



### Connecting MBC, Chapters, Volunteers and Members...

## From the Desks of the Directors...

### DIRECTOR OF VOLUNTEER

#### MANAGEMENT/CHAIR-Kim Weatherall

First let me start off by saying that I am so glad you cannot see my desk for the piles of paperwork! The MBC Board, Volunteers and Office have been exceptionally busy since conference and where normally we may have taken a small break after so much work to get ready for the conference, not this year! I think everyone returned with a renewed interest and dedication and the amount of work that has resulted has been phenomenal!

We have been trying to learn from the suggestions and discussions we had with many of you over the last year and as always, we are open to suggestions for improvement in the way we work and communicate what we do with the membership and volunteers of MBC. One of the questions that repeatedly comes up is..."what does MBC and the Board actually do?" and while we think we are communicating what we are working on, it appears that we could still improve in this area. In an attempt to improve we would like to start sharing more of what we are working on (on a daily basis) with you. We will not always include something from all board members (due to lack of space and time) however we hope that we can provide to you a better sense of what we are doing and allow for you to provide feedback if you wish along the way.

Since June, I have spent a great deal of time working on a proposal to the Low Birth Weight Committee of Ottawa, which Lynda Haddon is the Chair. The LBW Committee had expressed an interest in using some funds they received to improve and/or create new resources about low birth weight and multiples. The proposal is now in their hands and preliminary discussions indicate that MBC will see some benefits from this funding. We will keep you posted as this progresses.

In addition, other areas I have been working on have included volunteer recruitment and planning, work plans for the upcoming year, website updates and liaising with the webmaster, responding to questions about upcoming Conferences and other general inquiries that we receive each day.

The MBC Board along with the Business Services Manager tries to meet once each year for a face-to-face meeting to plan and discuss projects together in one room. We are able to accomplish in one weekend, what might have taken months to do over the Internet and MSN. Last year we were unable to meet and thus took advantage of seeing one another at the 2004 Conference; however we are now in the process of planning a meeting this fall.

If you should ever wish to inquire about anything we are working on, please do not hesitate to contact us.

## Board & Volunteers...

### Officers:

Chair, Kim Weatherall  
Vice-Chair, Gail Moore  
Treasurer, Carrie Johnston  
Secretary, Lisa McInnes (*Currently on a leave of absence*)  
Past President/Chair, Carrie Johnston  
Privacy Officer, Kim Weatherall  
Privacy Officer, Carrie Johnston

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pastpresident@multiplebirthscanada.org  
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### Board of Directors:

Director of Communications, Gail Moore  
Director of Finance, Carrie Johnston  
Director of Information Management, Lisa McInnes (*Currently on a leave of absence*)  
Director of Membership, Shelly Blizzard-Jones (*Effective Mid-September*)  
Director of Research, Cheryl Wadasinghe  
Director of Volunteer Management, Kim Weatherall

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### Business Office

Business Services Manager, Vicki Riley

office@multiplebirthscanada.org

### Committee Chairpersons:

Breastfeeding Support Network Chair, Lynda P. Haddon  
Chapter Liaison, Sheri Lockyer  
Clothing Sale Updates, Shelly Blizzard-Jones  
Conference Liaison, Kim Weatherall  
Conference 2004 Chairs, Gail Moore and Judy Pace  
(Acting) Discount Coordinator, Kim Weatherall  
Francophone Support Network Chair, Josée Roy  
HOM Support Network Chair, Connie Barnett  
Lone Parenting Network Chair, VACANT  
Loss Support Network Chair, Lynda P. Haddon  
Making a Difference Awards, Katherine Romain  
MBC Representative Liaison, Shelly Blizzard-Jones (*Effective Mid-September*)  
Multiple Moments Editor, Vicki Riley  
MM Book Reviewer, Kim Skublics  
Special Needs Support Network Chair, Francesca Bell  
VAO Project Representative, Diane Myers  
Webmaster, John Withnall

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francophone@multiplebirthscanada.org  
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loneparents@multiplebirthscanada.org  
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mmeditor@multiplebirthscanada.org  
mmbookreviewer@multiplebirthscanada.org  
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### DIRECTOR OF COMMUNICATIONS/ VICE-CHAIR-Gail Moore

Before explaining some of the projects I'm working on, I'd like to take a minute to give you my "first impressions" as a new member of your board of directors.

