

## NATIONAL MULTIPLE BIRTHS AWARENESS DAY 2011

*“Prenatal education and professional support must reflect the unique needs of Canada's multiple-birth community”*

QUESTION	ANSWER
<i>What is the purpose of this year's awareness theme?</i>	<p>Many expectant parents manage their multiple pregnancy with little or no direct support from a prenatal multiple-birth course – some because their community lacks the resource, others because they are unaware of the availability of such courses.</p> <p>MBC is encouraging additional programming in geographic areas where multiple-birth specific courses are not currently being offered, and recommending that all Canadian prenatal educators include multiple-birth specific topics as part of their prenatal courses.</p>
<i>Why do these expectant parents need multiple-birth specific prenatal classes?</i>	Mainstream prenatal courses offer classes geared to singleton pregnancies. This is problematic because information such as weight gain, gestation period, prenatal risks, and postnatal challenges differ for multiple pregnancies. These differences result in many expectant parents being ill prepared for their multiple-birth journey.
<i>What types of information would they learn in multiple-birth specific prenatal classes?</i>	<p>Here are a few of the unique topics covered in multiple-birth specific prenatal classes :</p> <ul style="list-style-type: none"> <li>• Emotional aspects of a multiple pregnancy</li> <li>• Twin-to-twin transfusion syndrome</li> <li>• What to expect from a neonatal intensive care unit (NICU)</li> <li>• Feeding twins, triplets, or more: breastfeeding and/or bottle feeding</li> <li>• Bonding with more than one baby</li> <li>• Coping with sleep deprivation</li> </ul>
<i>How many multiple - birth specific prenatal classes are currently offered in Canada?</i>	<p>MBC lists the known courses currently being offered in Canada on our website – <a href="http://www.multiplebirthscanada.org/english/prenatalclass.php">www.multiplebirthscanada.org/english/prenatalclass.php</a></p> <p>We believe there are about 20 courses in Canada, with most being offered in major cities. This means most expectant parents in non urban areas are not getting the information they need.</p>
<i>How can prenatal instructors learn more about what should be offered to these expectant parents?</i>	<p>The Awareness Day supporting document “<i>Preparation for Parenting Multiple Birth Children</i>” by Linda G. Leonard and Jane Denton provides an excellent overview of what parents need to know. <a href="http://www.multiplebirthscanada.org/english/documents/Preparationforparentingmultiplebirthchildren.pdf">www.multiplebirthscanada.org/english/documents/Preparationforparentingmultiplebirthchildren.pdf</a></p> <p>On the MBC website - <a href="http://www.multiplebirthscanada.org/english/prenatal.php">www.multiplebirthscanada.org/english/prenatal.php</a> - we list available prenatal resources, including the MBC Expectant Support Kit.</p> <p>As well, there is an online multiple-birth prenatal class at <a href="http://www.babiesinbelly.com">www.babiesinbelly.com</a> and a DVD course available from <a href="http://www.multiplebirthsfamilies.com">www.multiplebirthsfamilies.com</a>.</p>
<i>How can prenatal educators become better equipped to include multiple-birth specific prenatal information in their classes?</i>	<p>MBC recently produced a survey - <a href="http://www.surveymonkey.com/s/32YKFDV">www.surveymonkey.com/s/32YKFDV</a> - to assess the best practices of prenatal courses currently offered to expectant multiple-birth parents. This survey will assist prenatal educators in determining topics they might add to their curriculum.</p> <p>Later this year MBC will release the survey results, thereby identifying geographic areas needing multiple-birth specific courses. Our secondary goal is to enhance the list of prenatal courses currently promoted on our website.</p>

