

Special Groups

Babies on Board for expectant moms, meets monthly, at our General Membership Meeting, to learn about your multiples pregnancy and bringing babies home.

Incredible Infants for moms of babies 0-24 months meets with their infants for education, support & playdates several times each month.

Terrific Toddlers is a playgroup for toddlers age 18 months to 3 years with activities especially for this age group.

Preschool Playgroup is open to children of all ages with priority given to activities of interest to children in the 3-5 years age range.

Fun Facts

- Worldwide there are at least 125 million living multiples.
- Did you know that up to 22 percent of twins are left-handed? In the non-twin population the number is just under 10 percent.
- Have you visited "Twins" restaurant in New York? It was started by twin sisters and is staffed by 37 sets of identical twins who work the same shifts in the same uniforms.

(Source: Allaboutbaby.com)

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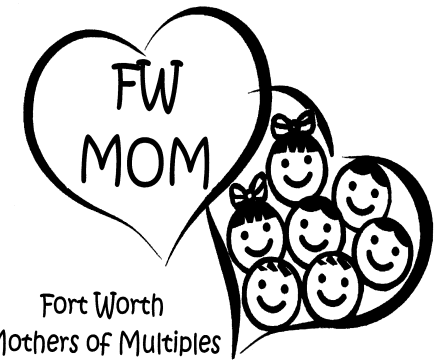
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Fort Worth
Mothers of Multiples

*Are you
Expecting
Twins,
Triplets or
More?*

*Fort Worth Mothers of
Multiples (FWMOM) is a
non-profit support
organization for mothers in
the Fort Worth area with
twins, triplets or more.*

www.fwmom.org

Fort Worth Mothers of Multiples (FWMOM) is a non-profit organization that provides information and support to moms with twins, triplets or more, and to expectant moms of multiples. We hope this brochure will answer some of your questions about FWMOM and we invite you to attend one of our monthly general membership meetings.

FWMOM holds monthly membership meetings the third Tuesday of most months. The meetings give expectant moms and mothers of multiples the opportunity to network, support each other, hear informative speakers and socialize. Each month there are small group discussions on topics specific to each age group of children, including special topics for our expectant mothers. In addition, the club sponsors playgroups, parties and other fun activities for your children.

Fort Worth Mothers of Multiples is a member of the National Organization Mothers of Twins Clubs, Inc, and a charter member of Texas Mothers of Multiples since 1973.

Having multiples is joyous, but can also be stressful. The support from other moms who understand what you are experiencing is invaluable. We hope to see you soon.

What Does FWMOM Offer?

- Support and friendship from other MOMs that understand the demands of raising multiple birth children;
- The Cowtown Carbon Copy, an informative and educational monthly newsletter;
- New Mom Packet with articles on many aspects of a multiples pregnancy;
- Monthly club meetings with informative speakers addressing relevant topics for mothers of multiples;
- Online community of MOMs with forums for posting questions to all FWMOMs;
- Family activities such as picnics, Easter egg hunt and breakfast with Santa;
- Playgroups which provide an excellent opportunity to network with MOMs;
- Hot meals delivered following the birth of your multiples;
- Mom's Night Out activities;
- Fall and spring multiples consignment sale;
- Membership to the National Organization of Mothers of Twins Clubs and Texas Mothers of Multiples which includes respective newsletters;

Fact: 33 out of 1,000 births in the United States are multiples. Of that total, 31 of 1,000 are twins. Source- National Center for Health Statistics

How Do I Join FWMOM?

- Attend a monthly membership meeting. Meetings are held from 7:00 - 9:00 p.m. on the third Tuesday of most months at Western Hills Church of Christ, 8800 Chapin Road (off of West Loop 820), Fort Worth, TX. Please check the FWMOM website, www.fwmom.org, to verify meeting information.
- Visitors are welcome to attend club activities, receive complimentary newsletters, and participate in our online community for 90 days prior to joining FWMOMS.
- Annual dues are \$30 which allows full access to all membership benefits. Dues are prorated to \$15 if you join between January—July.
- Membership application can be completed and submitted online at www.fwmom.org.
- Email membership@fwmom.org if you have any questions or need additional information about club membership.

Fort Worth Mothers of Multiples
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