



30th ANNIVERSARY
SUPPORTING MULTIPLE BIRTHS TOGETHER

**2008 Annual General Meeting &
National Conference
October 16-19, 2008**



***Supporting Canada's
multiple-birth
community for 30 years.***

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 THE SOCIETY OF
OBSTETRICIANS AND
GYNAECOLOGISTS
OF CANADA

 **DUCHESNAY**
Pour le bien-être de la femme enceinte et de son enfant
Caring for mother and child during pregnancy

**The MBC Board of Directors and national volunteers
invite you to join them and Canada's multiple-birth
community as they host this exciting conference.**

www.multiplebirthscanada.org

1-866-228-8824

2008 Annual General Meeting & National Conference Information



Full Conference Fee includes:

4 Keynote Speakers (full group), choice of 4 workshops from 16, 3 hot breakfasts, 2 lunches, 4 health breaks, pizza party, 30th anniversary banquet & dance, hospitality suite, resource centre, vendor showcase, conference booklet and delegate bag.

Registration

Registration fees and details are found on page 5. Payment is required in advance—early bird date of September 1st—**final date of October 10th, 2008.** Please register upon arrival. The registration desk will be in the Mezzanine on the 2nd floor on Thursday night and Friday and Saturday mornings.

Hotel Accommodations

The Delta Markham is located at 50 East Valhalla Drive in Markham—corner of Hwy 7 just east of Hwy 404. 25 min. to Pearson Airport, 15 min. to Vaughan Mills Mall, 25 min. to downtown Toronto. Delegates must make their own reservations directly with the hotel **by September 23rd, 2008.** Reservations can be made by calling the toll free line 1-800-268-1133 or by calling the hotel directly at 905-477-2010—mention *Multiple Births Canada* when booking your room to receive your special group rate (incl. hi-speed internet access). 3 choices: Delta \$110, Premier \$115, Suites \$140. Prices quoted are for single/double occupancy. Each additional person is \$15 per night.

Workshop programming is geared to Professionals, Parents, Volunteers/Chapters with an interest in multiple-births.

Our Presenters for the 2008 National Conference are:

Friday, October 17th, 2008



Special Guest Speaker Anne-Marie Mediwake – Welcome to the World of Multiples (Opening Address) Anne-Marie is the co-anchor of The News Hour on Global at 6pm. In 2007, with her husband reporter Darryl Konynenbelt, Anne-Marie experienced her greatest success—giving birth to triplets. Her popular weekly column in The National Post shared her humorous journey through pregnancy and self-described awkward entry into motherhood.

KEYNOTE #1 - Dr. Vyta Senikas – MBC and the SOGC – Supporting Canada's Multiple-birth Community Together Dr. Senikas is the Associate Executive Vice-President of the Society of Obstetricians and Gynaecologists of Canada (SOGC). Her address will examine the care needed and provided by Canada's health care system to those expecting multiple births, touching on the latest research in this field and sharing SOGC's guidelines for multiple-birth Best Practices. In addition, following on MBC's 2008 National Multiple Births Awareness theme Dr. Senikas will address the impact of IVF technologies on multiple pregnancies.



W #F1 - Karen Kerkhoff Gromada – One Size Does NOT Fit All Karen authored *Mothering Multiples: Breastfeeding and Caring for Twins or More* and co-authored *Parenting Multiples*. Her realistic presentation includes a discussion on strategies for assisting multiple-birth couples to partner with obstetrical care providers and potential postnatal support systems in order to attain their perinatal goals.

W #F2 - Dr. Jon (Yosef) Barrett – The Term Twin and the Toronto Centre for Multiple Births Dr. Barrett is the Chief of Maternal Fetal Medicine at Sunnybrook, Associate Professor at the University of Toronto, Director of the Ante Natal Multiples Clinics at Sunnybrook and Women's College and a valued MBC Advisory Board Member. His workshop looks at the latest medical information on the special issues relating to the management of the Term Twin.

W #F3 - Lynda P. Haddon – Losses in Multiple Birth: How Caregivers Can Provide Appropriate Support Lynda Haddon has over 20 years of experience supporting grieving multiple-birth families. Lynda has many roles as an MBC national volunteer including Loss Support Network Chair, and is a past President of MBC (formerly POMBA Canada). Her workshop describes the types of multiple birth loss and examines the short and long-term effects of these losses as well as ideas for providing appropriate support.

W #F4 - Debbie Wang – Us and Them Debbie is a registered social worker, therapeutic counsellor and parenting workshop facilitator. Based on the *Bringing Baby Home* program by John Gottman, PhD and the Relationship Research Institute in Seattle, this workshop teaches multiple-birth couples how to strengthen their friendship, increase intimacy, regulate conflict and how to build a "relationship house".

