

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.

September 15, 2013 - Issue #1

E-NEWS From Multiple Births Canada



*Supporting
Multiple Births
Together*



Welcome to Multiple Births Canada E-NEWS!

Dear Kim,

Welcome to our **NEW MBC Chapter in Bruce County Ontario!** We are very excited to welcome **Multiples in Bruce (MIB)** and their members to Multiple Births Canada.

Multiples in Bruce will be meeting on the 26th of September in Port Elgin and would welcome new members and volunteers to attend.

If you live in that area and would like more information on how you can get involved please contact them directly at brucecounty@multiplebirthscanada.org.

Multiple Moments Quarterly Issue # - 4

As we wrap the final details on MM Issue#3 here is a reminder that we are looking for articles and pictures for the next issue.

Theme:

*Multiple Births - the
Toddler Years!*

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The idea of this theme is to look at all aspects of life with toddler multiples.

Deadline for contributions: October 14th, 2013 (but we would prefer to receive them earlier if you can!)

Suggested Topics (please feel free to offer up others):

- How to get out of the house with toddlers - running errands, visiting friends, going to the park, etc.
- Temper tantrums.
- Potty training and bed wetting.
- Feeding finicky little eaters.
- Nurturing the multiples bond - yet allowing for the new individuality that may be showing more as they grow.
- Providing equal attention to all the multiples and other siblings.
- Behavior issues and discipline - what works for you?
- Starting pre-school - together or separate? Other challenges?
- Other topics that you may have faced with your toddler multiples?

The Q and A is for the Moms and Dads this time!

1. What is your favorite and/or least favorite part of parenting toddlers?
2. What is the best piece of advice you could pass on to a parent experiencing any of the above challenges to parenting toddlers?

Please share your pictures to match the theme of your story and if you contribute a story please provide a small bio about you and your family.

Members of MBC can log into the website in the [member section](#) to gain access to the current and past issues of *Multiple Moments*.

[Click here](#) if you are interested in subscribing to *Multiple Moments* as a non-member.

Please send any questions, theme suggestions, the Q & A responses, pictures and articles to the MM Editor at mmeditor@multiplebirthscanada.org.

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The 2013 Multiple Births Canada AGM and Conference is in less than two weeks. Held just outside Barrie, Ontario from September 27-29th, this year's conference is being hosted by Simcoe County Parents of Multiples (SCPOM).

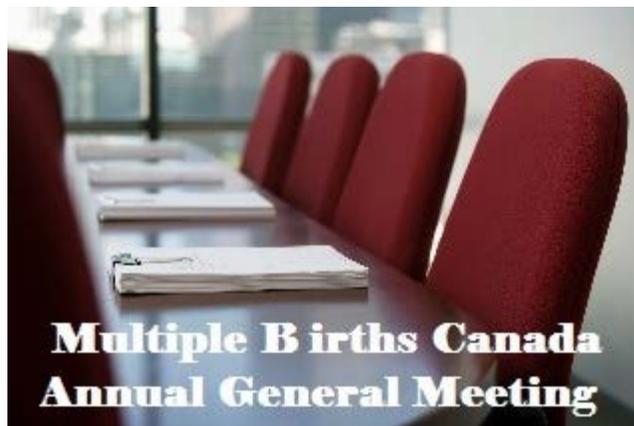
Register NOW (if you haven't already) for an exciting weekend of insightful and motivational speakers, hands-on workshops, and loads of fun! In addition to the following fantastic keynote speakers: Kathy Buckworth, Laird and Joey Crump and Jennifer De La Roca, there are many other workshops available to participate in. We are sure you will go home re-energized, full of new ideas to help your Chapter and family, and with many new friends.

Can't make it for the full weekend? Why not attend for the day or come along to the banquet on Saturday night and spend time with friends. The cost for the day is \$70.00 and includes the buffet lunch, beverage station, workshops and keynotes, the delegate bag and binder. The banquet is \$40.00 including the buffet dinner, awards, dancing, photo booth, silent auction and prizes. Want to do both? The cost will be \$90.00.

The theme for the Gala on Saturday night is "Your Vacation Destination!" Dress like you are in your dream vacation/relaxation spot! Use your imagination and get creative. The MBC Board will become the judges, and the winners will be posted on our website. There will also be a fantastic Photo Booth where you can get some crazy and creative pictures taken with all your friends.

Can't attend but would like to help? Simcoe County Parents of Multiples are looking for donations for the annual silent auction as well as gift items for the delegate bags. If you or someone you know, would like to make a donation or offer a sponsorship, please contact info@scpom.ca or visit the website to view their Sponsorship Package.

**For more information please contact the Committee at:
Christina Chase-Nugent, SCPOM President
705-733-3022 or at bulletwin@hotmail.com**



Members of Multiple Births Canada/Naissances multiples Canada are hereby notified that the Annual General Meeting (AGM) of the Corporation will be held at the Kempenfelt Conference Centre, in Innisfil, Ontario on Saturday September 28th, 2013 at 9:00 am EST. Please note that you must be a current paid member of MBC to vote during the AGM.

If you are unable to attend, please sign this [proxy form](#) and return it to the Ottawa Office, or give to your attending Chapter representative. Note: forms sent to the MBC Ottawa Office by mail must be received prior to seventy-two (72) hours before the AGM. Any votes received by mail ballot after this time shall not be counted for the purposes of the meeting. (Please send an email to the office indicating that the proxies have been forwarded).

The Chairpersons of the Board (Sheila Catto or Shirley Comben) must receive all motions for advance posting for member consideration no later than September 22nd, 2013.

Please email to mbcchair@multiplebirthscanada.org or send to the office@multiplebirthscanada.org.

Mail proxies to Multiple Births Canada:

P.O. Box 51003
375 Des Epinettes Ave.
Orleans, ON
K1E 3W4

**Multiple Birth Parents'
Experience with
Maternity Services**



Survey

Don't forget to take part in this important [international survey](#) for multiple-birth families about your experience

with maternity health care services, before and after the birth.

Multiple Births Canada (MBC) was asked to partner with TAMBA (Twins and Multiple Births Association-UK) and other national multiple-birth support organizations to conduct a survey worldwide about maternity health care services for multiples. TAMBA would like to learn about the care provided within their country in order to provide recommendations to their hospitals, and look at how that care compares to what is provided to multiple-birth families in other countries.

In addition to TAMBA's goals for this survey, MBC is also looking for your views on the care you received when expecting your multiples and shortly after their birth. The survey results will be broken down by country, providing significant information for MBC about the services our families receive in Canada which may be used to guide future work of MBC.

If you haven't already, please take part in this [survey](#), and please share the survey with anyone you know who has had multiple births. It should take about 10 minutes.

Thank you!

If you have any questions please contact Kimberley Weatherall at office@multiplebirthscanada.org.

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

www.multiplebirthscanada.org

Multiple Births Canada

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