

NEWS RELEASE

Communiqué



National Multiple Births Awareness Day! May 28th



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*Supporting
Multiple Births
Together*

Making a Difference

Educational Resources and Peer to Peer Support

NEWS

May 1, 2012

OTTAWA, ONTARIO – Multiple Births Canada (MBC) announced the theme of this year's National Multiple Births Awareness Day (May 28th) - "*Multiple-birth educational resources and peer to peer support - TOGETHER we can make a difference*"

This theme celebrates the large collection of materials developed by MBC for professionals and families including the MBC website, the electronic quarterly publication Multiple Moments, National Conferences, Fact Sheets and Support Kits. For almost 35 years, these educational resources have provided guidance and support through the various stages of the multiple-birth journey. Likewise, it recognizes the important contribution made by local organizations when they host prenatal education sessions, hand out information packages, and coordinate networking opportunities for the families who live in their communities.

Developing educational support materials for multiple-birth families and professionals results in many positive opportunities. Multiple-birth children get to meet other multiples and feel normal in a world where they are mostly seen as unusual. Likewise, siblings of multiples meet and compare their unique experiences with others who share the same family dynamics. And mothers and fathers develop lifelong support systems that see them through the distinct challenges and joys of parenting multiple-birth children.

In recognition of National Multiple Births Awareness Day 2012 and the vibrant multiple-birth community that exists nationally, many groups are planning activities across Canada, including a regional celebration at Canada's Wonderland on May 27th. A list of these celebrations can be found online at www.multiplebirthscanada.org/english/awareness.php.

QUOTE

"As a parent of triplets, I know that my family has benefited from the education and support from our local organization and from MBC. It is encouraging and reassuring to receive guidance from experts who have been there and done that."

Sheila Catto, MBC National Chair

QUICK FACTS

Some recent accomplishments by Canada's multiple-birth community include:

- In 2011, MBC partnered with Assisted Human Reproduction Canada to produce an information series for fertility patients – <http://www.multiplebirthscanada.org/english/booklets.php#factsheets>
- In 2011, the Ottawa Chapter of MBC (Multiple Birth Families Association of Ottawa/Gatineau) celebrated its 50th Anniversary – www.ottawacitizen.com/story_print.html?id=6244630&sponsor
- In April 2012, a Canadian mother of twins, Kimberley Weatherall, presented at The Joint 2nd World Congress on Twin Pregnancy in Florence, Italy - www.mcaevents.org/t/files/4412_twins_2012_final_program-it-it.pdf
- In September 2012, a National Volunteer Retreat will be held near Mattawa, Ontario to provide volunteers the tools needed to have a positive impact on Canada's multiple-birth community - www.multiplebirthscanada.org/english/conference2012.php

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