



multiple mayhem

A monthly publication of the Pensacola Parents of Multiples

March 2009
Vol. 20, Issue 8



THIS MONTH'S MEETING: Join us for some preliminary discussion on our April Yard Sale and some team-building games for fun!
Thursday, March 5 / 7 p.m. / Sacred Heart Hospital Conference Center

FROM THE PRESIDENT

Spring is bustin' out all over for our club

Spring is just around the corner and I cannot wait to get outside. The weather is slowly starting to warm up and everyone will be needing T-shirts, shorts and sundresses. Good thing our Spring Yard Sale is coming up! This is the perfect opportunity to find great clothes for your family, clean out your garage AND make money!! I hope you all plan on participating. Yearly dues barely cover basic club operating costs, and the yard sale brings in needed funds to provide support services and social functions throughout the year.



Diane Wood

Our April meeting is April 2, and it will be a mandatory yard sale meeting for all who will be participating. All questions will be addressed, so please plan to be there. Be prepared to sign up for shifts to work.

Please pass the word about our club when you see parents of multiples out and about. Let me know if you need business cards or brochures. I was at my kids' school's walking club this past month and there was a lady there with her toddler girls. I handed her two newsletters, one for her and one for her friend who is pregnant with twins. Let's press forward and increase membership with your help.

Multiple Blessings,
Diane Wood

We have a lot to look forward to as the yard sale approaches, National Multiple Awareness Month, and Pensacola's Largest Baby Shower.

Out and about: Area happenings

Opera for the Entire Family: 11 a.m. Saturday, March 7, and 2 p.m. Sunday, March 8, UWF Music Hall, 10000 University Parkway. Free performance of Pensacola Opera's operas for children, "An Aesop Odyssey" and "(Your) Opera in a Trunk." www.pensacolaopera.com or 433-6737.

Kids Arts Expo: 10 a.m. until 1 p.m. March 28, Pensacola Little Theatre. Come experience dance, theatre, visual arts and more. Parents will receive information about classes and other opportunities. Free. For children K through high school. 434-0257 or pensacolalittletheatre.com.



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 is your family "going green"? Email answers to newsletter editor. We'll print them in the next issue! *Answers to last month's question, How do you teach your kids about money, on pages 4 and 5.*





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.

Minutes of February meeting

- **Welcome** and introduction of new and familiar faces.
- **Door Prize Drawing.** Home Business this month is Stampin' Up by Elizabeth Sloman (www.elizabethsloman.stampinup.net) which specializes in decorative rubber stamp sets and accessories for handmade cards, scrapbooking, craft projects, and home décor. Since 1988, their assortment of rubber stamp images, stamping techniques, and designs have been helping crafters discover and express their creativity. Won by Dianne Taylor.

New and Ongoing Business

1. **Sample Photo Roster/Take Member Pictures.** Pass around new photo roster draft. Members we still need pictures of: Tamara Cummings, Holly Jeffries, Rebecca Knapp, Melissa Duvall, Shannon Krupa, Lisa Lyons, Katina Meacham, Therese Ponce, Renee Shelnett, Terri Sparr, Tina Oscar, Amy Smith, Laura Stanley, and Tracy Whiteside. Please email a picture to Kirsten Efir at KSEfir@aol.com so she can complete the photo roster.

2. **Donations:**
- Ronald McDonald House. Shannon Krupa will take the \$250 check to donate and get a picture taken.
 - NICU. They always need Tucker Slings. We will look into this for a possible donation next time.
3. **Federal Law.** Feb. 10. We are safe for our yard sale as the law only applies to retailers.
4. **National Multiples Awareness Month, April.** How can we get the word out? We could tie this into our yard sale and have Molly Barrows

from Channel 3 news come out and promote this event. We need to come up with some great ideas for this awareness month. We could have an Open House with balloons that say PPOM. We could tie it into a meeting. Press releases should say NON-PROFIT.

5. **Brochures/Business Cards.** Renee Shelnett took 10 brochures to Head to Toe Gym, Dianne Taylor took four brochures to take to Everman's.
6. **Club Library.** Handed out the updated list.
7. **Social Suggestions.** Social chair Penny Castor will look into this.