KEYNOTE #2 - Patricia Malmstrom – The Art of Parenting Twins and the Joy of Watching them Fledge the Nest Patricia is an internationally recognized authority on multiples, a mother of four adult children, including monozygotic twins and an MBC Advisory Board Member. Her presentation examines the highs and lows of twinshock, the abiding myths about multiples and twin-specific dynamics as children grow from infants to adults.



W #F5 - Dr. John R. Mascazine – Learning Needs of Multiple-Birth Students Dr. Mascazine is an associate professor of education at Ohio Dominican University. He has studied how twins and multiple-birth children learn since 1994. His presentation includes research highlighting the unique needs and abilities of multiple-birth students and practical advice for administrators, teachers and parents to help them make informed decisions.

W #F6 - Dr. Jon (Yosef) Barrett – The Term Twin and the Toronto Centre for Multiple Births for those of you who missed it during the first round of workshop options, here's another chance to hear about the latest medical information on the special issues relating to the management of the Term Twin.

Continued...

2008 Annual General Meeting & National Conference Information (cont'd)



Hospitality Suite

Visit the Mocha Room on the 3rd floor to take part in the fun and games that will be happening whenever the doors are open! Thursday night—Meet & Greet, Friday night—Pizza Party, Saturday night—post 30th Anniversary Celebration fun!

Vendor Showcase

MBC is excited to offer a Vendor Showcase from 4pm till 7pm on Friday evening in the Ballroom Foyer. The Vendors participating will be listed on the MBC website as they confirm their tables. Tables are \$50 each. To become a vendor contact Heather at:

vendors@
multiplebirthscanada.org

Silent Auction

Bring along some cash and bid on the fantastic items Theresa & Janice—from our Barrie Chapter—have been able to secure. Don't go home empty-handed!

To donate items for the Silent Auction, please contact Theresa at:

sanderst@rogers.com



P O M B A C a n a d a
(Parents of Multiple Births Association of Canada) was founded in 1978 by Sheryl McInnes in Calgary, Alberta.

W #F7 - Laura Crouse – Breastfeeding Multiples Guidelines – Best Practices for Hospital and Community Laura is a staff nurse and has worked in the care-room and breastfeeding shop. She also teaches "Preparing for the Birth of Multiples" in the Prenatal Education Department and she is an MBC Advisory Board Member. Her workshop will highlight best practices for breastfeeding multiples and is geared to professionals and volunteers.

W #F8 - Dr. Cathy Barr – Risk Management 101 Dr. Barr is the Director of Imagine Canada's Insurance & Liability Resource Centre for Non-profits, the mother of monozygotic twin boys and an MBC Advisory Board Member. In this interactive workshop you will learn how to identify the key risks facing your multiple-birth chapter and develop a plan to manage these risks.

Saturday, October 18th, 2008

KEYNOTE #3 – Karen Kerkhoff Gromada – One Size Does NOT Fit All For those of you who missed it during the first round of workshop options, here's another chance to hear Karen as she enhances her presentation from Friday (see W #F1), giving everyday strategies to parents of multiples.



W #S1 - Patricia Malmstrom – Zygosity Matters Pat will focus on zygosity and the twin relationship. Participants can share personal experiences and insights to gain useful perspectives on different family situations and the ways that the multiples' zygosity affects their lives.

W #S2 - Dr. John R. Mascazine – Learning Needs of Multiple-Birth Students for those of you who missed it during Friday's workshop options, here's another chance to hear about research highlighting the unique needs and abilities of multiple-birth students and practical advice for administrators, teachers and parents to help them make informed decisions.

W #S3 - Spencer Brennan – Volunteers: Get 'em, Build 'em, Keep 'em Spencer coordinates the Ontario Self-Help Network at the Self-Help Resource Centre of Toronto. In this interactive workshop participants will – explore how relationships are central to all aspects of volunteer management; learn the basics of the volunteer management cycle; and gain practical ideas for building your local chapter.

W #S4 - Karen Melnick – Your Child's Health & Wellness: Parents as Advocate and Guardian Angel! Karen learned through personal and professional experience that parents can make a difference in their child's health and wellness! This is not a medical presentation. Rather, the focus is on parents learning to actively manage their child's health and wellness.

W #S5 - Karen Kerkhoff Gromada – Falling in Love Times Two, Three or More - Attachment Formation Karen will discuss the challenges of forming attachments with multiple infants simultaneously, the various "pictures" attachment with multiples may present as, and strategies for reassuring parents and developing a deeper attachment with one or more multiple infants.

W #S6 - Vera C. Teschow – Reading Magic with Twins and More Vera is a professional educator and mother of monozygotic twins. This session is geared towards parents of older babies and toddlers and will focus on language development and reading. It will look at research on toddlers in general and twins/multiples in particular.

