



**National
Multiple Births
Awareness Day!
May 28th**



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*Supporting
Multiple Births
Together*

MEDIA RELEASE

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ACROSS CANADA – In a show of unity, this week Canada's multiple-birth community is "*Raising awareness of the need to recognize and encourage the individuality of multiple-birth individuals, while respecting the uniqueness of their multiple-birth relationship.*"

Multiple Births Canada (MBC) Chapters and other multiple-birth groups across Canada are coming together in their communities by holding mini fairs, family picnics, and multiples panels in anticipation of sharing the experience and the unique challenges of belonging to the multiple-birth community. The objective of this year's celebration is to provide opportunities for multiple-birth individuals to publicly express how it feels to be a multiple-birth individual while simultaneously being a twin, triplet, quadruplet or quintuplet. "My 19-year old daughters are distinct individuals in how they think, dress, and interact with people, yet they truly share a unique bond that is sometimes difficult for others to understand," said Kim Weatherall, MBC Chair.

Balancing the individual identity within the multiple-birth relationship has interested researchers and the public alike resulting in a variety of books on the topic including *Entwined Lives: Twins & What They Tell Us About Human Behavior*, by Dr. Nancy L. Segal; *Twins, Triplets and More: Their Nature, Development and Care*, by Elizabeth Bryan; and *The Art of Parenting Twins: The Unique Joys and Challenges of Raising Twins and Other Multiples*, by Patricia Maxwell Malmstrom and Janet Poland.

MBC has supported multiple-birth families in Canada for over 29 years. It is the only national, non-profit, nongovernmental organization solely committed to improving the quality of life for multiple-birth individuals and their families in Canada. MBC's mandate includes improving access to support, resources and informed care for multiples and their families; building stronger member chapters across Canada; and encouraging government and service providers to recognize the unique needs of multiples and their families, providing appropriate services to them. For more information about MBC, call 1-866-228-8824 or visit the website at www.multiplebirthscanada.org.

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