Upcoming Events and announcements

1. **Board Meeting/Playgroup.** Feb. 24 at 9:15 a.m. at Diane's.
2. **National Multiples Awareness Month, April.**
3. **Yard Sale dates:** April 17 and 18 at Washington High School. We will not do the early bird diaper drive, too much of a hassle. Rebecca Knapp has a big pickle jar we could use for donations at the registers. May not do the vendor baskets and just charge a \$25 fee. May still do vendor bingo.
4. **Pensacola's Largest Baby Shower, April 25.**
Someone mentioned doing the coupon books again.
Business license to get wholesale (not sure what this was for)
5. **Website:** We get so many email addresses here and from our Yahoo email account. Vice President Jennifer Clarke will talk to webmaster Denise Hoyle.

– Compiled by Diane Wood





Opportunities from the Florida Twins club

PPOM President Diane Wood received these emails from FOMOTC and wanted our club members to be aware of them.

Annual FOMOTC convention

Hello Fellow MOMs,

We are happy to present you with our 2009 Convention First Call Information flyer. Please pass this on to your newsletter editor, club secretary and all club members. We have the ability to make hotel reservations online this year and we encourage you to share the following link with your membership.

<http://tinyurl.com/add4j7>

The 29th Annual FOMOTC State Convention will be hosted by

GOMOTT at the Hilton in Lake Buena Vista. We look forward to a fun and educational convention this October.

Warmest Regards,

Kelly Dudek
Co-chair
Kjdudek@msn.com

Beth Golem
Co-chair
bagolem@yahoo.com

FOMOTC scholarship applications

Dear Chapters,

One of the many benefits of belonging to FOMOTC is the scholarship program. In January, the announcement of the program appeared in the newsletter.

On Jan. 17, three files were given in hard copy to those chapters present at the FOMOTC Board Meeting. At this time applications are being accepted for 2009-2010. Please share this information with your

membership.

If you have any questions, please feel free to contact me.

Twincereely + One,
Jana Werksman
Scholarship Chair
werxemomeee@yahoo.com

Our own Jen Clarke was one of the recipients of this scholarship last year!

For the three files necessary to complete the scholarship application process, please contact Diane Wood or Kirsten Efird and we will email you the three zip files.

Product recalls

High School Musical manicure sets: Fantas-Eyes has announced a recall of about 15,000 High School Musical manicure sets. The pouch that contains the manicure set has the words "High School Musical" printed on it in glitter. The glittered letters contain excess levels of lead. Lead is toxic if ingested by young children and can cause serious health effects. No injuries have been reported.

Only the pouch, and not the manicure tools inside it, are being recalled. The 7 1/2-inch by 4 3/4-inch plastic see-through also has the word "Sharpay" printed on one side in dark red.

The manicure sets were sold from September 2008 to November 2008 for about \$11. They were made in China.

Take the pouches away from your child immediately, and contact Fantas-Eyes for a free replacement.

For more information, call the company at (800) 352-7419 between 7 a.m. and 4 p.m. weekdays or at the company's website, www.Fantas-Eyes.com.

– BabyCenter.com News

Evenflo Majestic High Chairs:

Plastic caps and metal screws on both sides of the high chair can loosen and fall out, causing the seatback to suddenly fall back or detach from the high chair. This can cause both choking and fall hazards (including broken bones, cuts, and bruises) to children.

The recall involves about 95,000 Evenflo Majestic high chairs made before January 23, 2007. They were sold at mass merchandise stores nationwide, including Toys "R" Us, Babies "R" Us, and online at Walmart.com from January 2006 through May 2007 for between \$80 and \$110.

Immediately stop using the high chairs and contact Evenflo to receive a free repair kit. For more information, contact Evenflo at (800) 233-5921 between 7 a.m. and 4 p.m. Monday through Friday, or visit www.majestichighchair.com.

For more information: <http://cpsc.gov/cpscpub/prerel/prhtml09/09069.html>

– Parents.com



**ANSWERED: QUESTION OF THE MONTH**

How do you teach your kids about money?

Jen Clarke

My kids are still pretty young, but (1) we don't do allowances. They have some general chores for their age and are expected to complete them as a part of their family responsibility – putting laundry away, putting dishes in the sink after meals, etc. If they want to earn money for something, they are welcome to ask for extra chores. (2) When they do get money, we have the “Spend, Give, Save” piggy banks to (hopefully) get them in the habit of doing so. (3) We play “store” A LOT. It can be grocery store, toy store, whatever but we shop and buy things with play money (Parents.com has a printable set I laminated) for fun. We talk about where money comes from and

Kiddie capitalism

Jen Clarke forwarded this to us: “There is a great story I saw last week about a new ‘theme park’ in Spain that aims to better teach kids about money. Very interesting – I wish we had something like this here!”

