

## Multiples Panel - Our Lives the Way We See It

### Purpose:

To provide a personal insight into the world of multiples

### Resources:

- One person to coordinate and moderate the session
- Six sets of multiples of varying ages, representing monozygotic, dizygotic and special needs. It is strongly recommended that all co-multiples are included. This allows the audience to hear both views/opinions, in the case of twins, or all three views/opinions in the case of triplets, etc.
- Long row of tables for panel, enough chairs for panel and audience, microphones (with audio mixer) including a hand-held if possible, glasses/bottles of water, note pads and pens

### Some Topics of Interest to Audience:

- Educational issues
- Dating challenges
- Need for individual attention
- Competition for friends
- Dressing alike
- Classmate attitudes
- Co-multiple feelings where special needs are a consideration
- Words of advice for parents

### Procedures:

#### Before the Event

- Choose a date
- Book a location
- Invite multiples to participate in the panel
- Prepare questions specific to each set of multiples and distribute these questions to the panel a few days prior to the event; for younger multiples, ask parents to help their multiples to rehearse their answers before the event; also, discuss topics that each set of multiples would be comfortable talking about during the event
- Advertise the event within your Chapter and to the public
- Invite the media; be sure to explain how the event will interest their readers/viewers/listeners

#### Day of the Event

- Set up the panel table with microphones (this is necessary especially for younger multiples)
- Set up a cordless microphone for the moderator and for the audience to ask questions
- Provide water, note pads and pens for the panel participants
- Arrange chairs for audience to allow for easy interaction

#### Event

- Welcome media; be sure to ask if they will want to do post-event interviews with panel participants
- Moderator introduces the panel
- Moderator asks pre-arranged questions to each set of multiples to warm up the discussion
- Audience is then invited to ask questions
- Thank panel participants; a small gift is a nice gesture