Quite simply, I'm amazed, impressed and awed by the fact that I have joined a strong and passionate group of hard-working women with a common mission. As you are probably aware, improving the quality of life for multiple-birth individuals and families in Canada is a goal that we all share. What you may not realize is that the returning slate of MBC directors is beyond description... these volunteers are dedicated to a fault, focused on a daily basis, and determined to improve MBC to meet the ideals set out by Mapping the Future. With very little manpower and resources they have transitioned MBC into a model for organizations throughout the world.

Because I am no longer in the sidelines... I see the emails they receive from people in countries like Australia who are impressed by our website and print resources. I am aware of the support they give to members and non-members alike including a brave new mother of twins in Nova Scotia who believes our government should stop discriminating against parents of multiples by not allowing double maternity benefits for two babies born at the same

time. I know how many issues they deal with weekly including writing partnership agreements, developing new resources, mentoring chapter development and the list is endless.

Needless to say, I am honoured to be working alongside such hard-working individuals and hope that the contributions I make to the future of MBC measure up to the standards set by my fellow board members. And the funny thing is...their expectations are so accommodating that they almost have a mantra that often gets repeated... "Family first." Yes, I'm having fun!

### VOLUNTEER TRAINING...

My first project was to take advantage of our new online volunteer training tool. I learned a lot about MBC and its services. I recommend it to everyone. It took me about an hour and I was able to use the training almost instantly.

In fact, right after going through the training I got a call from a desperate single Mom in North Bay who asked, "Why don't we have a chapter here?" After listening and leading her to find some solutions to her issues, I hung up the phone and realized that "Hey, I handled that better than I would have before doing the volunteer training modules!"

### MULTIPLE-BIRTHS AWARENESS DAY...

MBC has chosen May 28<sup>th</sup> (the birth date of the Dionne Quints) for Multiple-births Awareness Day because we believe that our

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past experiences will lead to an improved future. The historical fascination of the Dionnes has already led to a raising of public awareness about multiple-births issues and MBC wishes to further this educational journey by commemorating and celebrating a Day of National Awareness. That's the intention of this new effort.

It's our hope that Conference 2005 will be held on the weekend of May 28<sup>th</sup>. That's the plan, but first we need to get approval from the Dionnes to use this date, and that's what I'm working on right now.

## **MEDIA AND PR AWARENESS SECTION...**

Without a doubt, a lot of hard work and effort goes into chapter projects, be it summer picnics, semi-annual clothing and equipment sales, or fundraising events. It's important that chapters support their organizational activities with a well-planned public relations strategy that connects chapters with the media in a win-win relationship. For this reason I've created a new resource for chapters.

Check the NEW online "Chapters" section at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org) and click on "Media and PR Awareness." It's a map of how you can get public awareness and support for your projects and it's designed to assist you in getting the most from your media efforts.

## **NATIONAL AWARENESS...**

It looks like my "wish" to have MBC involved in the nationally televised Santa Claus Parade in Toronto won't happen this year. The organizers tell us they're already at the limit for floats. Jackie, my helper on this project, has made contact with the parade committee and is hopeful the organizers will consider us for other options. We'll keep you posted.

Sue Ferguson, an associate writer for MacLean's, has been developing a six-page spread for an upcoming issue of the weekly newsmagazine on the topic of "multiple-births." In addition to Multiple Births Canada and National Conference 2004, the story will feature this summer's Twins Weekend in Montreal and multiple-birth activities south of the border.

Then, there's our new MBC website. I've developed an awareness campaign that includes connecting with the media, national industries and agencies and non-chapter multiple-birth organizations across Canada. This will be initiated over the next six-month period.

## **CONFERENCE 2004 WRAP-UP...**

This has nothing to do with my duties on the board of directors, but it is an activity that is taking up part of my volunteer time, and I mention it only because I want to thank everyone who sent Temiskaming Multiple Births words of thanks.

The pleasure in organizing this event was all ours. It felt wonderful to give back to MBC and its chapters. We were honoured to share our community with delegates from across Canada and yes we would do it again; but, not right away. However, if we can help guide those considering getting involved in upcoming Conferences, we'd be pleased to assist.