Check out the video at:
<http://tinyurl.com/ahz5pn>

how to plan for what you want.

Diane Wood

I tell my kids that we usually only go somewhere if I have a coupon or I will shop at the clearance racks for clothing usually.

Kirsten Efirid

We started doing allowances last year when the triplets turned 6. We give them a \$1 bill and 4 quarters. They must put one quarter in their piggy bank, one in the “God box” for church, and they can keep the rest in their money pouches to buy things they want. This, we hope, gets them used to saving, giving to others, and spending their OWN money on things like gumballs at restaurants or toys from time to time when their school grades allow for it. It also helps them with counting. We say, “Money doesn't grow on trees” a lot, too!

For more on kids and allowances, see the story below from BabyCenter.com.

What you need to know about giving kids an allowance

Why an allowance? By practicing with their own money, children get to try out concepts – saving for a rainy day, prioritizing goals, and delayed gratification – that might otherwise seem abstract or irrelevant.

Allowances give kids room to make mistakes in a low-risk environment. If your 8-year-old can't go to the movies with a friend because he burned through all his allowance, he may be more likely to plan ahead when he gets next week's allowance.

What's a good age to start?
Around age 5 or 6 is typical. But

some parents start in the preschool years, while others wait until age 10 or older. If your child tends to shrug at money, losing it before it can find its way to the piggy bank, hold off until you see signs that he can think about how he might use it.

How much is reasonable? Consider your family's financial resources, the cost of daily living in your area, and your own comfort level. Many families like to use a formula corresponding to age, such as 50 cents or a dollar per week for each year of a child's life. While many families

give allowance weekly, others do it biweekly or monthly. The important thing is consistency. Set up a system to help you remember.

Is it smart to tie my child's allowance to chores? Experts recommend against this. When children get paid for chores, they don't fully experience what being a family member, a team member, is all about. It's important to teach them that all family members have responsibilities to the group.

For the full article, go to:
<http://tinyurl.com/a9qrdd>



10 fun ways to teach kids the value of money

By Evonne Lack
BabyCenter.com

<http://tinyurl.com/amqwau>

1. Hit a yard sale. Yard sales are usually piled high with kids' stuff. Younger children will love picking out a book or toy at this "outside store." And older kids will quickly discover that their allowance money stretches much further here. If your family likes to sleep in on Saturdays, take the kids to the local thrift shop instead. Both are also wonderful opportunities to talk about reusing and recycling.

2. Visit the bank. Taking your child to the bank is worth more than just a free lollipop. Watching bank transactions helps kids understand what cash actually is. Even preschoolers can hand a check to the teller. As your child gets older, consider opening an account for him, and help him learn to track his savings. Many banks and credit unions have special no-fee accounts for kids, complete with educational materials and online activities.

3. Enlist your child as a bill assistant. While your kid watches, you swipe your credit card, push a few buttons, pump the gas, and abracadabra – it's off to swim lessons. Can we really blame kids for thinking of a credit card as magic and infinite? Break through the mystique by letting your child help you pay the bills. "This will let him see the whole picture," explains Sharon Lechter, coauthor of "Rich Dad, Poor Dad." Go through the charges, and remind him what you're paying for ("Remember when we had to stop for gas on the way to swim lessons?"). Preschoolers and kindergartners can put the check and

bill into the envelope and stick on a stamp. Older children can help record the check number in your checkbook.

4. Shop at a farmers' market. At the supermarket children don't see any sign of the farmer. Taking them to a farmers' market instead is a great way to help them understand the connection between work and money. Let your child be as involved as possible. As he helps you choose a bunch of carrots and hands the cash to the farmer, he'll get to see the market economy in action.

5. Clip coupons. Have a coupon-clipping fiesta with your child. It's worth making the effort to teach your child about savings and discounts. She can help identify coupons that might be a good match for this week's grocery needs (even nonreaders can do this, because most coupons include pictures), help cut them out, and put them in a large envelope. Next time you go to the grocery store, let your child be in charge of the coupons. Afterward, talk about how much money the two of you saved and how you might use that money.

6. Volunteer and donate as a family. Integral to financial literacy is the understanding that some people have more than others – and that those with more can help those with less. "Families can do simple things to get children in the habit of giving," says Laura Busque, Outreach Manager for the Ohion Credit Union League. "Try shopping together for food and taking it to a food pantry."

