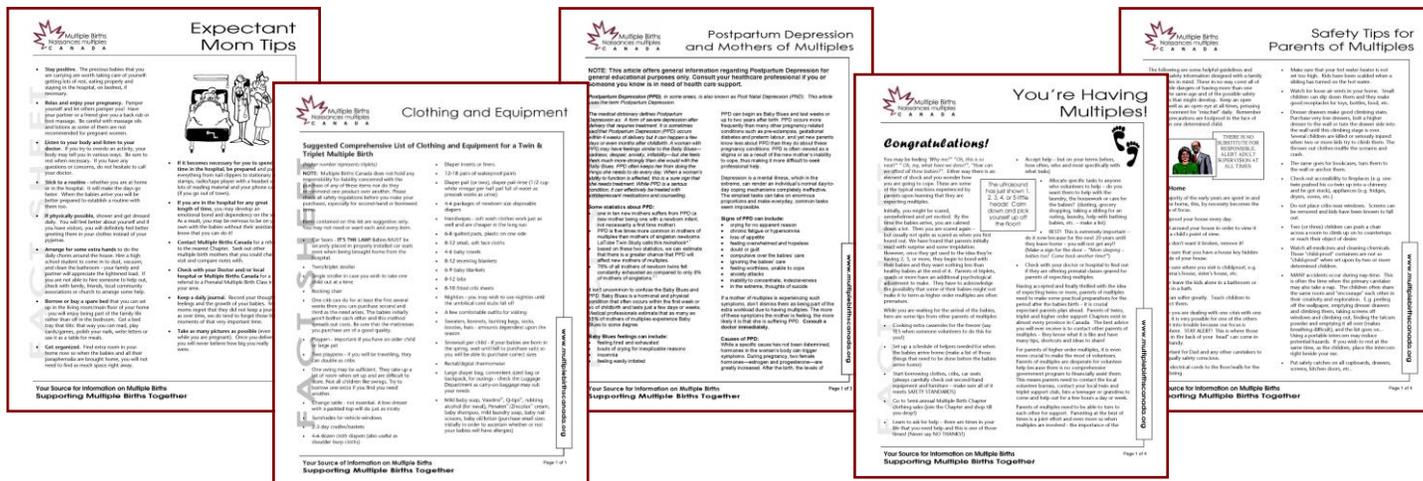


MAKING A DIFFERENCE WITH EDUCATIONAL RESOURCES AND PEER TO PEER SUPPORT

This supporting document for National Multiple Births Awareness Day 2102 provides a snapshot of four key programming areas coordinated nationally by Multiple Births Canada and locally by affiliated multiple-birth groups. They are: educational resources, professional outreach, support networks, and peer to peer support. Data and quotes were collected from the 2012 MBC survey.

We asked Canadian multiple-birth parents which MBC Fact Sheets they read or used and found educational and applicable to their lives. Here are the top 5 selected.



The collage displays five fact sheets from Multiple Births Canada:

- Expectant Mom Tips:** Focuses on prenatal care, diet, exercise, and preparing for delivery.
- Clothing and Equipment:** Provides a list of suggested items for twins and triplets, such as strollers, car seats, and cribs.
- Postpartum Depression and Mothers of Multiples:** Discusses the challenges of postpartum depression and offers support resources.
- You're Having Multiples! Congratulations!:** Celebrates the arrival of multiples and provides information on newborn care and breastfeeding.
- Safety Tips for Parents of Multiples:** Offers guidance on childproofing the home and ensuring the safety of all children.

Multiple-birth families tell us they've provided our professional community with multiples-specific information.

