

NEWS RELEASE

Communiqué



National Multiple Births Awareness Day! May 28th



www.multiplebirthscanada.org

Multiple Births Canada /
Naissance multiples Canada

Tel: 613-834-TWIN (8946)

Toll Free in Canada:
1-866-228-8824

office@multiplebirthscanada.org

www.multiplebirthscanada.org

*Supporting
Multiple Births
Together*

Individuality - A Complex Process

*Encouragement for individualization in twins, triplets, and more
includes respect for the deep connection they have with each other.*

FOR IMMEDIATE RELEASE

May 14, 2014

OTTAWA, ONTARIO –Multiple Births Canada (MBC) announces the theme for National Multiple Births Awareness Day 2014 (May 28th) is – *It's a multiple's choice: encourage twins, triplets, and more to make individual decisions.*

This theme goes beyond the words and actions of multiple-birth parents. It draws attention to the need for caregivers, teachers, social and medical professionals, friends, immediate and extended family to also be aware of their interactions with twins, triplets, and more. As well, the theme reminds the media and the general public to consider how they view and represent multiple-birth children.

For twins and higher-order multiples to grow into strong, independent adults, they must learn to make their own, individual choices. The ultimate decision may be the same as their multiple siblings, but the act of arriving at it should be made individually.

While all children must experience the individualization process to reach full potential as an adult, multiples have the additional developmental task of becoming autonomous to each other. This can become complex because twin pairs, or triplets, and more are often at least as deeply bonded to each other as they are to their primary caregiver. This must be respected and considered by all involved.

To celebrate National Multiple Births Awareness Day many MBC Affiliate Organizations (Chapters) and other multiple-birth groups are distributing resource materials describing the complexity of this issue and providing insight on ways to promote individuality in multiple-birth children. In creating awareness of this unique challenge, the goal is to create a more informed support system for multiple-birth children and to encourage them to make individual decisions appropriate to their stage of growth.

Nationally, MBC has posted resource materials supporting this year's theme. They can be accessed at: <http://multiplebirthscanada.org/index.php/about-us/events/>.

MBC QUOTE:

“Allowing twins, triplets and more to make autonomous choices starts when they are toddlers. It recognizes their need to voice individual likes and dislikes, which can be the same or different from each other. The key is to teach the decision-making process early, being respectful of the co-dependency of some multiple-birth children.”

Gail Moore, MBC Awareness Coordinator

PROFESSIONAL QUOTES:

- Twins may have to share the attention of their parents (Pulkkinen et al., 2003), be encouraged to act the same (Koch, 1966), or be referred to as a pair (Kozlak, 1978). All these things make the social situation of being a twin ‘unique’ and may influence twins’ behaviour. (*Kate Bacon “It's Good to be Different’: Parent and Child Negotiations of ‘Twin’ Identity” - Twin Research and Human Genetics Volume 9 Number 1 pp. 141-147*)
- Twin pairs, who are at least as deeply bonded together as they are to their mothers, have the added developmental task of becoming autonomous in relation to each other. To do this, they need to go through the same unfolding sequence with one another as they do with their primary caregivers. This is crucial to the development of separate autonomous senses of self. (*Ken Mellor “Intimate autonomy, a worthwhile goal with twins: - The Transactional Analyst Volume 3: Issue 2: Spring 2013 pp. 7-17*)

MEDIA CONTACTS

Gail Moore
MBC Awareness Coordinator
Mobile: 1-705-647-2135
gail.moore@multiplebirthscanada.org

Kimberley Weatherall
MBC Executive Director
Office: 1-613-834-TWIN (8946)
kimberley.weatherall@multiplebirthscanada.org