## **DIRECTOR OF RESEARCH – Cheryl Wadasinghe**

For a little over a year now, I have had the honour of serving on the MBC Board of Directors. In that time, I have met some wonderful people who do a lot of incredible work, pushing our organization forward, but also at times struggling to keep up with the wide range of issues that MBC sees as its responsibility to address. At home, I have also been watching my dizygotic twin girls go through the first and part of the second year of their little lives. In all, I have had to quickly become familiar with yet another of life's funny ironies: volunteering is an exciting learning experience, and an incredible motivator in that the potential to make positive change seems boundless; but in reality, most of us have full-time work commitments, and we all have families! What this usually means is that there are many wonderful ideas in our heads and many initiatives in the works... then we have to get down to business and decide what our priorities are given the time that we have at our disposal.

I have to admit that I suffer from this problem chronically - and as a result find myself making lots of suggestions but not a lot of progress! However, I am forging ahead as we all do, happy to make the contribution that I can... As Director of Research, I respond to requests for information/statistics about multiple-births and multiples. I have also been developing the advocacy side of organization on behalf of the Board, in-line with our Transitional Plan. At the moment I am developing an advocacy plan that could include: further developing partnerships with other like-minded organizations, the creation of Position Statements (which would state MBC's position to important issues of the day), and correspondence to federal government departments that outlines needs and views from a multiple-birth perspective. This plan will lay the groundwork for more specific goals, such as lobbying efforts on issues such as EI parental leave policy, and developing and posting ongoing advocacy work in Multiple Moments and on our website.

Other priorities in my work include updating the statistics on our website, as well as updating and posting research results and calls for participants for research projects. I look forward to keeping you posted as these initiatives move forward!

If you have any questions or you would like to get involved in any of these ongoing tasks, I would love to hear from you at: [research@multiplebirthscanada.org](mailto:research@multiplebirthscanada.org).

## **New Volunteers Ready to Make a Difference...**

### **Gail Moore**

Gail Moore is the new Vice-Chair of Multiple Births Canada, holding the position of Director of Communications. She is also the President of Temiskaming Multiple Births, which led her to co-chair the 2004 MBC National Conference, and Station Manager at CJTT FM. Gail celebrates her 25<sup>th</sup> anniversary this fall with her husband, Rory, an educator in New Liskeard. They have four children, Chris who is

17 and is now attending the University of Waterloo, Sarah who is 15, and dizygotic twins Jeremy and Zachary who are 11.

### **Nicole Fisher**

Hi! My name is Nicole Fisher and I am taking on the Membership Director position this September. As one of the Fabulous Fisher Five, I am happily married to Tim, and we have an 8-year-old singleton daughter and 5-year-old boy/girl twins. I have been on the volunteer board of Kitchener-Waterloo POMBA for 4 years, first as newsletter editor and then president. I gained so much from being involved in our chapter that I have taken the leap into a Multiple Births Canada position! I had great help from friends and family during those first tough weeks of having 3 small kids as well as made fabulous friendships and learned a great deal from being a part of our chapter. So now I would like to continue to help others by working with the MBC board members to improve life for families of multiples. I am also involved with my children's school, volunteering in classrooms, in a new literacy program and school council, as well as the library and single women's ministry at our church. I enjoy reading, working with stained glass, rubber stamping and would like to try some quilting now that all of the kids are in school full time and I will have extra time on my hands - haha! Obviously, there isn't much time in my life for housework!

### **Shelly Blizzard-Jones**

I am the mother of three-year-old dizygotic twins, Owen and Claire and five-year-old Gareth. My home chapter is Durham Region where I hold the positions of Regional Support Mom and PR person. I have been an active volunteer within my own chapter since moving to Durham Region two years ago and during my pregnancy and the fuzzy first year, I was a member of Mississauga POMBA.

Currently on a leave of absence from the Federal Public Service, I am enjoying my full-time challenges at home as a mom, wife, chauffer, plumber, carpenter and general jack-of-all-trades. I specialize in creative peanut butter and jelly sandwiches and have found nearly 50 ways to make all types of meat look like a chicken nugget.

I am looking forward to taking on the position of MBC Representative Liaison and doing my best to keep each chapter's MBC Representative well informed about things that are happening at MBC. As well, I look forward to hearing about what is happening in each of the chapters so that we may share information and ideas and make the chapters more accessible to one another.

### **Meredith Fraser-Ohman**

A professional writer and editor, Meredith comes to MBC from an extended maternity leave after having triplets Everett, Madelynn and Nadia—now two years old. Her high-risk pregnancy ended quite early at 27 weeks, when her babies decided it was time to meet the world. With all three weighing a *combined* total of just over 5 lbs, they gradually gained the necessary strength and weight to come home before their due date. All are incredibly fortunate to have no major health issues, and are now three energetic, adventurous toddlers.

