

National  
Organization of  
Mothers  
Of  
Twins  
Clubs, Inc.

SUBJECT:  
RESEARCHER:

**HIGHER ORDER MULTIPLES**  
National Organization of Mothers of Twins Clubs, Inc.

DATE:

June 1997-July 1998

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**PURPOSE:** The purpose of this study was to gather information on the parental concerns of families with higher order multiples (HOM) so NOMOTC and local clubs can offer better support.

**METHOD:** A questionnaire was printed in MOTC's *Notebook* and a National Mailing.

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### BACKGROUND INFORMATION

135 parents of triplets and 21 parents of quadruplets completed this survey.

### RESULTS

#### PART I

##### General Information

1. 67 respondents had children older than their multiples.
2. 15 respondents had children that were younger than their multiples.
3. 135 respondents were taking fertility medication when their multiples were conceived.

#### PART II

##### Pregnancy

1. Complications during pregnancy were common. 39 had a great deal of major complications, 26 had some major complications, 21 had a great deal of minor complications, 37 had some minor complications and only 32 reported no complications.
2. 142 of the respondents had been put on bedrest. Three were put on bedrest at 1-8 weeks, ten were put on bedrest at 8-16 weeks, 47 were put on bedrest at 17-20 weeks, 34 were put on bedrest at 21-24 weeks, 25 were put on bedrest at 25-28 weeks, 12 were put on bedrest at 29-32 weeks, two were put on bedrest at 33-36 weeks and one respondent was put on bedrest at 37-40 weeks.
3. Fifteen were on bedrest for 1-4 weeks, 44 were on bedrest for 5-10 weeks, 47 were on bedrest for 11-15 weeks, 24 were on bedrest for 16-20 weeks, four were on bedrest for 21-25 weeks, three were on bedrest for 26-30 weeks.

110 respondents reported that they experienced premature labor requiring medication

#### PART III

##### Delivery

1. 145 respondents delivered all of their babies C-section. Eight delivered all vaginally and two delivered some C-section and some vaginally.
2. Six sets of multiples were born between 24-27 weeks. 40 sets were born between 28-31 weeks. 84 sets were born 32-35 weeks, and 24 were born between 36-38 weeks.
3. About  $\frac{1}{4}$  of the babies (112/482) were home in less than one week. Almost  $\frac{1}{2}$  (233/482) were home within two weeks and almost  $\frac{3}{4}$  (351/482) were home within one month.
4. 56 respondents reported that it was extremely stressful to be home while one or more babies remained in the hospital. 47 reported that this was moderately stressful and 28 said that it was mildly stressful.

## PART IV Support

1. 129 of the respondents had found a local MOMs club for support.
2. Most respondents were referred to a local club by their doctor (68), a club member (22), or their own search.
3. Most respondents (68) joined their multiples club during pregnancy. Some (22) joined right after.
4. Most respondents felt that their local club offered the most support during pregnancy (51) and right after birth (67).
5. 125 stated that local clubs gave beneficial support and advice.
6. 135 felt welcome at their first meeting
7. 144 said local club member were positive in their support.
8. Only 53 stated that their local club had information and resources for a HOM pregnancy.
9. Respondents strongly urged local clubs to reach out to expectant mothers of HOMs by calling or visiting if they are on bedrest. These respondents also suggested having a “big sister” program.
10. These respondents also stress the importance of clubs and members acknowledging the loss of an unborn or newborn baby.
11. What these respondents wanted most was information.
12. These respondents would like more information concerning different levels of achievement amongst multiples, school separation issues, encouraging individuality, balancing activities, siblings of HOMs, breastfeeding and managing stress.