7. Encourage your child to make a little money. Earning money is not only educational but empowering for kids. The good old-fashioned

lemonade stand remains a fine choice – and it has the added benefit of encouraging teamwork. "A lemonade stand is a perfect thing for siblings to do together," says Lechter. "The older one can handle the money, and the younger one can hand out the cups. And the older child can 'mentor' the younger child, which will help them both feel good." Other money-making ideas for kids include selling toys and clothes at a flea market, helping with a family yard sale, and doing chores for extra pocket money.

8. Take a class. Many credit unions and banks offer seminars for children. "I never cease to be amazed at how interested kids are in learning about money," says Mark Hodowanic, who helps teach seminars at TopLine Federal Credit Union.

9. Set a family savings goal. Is your child dying to go to Disney World? Does she have to have a trampoline? Agree on a long-term goal and start a fund in a jar, suggests Sam Renick, author of "It's a Habit, Sammy Rabbit!" This makes the family work as a team, and, Renick says, "brings joy into saving." Your children can help deposit loose change in the "pot" and can contribute part of their allowance from time to time.

10. Play games. The next time your child asks for computer time, let him try some of the online games that teach money skills. Many credit union sites have games and other activities, like printable coloring pages. Check out Money & Stuff, Fat Cat, and the U.S. Mint site. A good game of Monopoly or Life, even though it deals in fantasy, helps hammer in ideas of earnings, savings, and loss.





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!



SACRED HEART CLASSES

Mommy & Me. Postpartum support group for mothers and babies. Meetings are held at Sacred Heart Hospital's Greenhut Auditorium on the first and third Tuesdays of each month from 10 a.m. to noon.

Contact: Joan Kirby, RN 416-8099.

My Family's Growing. This sibling preparation class helps prepare expectant parents and children ages 3 through 10 for the new baby in their household. Children practice

holding, feeding and diapering dolls, and take a trip to the nursery and a postpartum hospital room. Third Saturday of each month. 416-7000.

Grandparents Open House.

Held on Sunday afternoons every three months, this program invites grandparents-to-be to Sacred Heart Women's Hospital for a personal tour. The program also discusses current trends in birth and car seat safety. 416-7000.

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 beccabutterflies@yahoo.com. 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

"Serving Your Storage Needs"

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

Elizabeth Sloman



9010 Bellington Rd.
Pensacola, FL
32534
850-479-4908
232-4911 cell

sloman4100@bellsouth.net
www.elizabethsloman.stampinup.net

Thanks to Elizabeth Sloman for providing the door prize for the February meeting! Congrats to Dianne Taylor, winner of stamping supplies.

WEB SITE OF THE MONTH



Check out <http://www.everydayhealth.com>

Health info A-Z; you can even search for and sign up for emails specific to your interests such as Women's Health and Family Health.

Celebrations

Birthdays

Kids

- 3/2 – Sophie LeThi (9)
- 3/3 – Derrick, Nicholas and Kaitlyn Meacham (5)
- 3/8 – Ryan, Emily, Nathan and Taylor Lyons (3)
- 3/11 – Carrington Castor (7)
- 3/20 – Charlotte and Abran Jeffries (1)

Adults

- 3/3 – Allen Jeffries
- 3/9 – Holly Jeffries
- 3/11 – Denise Hoyle
- 3/20 – Paul Ponce
- 3/23 – Dave Clarke
- 3/28 – Bill Wood
- 3/30 – Greg Shelnett

Anniversaries

- 3/26 – Denise and Bryon Hoyle
- 3/31 – Laura and Ben Stanley

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

Members photo directory almost finished!

A preliminary draft of our new members photo directory has been printed! Please come to the March 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!





March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	PPOM meeting 7 p.m. Sacred Heart	5	6
7	8	9	10	11	12	13
14	DAYLIGHT SAVINGS TIME BEGINS		Mom2Mom consignment sale Pensacola Fairgrounds			
15	16	17 ST. PATRICK'S DAY	PPOM board meeting, 9:15 a.m.	18	19	20
21	Santa Rosa Co. Public Schools Spring Break Week		No school for Esc. Co. public schools	25	26	27
28	29	30	31			

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 APRIL FOOL'S DAY	PPOM meeting 7 p.m. Sacred Heart	2	3
4	5	6	7	8	9	10
11	Palm Sunday		Citywide Easter Egg Hunt, 10:30-1, R. Scott cmplx			
12	13	14	15	16	17	18
19	Escambia Co. Public Schools Spring Break Week		PPOM Spring Yard Sale Washington High School			
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



INSIDE:

Apply now for FOMOTC scholarship **Page 3** / Teaching kids the value of money **Pages 4-5**