Before having her "instant family," Meredith worked with a group of writers called Stiff Sentences, and wrote for clients around the world—in industry,

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government and the not-for-profit sector. Meredith has also worked in communications for several high-tech companies. She has an Honours Bachelor's degree in Consumer Studies from the University of Guelph, and also possesses what she fondly calls her "life degree in English"—as the daughter of a high-school English teacher and a high-school Principal, both now retired and doting grandparents.

When she does have spare time, Meredith likes to relax with her husband Todd, read, and stay connected with friends. She does admit to watching the occasional reality-tv show, and has been known to place a friendly wager on The Amazing Race.

## Sustaining Members...

MBC would like to thank its sustaining members for your added support.

**Jennifer Brasch**  
**Georgina Dimopoulos**  
**Donna Launslager**  
**Bonnie L. Schultz**

## Update on MBC's Proposed Car Seat Booklet...

Submitted by Lynda P. Haddon  
(28<sup>th</sup> June, 2004)

Well, I have to say that this has been quite the bumpy ride. After working on this booklet for several months, receiving your very helpful responses, experiences and photos, it would appear that most of this work is for naught. Let me start at the beginning.

For parents of low birth weight or premature babies, and perhaps several of them, bringing them home from the hospital under 2500 grams (5 pounds) and this being the weight limit of most car seats, can be most unnerving. Finding guidance on how to handle bringing home low birth babies is not easy either. The current Canadian literature provided by hospitals, Transport Canada and City of Ottawa on car seats does not address the exceptional challenges that parents with multiples can and do face. To acknowledge the lack of definitive informational material on this topic, Multiple Births Canada set about to try and put together car seat information for parents, not only vis-a-vis low birth weight babies but also for toddlers, and young children as well. As you are no doubt aware, our challenges include: finding infant car seats for babies under 2500 grams (5 pounds); information on the safest place to drill holes in a car for tethering of two or more car seats; fastening multiple car seats to one tether; and so on.

With support and feedback from many of you, I prepared what I thought was a pretty good first draft booklet. I sent it to Children's Hospital of Eastern Ontario and a very knowledgeable contact with the City of Ottawa for feedback. Well, the draft didn't pass the test and, in fact, resulted in some very blunt (and helpful) comments, which really made me stop and think. Probably the most telling comment was, "Why are you creating a booklet on car seat information when you are not in the business of car seats?" I responded with the obvious answer, "The authorities are not addressing car seat issues as they relate to our families."

"Well," came the additional response, "be aware that if you are giving a family breastfeeding information, your information won't kill anyone. If you are providing car seat information and it is interpreted incorrectly, you could be responsible for maiming or killing a child(ren)." This perspective took my breath away and I couldn't argue with that statement.

A very long telephone discussion with a City of Ottawa official did not produce any answers nor did it result in a promise of federal action on this topic within the foreseeable future. I did volunteer to be a part of a Committee the City of Ottawa wants to put together "in the future" to address multiple-birth car seat issues, but there is no date set for a meeting.

This is not the first time that I have felt frustrated over the years when dealing with the authorities on multiple-birth issues. It feels all too familiar when I experience another example of multiple-birth families being left out of the equation. Because of this all too familiar situation, MBC was created to ensure Canadian multiple-birth families had a voice in literature and resources that would also properly reflect the needs of our special families. By MBC participating, educating others, speaking up and sometimes agitating, hopefully change will come about, not necessarily for ourselves, but certainly for our multiple-birth grandchildren and great-grandchildren.

Here's another example of passing over what I feel is an important issue: I mentioned that frequently our families don't realize that all car seat tethers should NOT be attached to one ring. "This isn't just a multiple-birth issue," the City of Ottawa official exclaimed, "singleton families do it too with all their children's car seats." "Then why doesn't your brochure address this issue?" I asked, "If this is a common occurrence, then why not nip it in the bud?" She had no answer. If the multiple-birth community had been consulted in the creation of this brochure, I have no doubt it would have been addressed.

"Refer your families to the experts at Transport Canada," I was told. "Not so easy," I said. "I called Transport Canada's number from their Web Site and followed their recorded instructions that my call would be on hold for 5 minutes, after which I could leave a detailed message and someone would call me back." That was three months ago and needless to say I am still waiting. Waiting on promised returned calls will not help anyone get answers in a timely fashion.

