

Multiple Births Canada Support Networks

Multiple Births Canada offers several Support Networks for families facing unique situations and challenges. These Networks are intended to provide multiple birth families networking opportunities with other multiple birth families in the same or similar situation through a listing service that allows them to share concerns and areas of expertise with one another. It is expected that the registered families will contact each other directly through mail, e-mail and telephone.

Loss of Multiples Support Network

loss@multiplebirthscanada.org

For families who have lost one, more or all of their multiple birth children. Also for adult survivors, grandparents, and those supporting bereaved multiple birth families.

- miscarriage of a multiple pregnancy
- loss of all multiples
- raising the surviving multiple or "twinless twin"
- SIDS, prematurity, other reasons
- multiple loss in childhood
- surviving multiple(s) with special needs
- educating the medical and social service community (e.g. funeral homes) about the unique support requirements of bereaved families
- recommended bereavement support books
- quarterly newsletter "Forever Angels"
- confidential e-mail Pen-Pal Angel Communication between members

Multiple Births Canada publishes and distributes the booklets *The Loss of a Multiple: Miscarriage, Stillbirth, Infancy, The Loss of a Multiple: Childhood/Teens, The Loss of a Multiple: The Role of a Parents of Multiples Club*, a series of Loss Fact Sheets, and a Bereavement Support Kit that includes all of the above information as well as loss resources.

Higher Order Multiples Support Network

homnetwork@multiplebirthscanada.org

For families with triplets, quadruplets or more. The HOM Support Network will provide:

- support services to experienced, new and expectant families of triplets, quadruplets, quintuplets and more
- experienced parent contacts across Canada (where possible)
- quarterly submissions to Multiple Moments

Multiple Births Canada publishes and distributes the booklet *Special Delivery: Triplets, Quads & Quints*.

Francophone Support Network

francophone@multiplebirthscanada.org

A network specifically for French-speaking families. This network will connect families to help provide support and share experiences with each other. Articles are being prepared by network volunteers in both French and English for publication in Multiple Moments.

Note: Because this Network is new, the range of services will be developed with feedback from interested families and volunteers.

Multiple Births Canada has a small selection of publications translated into French. Contact our Business Office for further details.

Lone Parents Support Network

loneparents@multiplebirthscanada.org

For families in which the head of the household is a lone parent, whether due to divorce, death, military posting, financial demands or choice.

- where to get help/support
- stress reduction
- bargain hunting
- cost of child care
- dealing with special needs children
- schooling issues
- giving your children individual attention
- where to find time for working mothers/fathers, and social life with children
- tips on how to make each child feel special
- recommended reference materials, reading lists, and organizations
- quarterly submissions to Multiple Moments

Multiple Births Canada publishes and distributes the booklet *Single Parents of Multiples, a series of Fact Sheets, and a Lone Parent Support Information Kit*.

Special Needs Support Network

specialneeds@multiplebirthscanada.org

For families where a multiple or sibling has a special need. Special needs include physical or developmental disabilities that put additional stress on the family, including the challenges of raising a gifted child.

- maintaining the multiple relationship when only one has a special need
- coping with differing levels of development
- effects on siblings
- recommended reference materials, reading lists, and organizations
- quarterly submissions to Multiple Moments

Multiple Births Canada publishes and distributes the booklet *Multiples With Special Needs: A Parent Handbook and Resource Guide*.

Breastfeeding Support Network

breastfeeding@multiplebirthscanada.org

For families considering or experiencing breastfeeding their multiples. The Breastfeeding Support Network will provide:

- referrals to breastfeeding support services
- experienced parent contacts across Canada (where possible)
- quarterly submissions to Multiple Moments

Multiple Births Canada publishes and distributes the booklet *Nursing Your Infant Twins, Special Delivery: Triplets, Quads & Quints* and the pamphlets *Breastfeeding Twins, Triplets & Quads*