



Useful Links for Twins and Multiples

Multiple Birth Resources

<https://twinstrust.org>
<http://www.multiplebirths.org.uk/>
<http://www.karengromada.com/>
<https://www.aims.org.uk/journal/index/29/4>

UK Breastfeeding Organisations (free helplines)

[ABM](#)
[Breastfeeding Network](#)
<https://www.laleche.org.uk/>
<https://www.nct.org.uk/>

Premature Babies

<http://www.bliss.org.uk/>
<https://www.bestbeginnings.org.uk/small-wonders>

Multiple Birth Antenatal

<http://www.kathrynstaggibclc.com/> – Kathryn Stagg, IBCLC, Holistic Sleep Coach and mum of twins – her Instagram page is full of useful information and videos
<http://www.bereadytoparent.co.uk/> – Dr Ella Rachamin runs twin antenatal sessions and paediatric first aid courses, and is a mum of twins
<https://twinstrust.org/> (Helpline Number for parents: 0800 1380509)
<http://www.multiplebirths.org.uk/>

Twin Groups

Breastfeeding Twins and Triplets UK – Facebook Page and Website with resources
Mothering Multiples (Too): Breastfeeding and Caring for Twins – Facebook Page with access to Karen Kerkhoof Gromoad's Book of the same name
East Surrey Twins Club – Facebook Group and meet ups
Twin Mums Group – Surrey, Hampshire and Berkshire – Facebook Group and meet ups
Surrey Twins Club – Facebook Group
www.wokingtwinclub.co.uk – meet on Monday mornings in Woking
www.twinsclub.co.uk

Useful Info and Articles online

[Twin development and common questions](#)
[Twins Club](#)
[Home Start Charity](#) – charity that offers free support to twins and multiples families
[NHS – Your Newborn Twins](#)
[Breastfeeding Twins & Triplets UK](#)
[Tandem Babywearing](#)
[Safe sleep](#)
[Sleep tips](#)
[Twin infant Sleep](#)