The only way MBC can circumvent possible misinterpretation of car seat information is to create its own Fact Sheets with quick tips. This particular format is not all encompassing nor is it in-depth, but it will give multiple-birth families a place to begin their own research on car seats. In addition, it will indicate how local car dealerships can assist them and provide information on how to safely bring home low birth weight babies from the hospital.

It is possible that when one person gives instructions to another, there is a chance of misinterpretation. The one which we have all probably faced is when the directions are..."turn left..." and as you are turning, the person riding with you says, "No, the 'other

left! " I would never forgive myself if, in putting together a booklet on car seats, any of the instructions were misinterpreted or in error and a child was hurt as a result. We are hoping that by taking sections of the booklet work prepared on car seats and reworking the information into Fact Sheets for our membership, this will help fill in some of the gaps that now exist.

Appropriately geared car seat information is another example of where families with multiples need to take things into their own hands and make things happen for themselves. We are left to find ways to draw the car seat industry's attention to our specific needs, and to demand from government authorities the support and tools we need to keep our children safe.

While there will be no booklet created on Car Seats by MBC, MBC is pleased to let you know that the Fact Sheet - Car Seat Tips has been created. This Fact Sheet is divided into three sections:

1. 10 Things You Need to Know About Infant Car Seats
2. 10 Things You Need to Know About Forward-Facing Car Seats
3. 8 Things You Need to Know About Booster Seats

Watch for additional car seat topics in the future. Remember, that as a member of MBC, all Fact Sheets are available to members for FREE in the 'members only' portion of our Web Site.

**A personal note from Lynda:** Thank you so much to all those who took the time to write in with your experiences regarding your children and car seats. I enjoyed reading your stories very much. Thank you also for the photos of your children in their car seats. These photos will be used by MBC on their Web Site and/or to enhance some of the car seat Fact Sheets.

**We couldn't do this work without your help, support and input! Multiple thanks.**

## New 2-Year Option

### For Direct Family and Professional Memberships...

Great News!! Professional and Direct Family membership is now available with a 2-year option. More convenient for our very busy families and professionals who would like to ensure that their memberships do not lapse due to their busy schedules.

## Receive the Latest Updates via Email...

Get the latest breaking news hot off the presses and keep informed of exciting news from Multiple Births Canada. To request that your name and email be added to the growing list of people who receive Information Circulars from the Business Office, send an email to: [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)

### RWorld Fundraiser

"Create CASH from Printer Cartridge TRASH"  
[http://www.rworld.ca/mbc\\_chapter.asp](http://www.rworld.ca/mbc_chapter.asp)

## Multiple Appreciation...

### Thank you to Duchesnay!

Multiple Births Canada, its volunteers and its members wish to thank Duchesnay Inc. [www.duchesnay.com](http://www.duchesnay.com) for their generous donation made to Multiple Moments magazine. Donations to MBC, such as this, make a huge impact on the work that a non-profit organization can accomplish for its membership.

### Congratulations to MBC and MBC Volunteers...

It is always nice to know (no matter what you are doing) that the work you do is appreciated and recognized by your peers. Through the Business Office, MBC recently received just such recognition from Linda Leonard, Advisory Board Member and long-time supporter of MBC. We feel there are many other volunteers who over the past year have contributed to these accomplishments and we would like to share with you this wonderful recognition.

Linda wrote, "I just received my 2004 MBC Annual AGM, Conference and Report Package. I was so impressed with the enormity of accomplishments in the past year, the forward thinking, and the professional appearance of the materials that convey this. The bar keeps going higher and higher. A job extremely well done!" Thank you to Linda for her continued support!

*Linda G. Leonard, RN MSN is an Associate Professor (E.) with the Multiple Births Support Program at the University of British Columbia School of Nursing*


### Congratulations to the MBC/PBSO/V@O Team!

The following are quotes pulled from a letter that the Executive Director for PBSO received from Rose van Rotterdam, V@O Consultant with the Ministry of Citizenship and Immigration. She is writing in regards to the wrap up of the VAO project completed in partnership with MBC. Congratulations to Diane Myers, Jan Pearce and their entire team for their accomplishments!