DAYCARE PROVIDERS



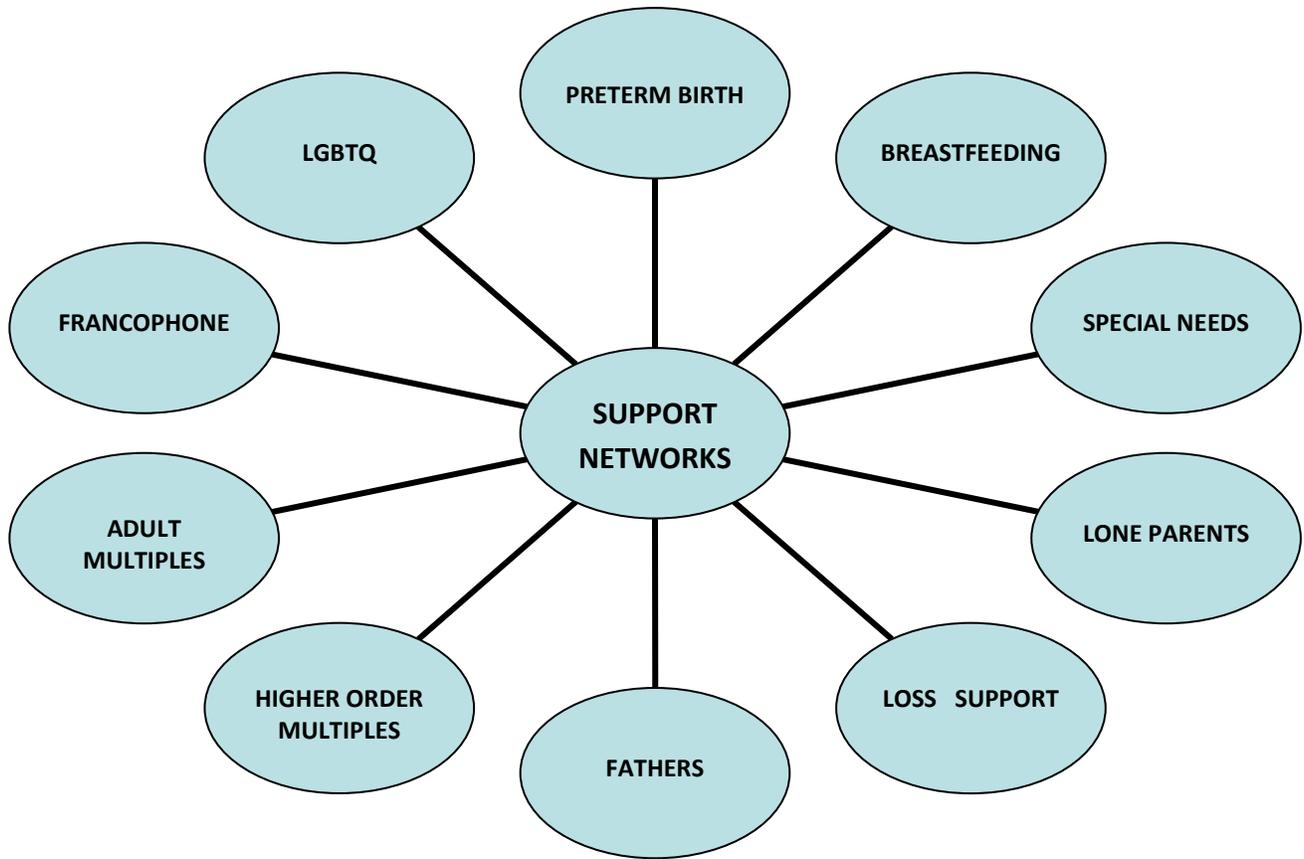
EDUCATORS



HEALTH CARE PROFESSIONALS AND FERTILITY SPECIALISTS



One of the strengths of our community is guiding and mentoring each other through the unique challenges faced by multiple-birth families. Nationally this is accomplished through MBC's Support Networks.



We asked multiple-birth families why being involved with a local multiple-birth group and/or MBC is important.

Without family close by, we knew we'd need as much support as possible when our boys arrived. Now I stay involved as I've connected with a great group of parents, and am proud to be a part of something that makes a difference in community and serves a real need.

I became involved because I needed the support. I continue because of relationships with other families and to help new members.

When I talk to my friends and family of singletons I feel like maybe I am crazy or not doing things the right way. When I talk to fellow M.O.M.s (mothers of multiples) I know we are all a little crazy, and there is no right way, but that everything will be just fine.

Those with twins truly understand how simple things become complicated: feedings, sleeping, potty training. The help I have received from my Facebook support group has gotten me through every bump and hurdle I've faced. A feeling you are not alone or crazy.

