

Hi, just a reminder that you're receiving this email because you have expressed an interest in Multiple Births Canada (MBC), have been or continue to be a member of MBC. Don't forget to add office@multiplebirthscanada.org to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

July 18th, 2013 - Issue #1

E-NEWS From Multiple Births Canada



*Supporting
Multiple Births
Together*

Welcome to Multiple Births Canada E-NEWS!

Dear Kim,



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Multiple Births Canada Support Networks

Announcing the new Chairs of the Adult Multiple Network!



MBC is delighted to announce two new volunteers, Janice and Jenn, to chair the Adult Multiples Network! This is a private network for adult multiple-birth individuals to connect, share their stories and experiences, and support each other.

Join the conversation with Janice and Jenn on [Facebook](#) or email adultmultiples@multiplebirthscanada.org Please tell the adult twins, triplets or more you know about this network - the more the merrier!

MBC's Facebook Pages...

There are many places to connect with other MBC members and multiple-birth families on Facebook.

Website Links

[Become a Member](#)

[Publications](#)

[Support Networks](#)

[Find a Chapter Near You](#)

[Contact Us!](#)



[Make a Donation!](#)

- Multiple Births Canada's [Facebook Group Page](#) for members only - connect with MBC members all across Canada!
- Multiple Births Canada's [Facebook Public Page](#) - "like" it for news and updates.
- [Preterm Birth Support Network of MBC](#)
- [MBC-Breastfeeding Support Network](#)
- [MBC-Special Needs Support Network](#)
- [MBC Higher Order Multiples Support Network](#)
- [MBC-Lone Parent Support Network](#)
- [Adult Multiples Network](#)
- [MBC-Chapter Executives](#) - for volunteers who are part of an executive at the Chapter level and for MBC National volunteers to share their questions, experiences and other relevant conversations.
- [2013 MBC Annual Conference hosted by SCPOM](#) - group for those who are interested in attending the Conference.

Join Our Mailing List!

Like us on Facebook 

Follow us on 

Multiple Moments call for Writers and Photographers for the Q3 and Q4 Issues

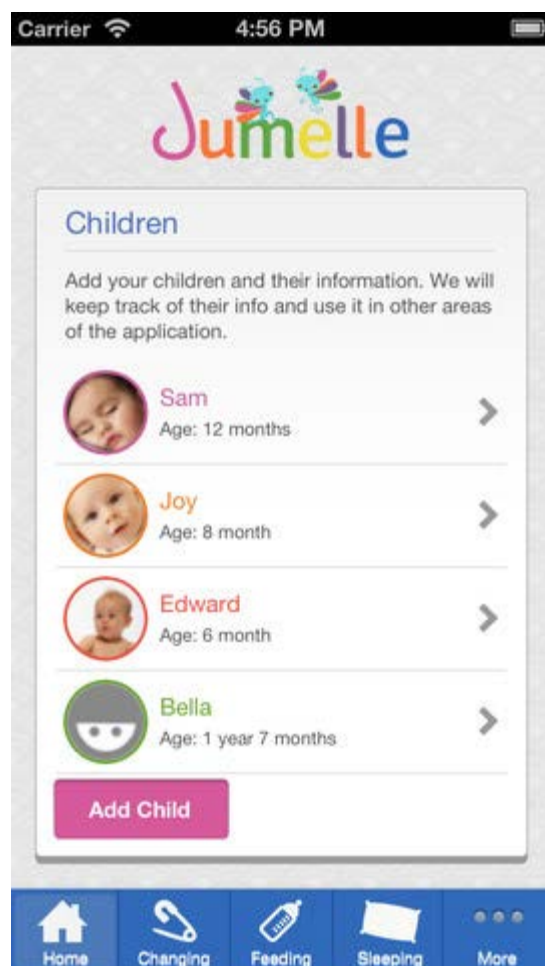
The **Q2 Issue** of Multiple Moments, all about ***Looking Back at the Early Days***, is now published on MBC's website - log in as a member to get your free copy!

The next **Q3 Issue** is in production now, with the theme ***Meeting the Multiples Milestones***. Last call for stories and pictures that represent the multiple milestones that your family has or is currently facing. The deadline is July 31st, 2013.

We need writers and photos for this fall's **Q4 Issue**, with the theme ***Multiple-birth Toddlers***. Share your funny stories, challenges and successes with your wonderful ones, terrific twos and delightful threes! We need fun photos too! The deadline is September 1st, 2013.

Please send all questions, contributions and pictures to the Acting MM Editor at mmeditor@multiplebirthscanada.org.

**Jumelle app on iTunes to track feedings and
schedules with twins, triplets or more.**



MBC volunteer Lynda Haddon has developed a new App on iTunes, especially for multiple-birth families. This unique multiple birth App helps parents to track each baby's activity: breastfeeding, sleeping, changes and so on. There is also a download feature that will allow you to print and share with your doctors, family and helpers. And even a few lullabies for nap time - check it out [here!](#)

2013 MAKING A DIFFERENCE AWARDS

It's time to think about the people and organizations in our multiple-birth community who make a big difference to our members, and who deserve to be recognized.

There are 6 categories for the 2012-2013 awards, and the nomination deadline is July 31st.

International Award: The international award is given to an individual who has displayed outstanding dedication or has been responsible for exceptional accomplishments of international significance in the field of multiple-births with a Canadian element or impact on the Canadian multiple-

birth community.

National Award: Have you received support, guidance, and information from a National volunteer, or do you know someone in the multiple-birth community who represented us nationally in an exceptional way that you would like to recognize?

Local Award: Is there a volunteer in your Chapter who always puts others first? Whose talents and passions support multiple-birth families in your community in an outstanding fashion?

Media Award: Do you know a media contact that has provided support and recognition of multiple-birth families and their issues and concerns, or has helped your chapter promote your events?

Corporate Award: Is there a corporation that goes that extra step to support your chapter, providing funding or other in kind services to help your local members? Maybe there's an event location or a sponsor that allows your organization to reach more members?

Dionne Award: This award goes to adult multiple-birth individual(s) who through his/her/their actions have created a deeper awareness of the challenges faced by Canada's multiple-birth children and their families and/or have made a significant impact on the multiple-birth community through their own personal efforts.

The Making A Difference Award Committee really would love to hear from you about any of these individuals or organizations.

Please visit the [MBC website](#) and nominate them today!

Have questions? Feel free to contact the Chair of the
MADA Committee at
makingadifference@multiplebirthscanada.org.

In our 35th year of supporting Canada's Multiple Birth Community!

www.multiplebirthscanada.org

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