	25	26	27	28



### INSIDE: