

NEWS
RELEASE
Communiqué

National Multiple Births Awareness Day – May 28, 2016
Building Support for the Road Ahead

FOR IMMEDIATE RELEASE

MAY 2, 2016



Multiple Births Canada

Naissance multiples

Canada

Toll Free in Canada:

1-866-228-8824

office@multiplebirthscanada.org

www.multiplebirthscanada.org

*Supporting
Multiple
Births
Together*

May 28 is National Multiple Births Awareness Day and on this day, each year, Multiple Births Canada and its affiliate chapters across Canada raise awareness about the realities of raising twins, triplets or more (multiple births). On May 28, 1934, the world famous Dionne Quintuplets were born in Corbeil, Ontario. They were the first known surviving Canadian quintuplets. For this reason, May 28 was selected as Canada's National Multiple Births Awareness Day.

This year Canada has seen two unique and rare sets of identical/monozygotic multiples in the news. Multiple Births Canada is always here to provide information and insight into situations like these for both the families and the media.

Having multiple births children is an exciting experience, but at the same time can come with unique challenges and sometimes healthcare concerns, and for that reason there is a need for ongoing support from peers, family, healthcare professionals, educators and the greater community.

National Multiple Births Awareness Day's selected theme for 2016 is: ***"Building support for the road ahead"***. **MBC** strives to increase membership across Canada, welcome new affiliate chapters to our family, manage a sustainable financial position, and increase knowledge and support for our internal support network of multiple births families.

Multiple Births Canada realizes that while the general population may have a basic idea about what it might be like to have twins or more – cute, fun, "double the trouble" – they do not always have a real picture of what it is like to raise multiples until they themselves experience a multiple births pregnancy.

There are a number of risks to babies and even mothers when experiencing a multiple births pregnancy. There is also potential long term healthcare, parenting or educational needs families with multiples may need to navigate.

Facts

- Approximately 1 in 86 births is a twin birth and approximately 1 in 6,400 is a triplet birth.
- Of all twin's births, approximately 56% result in preterm birth – arriving before 37 week's gestation
- Couples experiencing a multiple birth are at greater risk for stress, isolation, financial difficulties, marital stress and depression

Needless to say, families of multiple births benefit from having access to formal and informal supports through Multiple Births Canada and its affiliate chapters, which strive to offer accurate information, outreach services, peer support, workshops, and organized group programming. Families with multiple births children may experience a range of unique experiences throughout childhood and into adulthood, and Multiple Births Canada aims to build support for the road ahead.

There is no exact same experience of a multiple births pregnancy. Where one family may experience no complications during the prenatal period, another will follow a different path and be monitored more closely due to increased risk of complications. Another family may go on to experience a full term birth, while the next goes through a preterm birth. Whatever fork in the road a family comes to, we are here to advise and support families for the road ahead.

Like a family, Multiple Births Canada can only thrive with the support of the people within it and around it. Multiple Births Canada reaches out to families and offers knowledge and advice from others who have already travelled this road.

MEDIA CONTACT

Theresa Sanders, Office Manager

Multiple Births Canada – office@multiplebirthscanada.org

1-866-228-8824