

Postpartum Emotional Support and Wellness for Multiple Births Families

FOR IMMEDIATE RELEASE

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Multiple Births Canada/

Naissance multiples

Canada

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multiplebirthscanada.org

Supporting

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ONTARIO – Multiple Births Canada (MBC) announces the theme for National Multiple Births Awareness Day 2017 (May 28th) is: ***Postpartum Emotional Support and Wellness for Multiple Births Families.***

This year Multiple Births Canada will bring awareness of the increased risk for new mothers of multiples to experience postpartum depression, anxiety and other mood disorders.

Mothers of multiple births children are approximately 5 times more likely to experience Postpartum Mood Disorders (PPMD), Postpartum Depression and Anxiety (PPD/A) compared to mothers of singletons. This fact is not often discussed when expectant mothers of multiples are preparing for their new arrivals. Often, families have gone through stressful situations such as bedrest, fertility treatments, NICU time and uncertainty over the arrival of more than one baby at a time. What is expected to be a joyous time is sometimes not and parents are not sure how to manage their feelings.

One mother of multiples who experienced postpartum depression and feelings of isolation describes her experience, “For the outside world I looked normal, I looked like I had no problems. I was very good at putting on a mask...”.

It is important to Multiple Births Canada to ensure every new parent of multiples is aware of the signs and symptoms of Postpartum Depression and the many ways they can reach out for support. Given the high rate of multiple birth families who suffer from PPD/A, the Board of Directors decided to bring this into the open and give a voice to those who are suffering.

This month, Multiple Births Canada will be sharing important tips, messages and real-life stories from Canadian parents who have experienced forms of PPMD and related mental health conditions following the arrival of their multiple births babies. This National Multiple Births Awareness Day is a day to reflect on some of the lesser spoken experiences of having multiple births babies and is an opportunity to ensure parents feel comfortable reaching out if they need help.

MEDIA CONTACT

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