

TULSA MOTHERS OF MULTIPLES

WHO ARE WE?

Tulsa M.O.M.s is a member club of the National Organization of Mothers of Twins Clubs (NOMOTC) and the Oklahoma Mothers of Multiples (OMOM). We are dedicated to providing an opportunity for mothers of multiple-birth children in the Tulsa area to meet for the purpose of supporting each other and their families. We encourage our members as they journey down the exciting, yet challenging road of parenting with multiples and their siblings. The membership roster of the Tulsa M.O.M.s includes expectant mothers of multiplies, grandmothers of multiplies, as well as women who have multiple-birth children.

WHAT DO WE DO FOR OUR MEMBERS?

Monthly meetings are intended to provide information and input that is pertinent to the members as women and mothers, as well as to provide information beneficial to the entire family. Topics vary ranging from parenting skills and women's issues to community issues. Programs have featured child development specialist, crafts demonstrations, pediatricians and pediatric dentists. We believe that through information our members are better equipped to meet the special challenges as mothers of multiplies.

We also provide our members with the opportunities to meet socially by arranging family picnics, couples-only nights, an annual weekend MOM-only retreat, and parties for our children.

Our Club library contains books, videos and articles that may be checked out by members. The library contains information relevant to pregnancy, delivery and the rearing of multiples.

Additionally, we offer an avenue for our members to save and make money by sponsoring Spring and Fall Garage Sales. At these sales, our members sell clothing, equipment, house hold items and baby stuff galore. We open our doors to our members first so you can get first pick then we open to the general public. Our monthly news letter includes a "Swap and Shop" sections for members to advertise items for sale or items being sought. Of course there exists within the club an information network of borrowing, buying and selling.

Our member network extends into professional areas as well. Our member backgrounds are widely varied: teachers, nurses, accountants, and many other business related vocations. We have stay-at-home M.O.M.s as well as full and part-time employed M.O.M.s. We call on each other for advice and direction frequently.

To show our appreciation for the supportive people in Tulsa and the surrounding areas, we strive to give back to the community. We make direct cash donations as well as provide a means for our members to donate to local charitable causes. Our Philanthropic Fund strives to assist families with multiples who find themselves in an emergency situation due to circumstances beyond their control.

Most importantly, we offer our support in every way possible. As we share some of the same experiences, we are better able to understand one another and to lend encouragement. We listen to each other's concerns, we try to offer help by relating our own experiences, and we grow to become friends through our sharing.

WHEN & WHERE WE MEET

Tulsa M.O.M.s meets the first Tuesday of each month at the Asbury United Methodist Church located at 6767 South Mingo. The meetings begin at 7:30 p.m. and end by 9:00 p.m. The meeting is a mixture of business items, social opportunities, as well as almost every month we have informational presentations given by local professionals.

STORK MEETING

If you are expecting multiples or have multiples under the age of one year, we welcome you to attend our Stork Meeting. This group meeting from 6:30 p.m. to 7:30 p.m. and is a discussion-based group lead by one of our "experienced" M.O.M.s. Topics will include information unique to the new MOM experience and is a good place to exchange information, tips, and form bonds with other expectant mothers and mothers of infant multiples.

OTHER SPECIAL INTEREST GROUP MEETINGS

Teaching Our Toddlers (T.O.T.s) and School Age Multiples (S.A.M.s) are also discussion-based groups led by our "experienced" M.O.M.s. These group meetings are from 6:30 p.m. to 7:30 p.m. Information exchanged here is invaluable to our M.O.M.s with multiple toddlers and to our M.O.M.s with school-aged children. There are special challenges within each age group which are addressed and discussed. It is a wonderful place to learn from others' experiences and exchange helpful tips of your own. Life long bonds are formed with other M.O.M.s.

WHAT IS THE COST

The yearly membership dues are \$25.00 when paid in May of every year. Dues cover the cost of membership to NOMOTC and OMOM, monthly speakers and activities, as well as production cost of our own monthly newsletter. Members receive national quarterly newsletters as well.

After joining our club, we offer new members a packets of information containing a list of national companies who provide formula, diapers and other baby items at discounted rates (and sometimes even free) to mothers of multiples when accompanied by a copy of the official birth certificates.

But most importantly as a member, you will obtain invaluable information, support and encouragement, and life-long friendships.

If you are interested in finding out more,

Please send email to:

info@tulsamoms.org

Visit us at our website:

www.tulsamoms.org



A member of the National Organization of Mothers of Twins Club (NOMOTC), and Oklahoma Mothers of Multiples Club (OMOM)