

NEWS RELEASE

Communiqué



National Multiple Births Awareness Day!

May 28th



www.multiplebirthscanada.org

Multiple Births Canada /

Naissance multiples Canada

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*Supporting
Multiple Births
Together*

Unique Issues call for Unique Solutions

Local Multiple-Birth Groups and National Support Networks unite Canada's multiple-birth community

FOR IMMEDIATE NEWS

May 14, 2013

OTTAWA, ONTARIO – Multiple Births Canada (MBC) announced the theme for the 2013 National Multiple Births Awareness Day (May 28th) - *You're not alone - Canada's multiple-birth community is here to support you.*

This theme allows Canadian multiple-birth families to recognize the strength of belonging to an MBC Affiliate Organization (Chapter) or other multiple-birth group. The key message is that knowledgeable mentors, multiple-birth families who have experienced the unique issues faced by being part of the multiple-birth community, are ready and able to help lighten the load. By sharing experiential knowledge, gathering to network, and being there for one another, MBC Affiliate Organizations (Chapters) or other multiple-birth groups strengthen each multiple-birth parent's ability to make informed decisions and effectively handle the distinct challenges experienced as parents of twins, triplets or more.

In 1978 local multiple-birth groups across Canada met and formed what is now Multiple Births Canada Naissances multiples. For 35 years MBC has provided networking opportunities for these local groups by producing a national magazine, developing Fact Sheets and other resource materials, guiding organizers of annual national conferences, and overseeing new media products including a website and Facebook groups.

To celebrate National Multiple Births Awareness Day many MBC Affiliate Organizations (Chapters) and other multiple-birth groups are planning local family events such as picnics, park visits, hikes, walks and more. These events will draw attention to the group's existence, some of which may not be well-known in their communities, thereby alerting non-members of the availability of this valuable support system.

Nationally, MBC is encouraging multiple-birth parents to register for one or more of its Support Networks. These networks provide opportunities for multiple-birth families in the same or similar situations, parents in every province/territory and in every size community, to share concerns and areas of expertise with one another. MBC currently hosts the following Support Networks: Preterm Birth, Breastfeeding, Special Needs, Father, Lone Parent, Higher Order Multiples, Loss, LGBTQ+, and Francophone. Mass media and new media are encouraged to share information about these Support Networks and how they make a difference for many multiple-families, helping them to move forward knowing: *You're not alone - Canada's multiple-birth community is here to support you.*

QUOTE

"In 1978, 21 local multiple-birth groups had the foresight to realize they would accomplish more and help more families as a national group and formed what is now MBC. Over the last 35 years this national approach has benefited thousands of families by providing strong support networks and resources."

Gail Moore, MBC Awareness Coordinator

QUICK FACTS

- For more information or to join one or more of MBC's Support Networks follow the links from this page - multiplebirthscanada.org/index.php/parents/support/#

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