



Multiple Births  
Naissances multiples  
C A N A D A

**National  
Multiple Births  
Awareness Day!**

**May 28th**



[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)

**Multiple Births Canada /**

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***Supporting  
Multiple Births  
Together***

## **PRENATAL CARE OF MULTIPLE PREGNANCIES – GAPS IN EDUCATION ACROSS CANADA**

**HOLD FOR RELEASE ON  
OR AFTER MAY 11, 2011**

**OTTAWA , ONTARIO – Multiple Births Canada (MBC) announced this week the key message for National Multiple Births Day 2011 is “*Prenatal education and professional support must reflect the unique needs of Canada’s multiple-birth community*”**

Many Canadian families manage their multiple pregnancy with little or no direct support from a prenatal multiple-birth course – some because their community lacks the resource, others because they are unaware of the availability of such courses. The knowledge gained from these educational programs allow parents dealing with a multiple pregnancy to be better informed about a wide variety of topics not covered during traditional prenatal courses including: possible risks to mother during a multiple pregnancy, twin-to-twin-transfusion syndrome, what to expect in the Neonatal Intensive Care Unit (NICU), and strategies for handling staggered release dates from hospital. “Expecting multiple-birth parents need special medical care, information and support in order to manage the risks, prepare for the arrival of more than one baby at a time, and learn how to care for twins, triplets, quads or more,” says Sheila Catto, MBC Board Chair.

Currently, there are a few Canadian health agencies, professionals, and individuals offering prenatal multiple-birth courses. Others provide some multiple-birth information during regular prenatal courses. However, as the number of multiple pregnancies increases in Canada, so too does the need for enhanced education. To encourage course providers to improve the content of their courses, MBC recently launched an online survey - <http://www.surveymonkey.com/s/32YKFDV>. The survey asks respondents to describe course format, content and instructors. The information gathered will be assessed later this summer, allowing MBC to enhance the list of prenatal multiple-birth course providers currently promoted on its website.

MBC has supported multiple-birth families in Canada for over 33 years. It is the only national, non-profit, non-governmental organization solely committed to improving the quality of life for multiple-birth individuals and their families in Canada. In 2005, MBC began celebrating National Multiple Births Awareness Day on May 28<sup>th</sup>, the birth date of the Dionne Quintuplets. MBC’s mandate includes improving access to support, resources and informed care for multiples and their families; providing opportunities for Canadian multiple-birth families to network and support each other; and encouraging government and service providers to recognize the unique needs of multiples and their families and to provide appropriate services to them.

For more information about Multiple Births Canada, call 1-613-834-TWIN (8946), or visit [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org).

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