W #S7 - CHAPTER EXCHANGE – Programs, resources and initiatives that work! Fantastic opportunity for Multiple Births Canada member Chapters to connect and learn what works and what does not.

W #S8 - CHAPTER EXCHANGE – Clothing Sales and other fundraising ideas! Most MBC member Chapters are experts at running their local Clothing Sales but others are looking for new technology to help the volunteers and vendors as well as other fundraising ideas.

Sunday, October 19th, 2008

KEYNOTE #4 - Jo-Anne Cutler – Conscious Multiple-birth Parenting Jo-Anne is an author, speaker and awareness coach. Jo-Anne is a passionate voice for children; building awareness of what we teach them by our example, inspiring and empowering others to be conscious and connected parents, teachers and role models. This presentation will get you pumped and ready to make a difference!



2008 Annual General Meeting & National Conference Conference Schedule



Thursday, October 16, 2008

9:00am-5:00pm **MBC Board of Directors Meeting**
 6:30pm-8:30pm **Registration** (Mezzanine 2nd floor)
 8:00pm-midnight **Meet & Greet Welcome Reception**
 in Hospitality Suite

Friday, October 17, 2008

7:30-8:30am **Registration** (Mezzanine 2nd floor)
 7:30-8:30am **Breakfast**
 8:30-9:30am **Opening Ceremonies/Welcome**
 Mayor of Markham: Frank Scarpitti
 Chair of MBC: Kimberley Weatherall,
 Special Guest Speaker: Anne-Marie Mediwake,
 Global News Reporter—Welcome to the
 World of Multiples!
 9:30-10:45am **Keynote #1-Dr. Vyta Senikas, SOGC**
 MBC and the SOGC—Supporting Canada's
 Multiple-birth Community Together
 10:45-11:00am **Health Break**
 11:00-12:15pm **W F#1-Karen Kerkhoff Gromada, RN**
 The Multiple-Birth Experience: One Size
 Does NOT Fit All
W F#2-Dr. Jon Barrett
 The Term Twin & Centre for Multiple-births
W F#3-Lynda P. Haddon
 Losses in Multiple Births and Providing
 Appropriate Support
W F#4-Debbie Wang
 Keeping the Spark—"Us and Them"
 12:15-1:15pm **Lunch**
 1:15-2:30pm **Keynote #2-Patricia Malmstrom**
 The Art of Parenting Twins and the Joy of
 Watching Them Fledge the Nest
 2:30-2:45pm **Health Break**
 2:45-4:00pm **W F#5-Dr. John R. Mascazine**
 Learning Needs of Multiple-birth Students
W F#6-Dr. Jon Barrett
 The Term Twin & Centre for Multiple-births
W F#7-Laura Crouse, RN
 Breastfeeding Multiples Guidelines and
 Best Practices for Hospital and Community
W F#8-Dr. Cathy Barr
 Chapters—Risk Management 101
 4:00-7:00 **Vendor Showcase**—Free time
 7:00-midnight **Pizza Party** in Hospitality Suite
 or Free time - own dinner

Saturday, October 18, 2008

8:00-9:00am **Breakfast & AGM Registration**
 9:00-10:45am **Annual General Meeting** (Members only)
 10:45-11:00am **Health Break & One Day Registration**
 11:00-12:30pm **Keynote #3-Karen Kerkhoff Gromada, RN**
 The Multiple-Birth Experience: One Size
 Does NOT Fit All (enhanced from Friday)
 12:30-1:30pm **Lunch**
 1:30-2:45pm **W S#1-Patricia Malmstrom, author**
 Zygoty Matters
W S#2-Dr. John R. Mascazine
 Learning Needs of Multiple-birth Students
W S#3-Spencer Brennan
 Volunteers-Get 'em, Build 'em, Keep 'em
W S#4-Karen Melnick, RN, author
 Your Child's Health & Wellness: Parents as
 Advocate and Guardian Angel!
 2:45-3:00pm **Health Break**
 3:00-4:30pm **W S#5-Karen Kerkhoff Gromada, RN**
 Falling in Love Times Two, Three or More
 - Attachment Formation
W S#6-Vera C. Teschow
 Reading Magic with Twins and More
W S#7-Chapter Exchange—Programs,
 resources & initiatives that work!
W S#8-Chapter Exchange—Clothing Sales
 and other fundraising ideas!
 3:00-5:00pm **Free time**
 (Members only)
 Until 7:00pm **30th Anniversary Banquet** Celebrations,
 Dinner, Recognition Awards & Dancing
 7:00-end **Hospitality Suite**
 until midnight

Sunday, October 19, 2008

9:00am **Breakfast**
 9:30-10:30am **Keynote #4-Jo-Anne Cutler**
 Conscious Multiple-birth Parenting
 10:30-11:30am **Closing Ceremonies**

MBC Annual General Meeting (Full Group Session)

This session is a must for all member delegates. Every member of MBC has a vote at the Annual General Meeting. Do not miss this opportunity to learn about the latest MBC projects and initiatives and have your say on the future of MBC. All delegates should contact their MBC representative prior to the conference and become familiar with materials presented for the AGM. Members should submit agenda items to the MBC Chair by October 3, 2008, at chair@multiplebirthscanada.org.