"The Ministry has had the opportunity to review it [the final report], as well as the Web sites, and we are so pleased that the project was such a success. The technological approach that the project took to deliver the multi-media orientation and training was likely one of the more complex projects that V@O funded. After reviewing the site, the report, and the evaluations - it appears that the team exceeded expectations on just about every front.

The curriculum flowed well and was easy to understand. The very sensitive nature of the topics made it extremely useful to have the staff/trainers speak to special points, similarly with the parent's testimonials. The staff/trainers appear competent - as well as comforting and friendly. The parents who shared their stories were particularly moving. From the evaluation it seems that there is a high level of satisfaction with the training - and confidence in the ability to apply it.

We are pleased that PBSO and MBC could undertake this project, and that the Government of Ontario through the Ministry of Citizenship and Immigration was able to assist. We may use your project and Web site as an example for others in the voluntary sector."



**Celebrates 25Years**

Join us on  
**Friday September 24 2004**  
**for a Wine and Cheese.**  
Come share our Multiple  
Memories  
of the past 25 years.

**Whitby Curling Club**  
815 Brock Street North,  
Whitby ON

7:00PM / \$6.00 per person  
**RSVP to 1-888-358-5145 or**  
[drpomba@yahoo.ca](mailto:drpomba@yahoo.ca)

**\*\*Cash Bar and Silent Auction\*\***

## MBC Website: New MBC Polls

It was with great pleasure that Multiple Births Canada launched its new website in June during the 2004 National Conference in New Liskeard. With a brand new look and added features such as Discussion Forums and the ability to create Polls, we are very excited to move our national website closer to our goal of **the** source of information for multiple-birth families across Canada and the rest of the world!

Multiple Births Canada is interested in knowing how many families actually know the zygosity of their children?

The following 3 polls have been posted in the **MBC General Discussions Forum**:

1. Do you know the Zygosity of your multiple-birth children?
2. How did you learn the Zygosity of your Multiple-Birth Children?
3. What is the Zygosity of your multiple-birth children?

To register and cast your vote, please visit: <http://www.multiplebirthscanada.org/english/messageforums.php>. You will find the polls under the MBC General Discussions heading.

For more information on Zygosity and Zygosity Testing - contact the MBC Business Office at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org) or 1-866-228-8824.

The results of this poll will be posted in on the website and in Multiple Births Canada's national magazine Multiple Moments when available.

## 2005 MBC Conference...

### Proposed Plans for Conference 2005

Recently MBC presented a proposal to make changes to the format and planning of the upcoming conferences, beginning with that of the one in 2005. These suggestions are in order to streamline and make the conference less stressful for those planning it, while meeting the requirements of our by-laws. For those who attended the 2004 Conference they received in their package of information a feedback form to provide their thoughts on this new proposal. Each Chapter should have received over the last month the same package of information as those in attendance at the Conference. We are hoping that each Chapter will provide their feedback to MBC as soon as possible. If you would like to provide your feedback on a personal level, please visit the MBC website to obtain the 2005 Conference Feedback Form at the following link.

If there is anything you do not understand, please don't hesitate to let us know and we will be delighted to clarify. We would also greatly appreciate your assistance in making the 2005 Conference come together. Don't be shy - join in and share your creative side. You'll be glad you did!

*Please provide feedback to Kim Weatherall at [conferenceiaison@multiplebirthscanada.org](mailto:conferenceiaison@multiplebirthscanada.org) or the Business Office directly at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).*

## New MBC Fact Sheets...

Multiple Births Canada is excited to announce the creation of **8 new Fact Sheets**.

These 8 new Fact Sheets have joined our wide variety of existing Fact Sheets (over 40) which are available to purchase online or by mail and are also available for download in the 'members only' portion of the MBC website. We hope you find these useful! Remember that you may photocopy and distribute MBC Fact Sheets (unaltered) to your friends, clients and families.

MBC is constantly striving to provide information of interest and which is pertinent to your lifestyle. We will notify when new Fact Sheets are available. Stay tuned!

1. What to bring to the hospital - Ideas for the whole family!
2. Higher Order Multiples
3. Car Seat Tips (see above for more details)
4. Breastfeeding Multiples - Are my babies getting enough breast milk?
5. 10 Tips for Breastfeeding Your Multiples
6. Breastfeeding Multiples and Fathers/Partners
7. Breastfeeding Multiples - Nipple Pain & Vasospasm (Raynaud's Phenomenon)
8. Breastfeeding Multiples Resources