

# Canadian Prenatal Multiple-Birth Course Survey

## Purpose of survey

This PRENATAL MULTIPLE-BIRTH COURSE SURVEY is being administered by Multiple Births Canada (MBC) and is directed at all course providers currently offering this type of course.

Since 1978 MBC has provided support, education, research, and advocacy to individuals, families, groups, and organizations with a personal or professional interest in multiple birth issues.



This year as part of our advocacy work, MBC has chosen this theme ***“Prenatal education and professional support must reflect the unique needs of Canada's multiple-birth community”*** for ***National Multiple Births Awareness Day 2011.***

As part of the awareness campaign, MBC is compiling a list of prenatal multiple-birth courses offered by Canadian health agencies, professionals, and individuals. This list will document the scope of multiple-birth specific information being shared with expectant couples while creating awareness of topics that should be covered. MBC hopes it will also draw attention to the geographic areas lacking this important educational resource and encourage professionals in these communities to offer a prenatal multiple-birth specific course.

Contact MBC at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org) to receive the [online access link](#) for this survey.

Thank you for taking 10 minutes of your time to complete this survey.

## 1. Information about you, the survey respondent:

Information about you, the survey respondent: Your name	<input type="text"/>
Your connection to course provider	<input type="text"/>
Your email address	<input type="text"/>

## 2. Information about the course provider:

Information about the course provider: Name of course provider	<input type="text"/>
Web address where course is promoted	<input type="text"/>
Geographic area covered by course provider	<input type="text"/>
Is this course designed specifically for multiple-birth families?	<input type="text"/>

### 3. Who are the class instructors?

	Yes	No	Not sure
Nurses			
Parents of multiples			
Paid health care staff			
Volunteers			

### 4. What is the format of this course?

	Yes	No	Not sure
Classroom setting			
Teleconference			
Online			
Telephone support			
Mailed out materials			
DVD self-administered			

### 5. Tell us about the course:

Tell us about the course: How many hours of instruction for the entire course?	<input type="text"/>
How many hours cover multiple-birth topics?	<input type="text"/>
How often do you run the course?	<input type="text"/>
What is the course fee?	<input type="text"/>

### 6. Tell us more about the course:

	Yes	No	Not sure
Do you provide printed resources specific to multiples and multiple pregnancy?			
Do you provide information about Multiple Births Canada?			
Is there a post-delivery follow-up class or social event?			

## 7. Course Content - please answer for each topic:

	Yes	No	Not sure
Emotional aspect of a multiple pregnancy			
Biology of multiples			
Incidence of multiple births			
Multiple-birth specific terms and definitions			
Possible risks to mother during a multiple pregnancy			
Development in utero			
<i>Possible risks to babies during a multiple pregnancy</i>			
- twin-to-twin-transfusion syndrome			
- prematurity and/or low birth weight			
Father/Partner's Role			
Prenatal testing and genetic counselling			
Counselling and resources for miscarriage, stillbirth or loss of a multiple			
How to monitor babies' health during a multiple pregnancy			
<i>Managing a multiple pregnancy</i>			
- nausea			
- prenatal rest			
- exercise			
- employment – working adjustments			
- sleep			
- pelvic girdle pressure			
- bedrest			
- proper nutrition			
Emotional attachment during pregnancy and afterwards - bonding with more than one baby			
Signs and Symptoms of Premature Labour and what to do			
<i>Communicating with your health care team during pregnancy regarding babies' birth</i>			
- Location of choice and back-up plans			
- Tour of delivery facility			
- Labour, delivery and pain management			
- Involvement of doulas or midwives			
- Types of delivery – vaginal and c-section			
What to expect in the Neonatal Intensive Care Unit (NICU)			
Help needed before and after the delivery			
Connecting with community resources before and after the delivery			
Organizing your home for the arrival of your newborns			
Strategies for handling staggered release dates from hospital			
Preparing siblings for the babies' arrival			

	Yes	No	Not sure
Zygosity testing – timing, types and reasons for doing it			
<i>Breast and/or bottle-feeding multiples</i>			
- how to - equipment			
- support and resources			
Recognizing and fostering each baby’s individuality – names, caregiving, etc.			
<i>Clothing and equipment needs</i>			
- car seats			
- stroller			
- vehicle			
<i>Newborn/infant care of your babies</i>			
- fostering positive sleep habits			
- co-bedding			
- swaddling techniques			
- getting the babies on the same schedule			
- bath time			
- coping with crying			
- organizing your caregivers and volunteers			
<i>Post partum issues:</i>			
- depression and its effects on both parents			
- sleep deprivation			
- nutrition			
- need for social contact			
Making time for your parental relationship			
Keeping your multiples safe			

**8. Do you have any final comments on the course or this survey?**

Again, thank you for participating in this very important initiative. Please share this survey with other course providers. Results will be made available online later this summer at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)

**For details on National Multiple Births Awareness Day 2011 visit:  
[www.multiplebirthscanada.org/english/awareness.php](http://www.multiplebirthscanada.org/english/awareness.php)**