MBC's Mission Statement:

To improve the quality of life for multiple-birth individuals and families in Canada.

2008 Annual General Meeting & National Conference Registration Form



Name: _____

Address: _____

City: _____ Prov.: _____

Postal Code: _____ Tel: _____

Email: _____

Are you a member of MBC? Yes No
If yes, please state your affiliation _____

Chapter/Affiliation: _____

Position Held (if applicable): _____

Type of Multiples:
 Twins Triplets Quadruplets Quintuplets
 Monozygotic (identical) Dizygotic (fraternal)
 Trizygotic Quadrazygotic Quinrazygotic

Name, Age and Sex of Multiples: _____

Name, Age and Sex of Other Children: _____

Do your children have any disabilities? Yes No

Have you suffered a loss? Yes No

First-Time Attendee of an MBC Conference? Yes No

DELEGATE REGISTRATION FEE—Final deadline is October 10th, 2008
Payment must accompany this conference registration
***NOTE: \$25 late fee will be charged if postmarked after Sept. 1/08**
****NOTE: \$25 cancellation fee before Oct. 10/08, zero after date**
 The conference fee covers attendance at 4 full group keynote sessions, choice of 4 workshops, 3 hot breakfasts, 2 lunches, 4 health breaks, pizza party, 30th anniversary banquet celebrations, hospitality suite, resource centre, vendor showcase, conference booklet and delegate bag.

\$200 MBC Member All-Inclusive
 \$250 Non-Member All-Inclusive (MBC membership is \$30)
 for more information on MBC membership visit our website

One Full Day Only Fee— Friday or Saturday
 This fee includes breakfast, 2 full group keynote sessions, 2 workshops, 2 health breaks and lunch (supper not included).

\$75 MBC Member One Full Day Only
 \$100 Non-Member One Full Day Only

One Half Day Only Fee— Friday Morning or Friday Afternoon
 This fee includes 1 full group keynote session, 1 workshop and 1 health break (breakfast, lunch & supper meals not included).

\$50 MBC Member One Half Day Only
 \$65 Non-Member One Half Day Only

Friday Morning, October 17th Workshops

	1st Choice	2nd Choice
Workshop F#1	<input type="checkbox"/>	<input type="checkbox"/>
Workshop F#2	<input type="checkbox"/>	<input type="checkbox"/>
Workshop F#3	<input type="checkbox"/>	<input type="checkbox"/>
Workshop F#4	<input type="checkbox"/>	<input type="checkbox"/>

Friday Afternoon, October 17th Workshops

	1st Choice	2nd Choice
Workshop F#5	<input type="checkbox"/>	<input type="checkbox"/>
Workshop F#6	<input type="checkbox"/>	<input type="checkbox"/>
Workshop F#7	<input type="checkbox"/>	<input type="checkbox"/>
Workshop F#8	<input type="checkbox"/>	<input type="checkbox"/>

Saturday Morning, October 18th Workshops

	1st Choice	2nd Choice
Workshop S#1	<input type="checkbox"/>	<input type="checkbox"/>
Workshop S#2	<input type="checkbox"/>	<input type="checkbox"/>
Workshop S#3	<input type="checkbox"/>	<input type="checkbox"/>
Workshop S#4	<input type="checkbox"/>	<input type="checkbox"/>

Saturday Afternoon, October 18th Workshops

	1st Choice	2nd Choice
Workshop S#5	<input type="checkbox"/>	<input type="checkbox"/>
Workshop S#6	<input type="checkbox"/>	<input type="checkbox"/>
Workshop S#7	<input type="checkbox"/>	<input type="checkbox"/>
Workshop S#8	<input type="checkbox"/>	<input type="checkbox"/>

Special Requirements
 Please indicate any special needs: Dietary or Physical _____

Saturday Night 30th Anniversary Banquet ticket
 For those wishing to attend but have registered for a full day or half day which does not include the banquet. Or it is for another person to accompany you at this celebration banquet. This fee does not allow that person to enter the workshops.

\$50 Extra 30th Anniversary Banquet ticket
 Additional Person's Name: _____

**Total Registration Fee/One Day or Half Day Fee/
 Accompanying Person Fee
 (remember: add \$25 if postmarked after Sept.1/08)**

\$ _____

Mail completed form and payment to:
Multiple Births Canada
 PO Box 432
 Wasaga Beach, ON L9Z 1A4
OR
Email or mail form after making online payment to:
 office@multiplebirthscanada.org