



## News & Information from Multiple Births Canada



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### Retreat Workshop Handouts & AGM Minutes Now Posted

The 2009 National Development Retreat lives on through the Multiple Births Canada website! Workshop handouts and the Minutes of the Annual General Meeting are now posted in the Members section of the MBC website. We encourage all members to check them out, especially if they did not attend, as they feature many wonderful strategies and guidelines on a variety of topics including – *Chapter Prenatal Sessions, Fundraising Ideas, Self-Care for Volunteers, Public Relations and Awareness for Chapters, Keeping Your Group on Track, and When the Going Gets Tough*. While the handouts may not be as effective as being in the room during these sessions, they do offer some worthwhile tips. Any questions that may arise from the handouts can be directed to [conference2009@multiplebirthscanada.org](mailto:conference2009@multiplebirthscanada.org).

### Report from National – November 2009

The [November 2009 edition of Report from National](#) has also been posted on the Multiple Births Canada website. It features updates on current MBC initiatives, introduces some new faces, and gives an overview of upcoming events and initiatives. MBC members are encouraged to find out what your national organization has working on during the past few months; the answers are all in Report from National!

### New MBC Volunteer – Francophone Support Network Chair

Multiple Births Canada is pleased to announce that Murielle Dietrich has volunteered for the position of Francophone Support Network Chair. Murielle is married and is mother to singleton son, Simon who is 12-years-old and girl/boy twins, Meagan and Gordon who are 10-years-old. She has been a member of Temiskaming Multiple Births since 2004 when her family moved to northern Ontario from Europe. Her husband is European and all the children were born overseas. She is bilingual (French/English) both written and spoken. Murielle and her husband have helped translate for MBC before and one of Murielle's first projects will be to gather names of francophone members and send out surveys to find out which resources should be translated in the next year or two. Welcome Murielle!

### MBC Announces New & Revised MBC Fact Sheets!

The Health and Education Committee of Multiple Births Canada has been hard at work this past year, revising and creating new resources for multiple-birth families. If it has been a while since you have reviewed MBC's Fact Sheet list, set aside some time soon to check it out. All members can download the **70+ Fact Sheets** for free from the Members section. Here are some of the changes you will notice:

*Breastfeeding & Thrush - NEW! July 2009*  
*Car Seat Tips (English & French available) - revised June 2009*  
*Clothing & Equipment - Twins & Triplets (English & French available) - revised May 2009*  
*Clothing & Equipment - Quadruplets & Quintuplets (English & French available) - revised May 2009*  
*Dad's & Partner's Role - revised May 2009*  
*Parental Relationships After Multiple Births - NEW! September 2009*  
*Weaning Multiples - NEW! June 2009*  
*Loss and Grief: Statement of Rights - NEW! July 2009*  
*Multiples in School: Parent Tips (English & French available) - revised April 2009*  
*Multiples in School: A Guide for Educators (English & French available) - revised April 2009*  
*Zygosity Testing - revised October 2009*  
*Special Needs Financial Resources - NEW! March 2009*

### Policy on use of Zygosity Terminology

As Chapters and national volunteers are called upon more frequently to comment on various multiple-birth topics, it is important to note the following Multiple Births Canada Issue Policy.

#### 7.11 Policy on use of Zygosity Terminology

##### Issue Statement

Multiple Births Canada believes proper terminology in identifying a type of multiples should be used at all times. The use of terms such as "identical" and "fraternal" should be avoided due to the perceptions attached to such terms. For example, the general public associates the term "identical twins" to be twins who look and act identical.

The medically correct terms shall be used at all times in literature and materials produced by Multiple Births Canada. They shall also be used in correspondence, presentations and in verbal dialogue. It is acceptable to also include identical or fraternal as a secondary term, if it is required to effectively communicate a point. The acceptable terms to use are:

*Monozygotic – meaning one egg that has split one or more times*  
*Dizygotic – meaning two eggs that have been fertilized*  
*Trizygotic – meaning three eggs that have been fertilized*  
*Quadrizygotic – meaning four eggs that have been fertilized*  
*Quintazygotic – meaning five eggs that have been fertilized*

It should also be noted that triplets, quadruplets, quintuplets and more may be a combination of monozygotic multiples and dizygotic, trizygotic, quadrizygotic multiples.

For the complete list of multiple birth terminology, members are encouraged to download the Fact Sheet by the same name – *Multiple Birth Terminology* – available in the Members section of the Multiple Birth Canada website.

### New Multiple Birth Prenatal Resources Available

Two members of the MBC Health and Education committee, who also facilitate prenatal multiple-birth education classes have been busy at work creating new resources for expectant parents across Canada. Lynda Haddon, an Ottawa prenatal instructor, has created a DVD and Vera Teschow, a Toronto prenatal instructor, has created an online course.

#### Multiple Birth Prenatal Classes DVD – At home Learning!

**Expecting Multiples?** Learn in the comfort of your own home, at your convenience. Over 3 hours of information, hints, tips and resources from Lynda P. Haddon, a Past President of Multiple Births Canada with over 25 years of supporting multiple-birth families. If you are placed on bedrest, do not have multiple-birth specific prenatal classes in your area or are flu worried, this DVD is the answer. Learn about nutrition, preparing a singleton child for the babies' arrival, getting the babies on the same schedule, Dad's role, to name a few topics. Check [www.multiplebirthsfamilies.com](http://www.multiplebirthsfamilies.com) for more information and how to purchase.

#### Babies in Belly - NEW Prenatal Course: Convenient, Online Learning!

With many expectant parents of multiples far away from a multiples-specific hospital course, [www.babiesinbelly.com](http://www.babiesinbelly.com) offers the perfect alternative. Affordable, practical and engaging, this online prenatal course is facilitated by a certified teacher and mother of twins. Check the website for more information.



**Note:** Expectant Families of Multiples living in particularly high-needs areas may be eligible for a discount. Please visit [www.babiesinbelly.com](http://www.babiesinbelly.com) and click on "contact" to enquire about this option.

### Special Invite to TELUS World of Science in Vancouver

A special day for twins is being planned by TELUS World of Science in Vancouver. It will be held on Saturday, November 14 and Sunday, November 15 from 11 am to 3 pm each day. Displays and information will be shared with the general public on the topic of twins and more. Can any two people have the same genetic makeup? You bet! Just ask a twin! Multiple birth families who live or are visiting Vancouver on either of these days is welcome to join TELUS World of Science in Vancouver to check out the science of twins and cloning. The admission for twins is two-for-one!

**Supporting Canada's Multiple-Birth Community for over 30 Years!**

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