



## [resources]

### **Big Sister/Mentor Program**

Our Mentor Program is a great resource for all new members. An experienced member and a new member are matched based on a variety of criteria. The new member can look to her Mentor for advice on parenting, information about the club, or someone who will lend an ear when life raising multiples becomes a little too chaotic.

### **Library**

Members receive access to a library of videos and books to aid in your journey of raising multiples. Topics include pregnancy, caring for infants and preemies, toddlers and the joys of having multiples.

### **Mom-to-Mom Support**

The support and advice of other parents of multiples is an invaluable resource. As a member, you'll be able to ask questions and get advice through a variety of media, including an online email support group, our monthly meetings, outings and play dates, and so much more. You will also receive membership in the National Organization of Mothers of Twins Club, giving you access to their national resources and quarterly newsletter.



## [support]

### **Meal Program**

This special service provides meals for a MoM in need. Most often it is when a member has just had her new bundles of joy; we know how hard it is to find time to sleep or eat when you have newborns. Meals will also be delivered if there is a serious illness or hardship in the family, or a Mom is on bed rest. We try to make it a little bit easier by delivering a delicious, nutritious and ready-to-eat meal to your home.

### **Sunshine Program**

The sunshine program is available to those members dealing with difficulties, such as hospitalization, death of a family member, or any other occasion that a member may need a bit extra sunshine in their day. The member is provided with cards, balloons, and/or flowers and receives follow-up care by the Sunshine ChairMom.

### **Philanthropy**

Not only does AWEMOMs provide support to our members, we also strive to give back to our community. We participate in various charity projects, including an Adopt-a-Family program as well as donating supplies to a women's shelter.



## [AWEMOMs]

Do you have or are you expecting twins, triplets, or more? Are you looking for answers to your most pressing issues about parenting multiples?

How do I feed two at once?

What baby gear do I really need?

How do I breastfeed multiples?

Should I split up my multiples in school?

What should I expect if my babies end up in the NICU?

How can I find out more about resources for multiples?

If so, AWEMOMs can help! AWEMOMs provide support services to its members and numerous prospective members to help them with their journey through the incredible world of multiples. Some of the services we offer are meals for moms, a mentor program, a bi-annual clothing and equipment sale, a welcome packet filled with multiple birth-related information, and local and national resources, an email group where members can post questions and receive advice.

