



# Report From National

Multiple Births Canada / Naissances multiples Canada

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

### From the Desks of the Directors...

#### DIRECTOR OF VOLUNTEER MANAGEMENT/CHAIR—Kim Weatherall

After a small and much needed break at Christmas, the Board is right back into the thick of business. January has proven to be a very busy month with no sight of it letting up any time soon! The first couple of weeks were spent helping Diane Myers on a grant proposal that I found just prior to Christmas, with a deadline of yes...Jan.21<sup>st</sup>. In true "Diane fashion" when presented with this challenge she jumped right in and took it on. On January 21<sup>st</sup> a grant proposal was submitted to the Canadian Volunteer Initiative (Volunteer Canada) for just under 50,000 that will further support the work of volunteer training and tie nicely with our Trillium proposal planned for submission on March 1<sup>st</sup>. Thank you Diane!

Much of my time now is spent working on the fundraising and organization of the 'Back to Basics' Volunteer Retreat. There is lots to do, quite the challenge with all of us in different cities and the location being 3.5 hours from here...but we are so excited about the possibilities for the weekend, that it makes it that much more fun! The work that is currently being accomplished by the Board, Vicki and volunteers like Diane, Donna and Lynda...would make your head spin! Please read on to see just a small portion of what is being accomplished by these amazing ladies! If the 65+ emails of today and the 75+ of yesterday are any indication of what is to come...WOW! I feel like we should be part of the TV show, "How did they do that?"

#### DIRECTOR OF COMMUNICATIONS/ VICE-CHAIR – Gail Moore

At a bi-monthly meeting, just after I joined the Board, we discussed ways to communicate more effectively with our members.

We want YOU to know about our projects, our work with new and existing chapters, our marketing efforts, our funding proposals and as I've discovered dozens of other activities.

To that end, we've started a monthly e-mail Information Circular (IC) to report on these activities. If you do not receive IC's, may I suggest you visit our website and sign up to get them. If you're a Newsletter Editor, consider adding this news as a regular feature to your newsletter. We want to keep YOU, our membership, informed. IC's are also posted on our website under Resources.

That is one initiative that's kept me busy, the others include getting the news out to the media about National Multiple Births Awareness Day and Back to Basics. Thanks goes to Kathy in Nova Scotia and Debbie in Guelph for helping out. It's a reality that journalists like to localize stories, so when the contact person is someone

### Board & Volunteers...

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Vice-Chair, Gail Moore  
Treasurer, Carrie Johnston  
Secretary, Jennifer Dawson  
Past President/Chair, Carrie Johnston  
Privacy Officer, Kim Weatherall  
Privacy Officer, Carrie Johnston

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#### Board of Directors:

Director of Communications, Gail Moore  
Director of Finance, Carrie Johnston  
Director at Large, Jennifer Dawson  
Director of Membership, Nicole Fisher  
Director of Research, Cheryl Wadasinghe  
Director of Volunteer Management, Kim Weatherall

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#### Business Office

Business Services Manager, Vicki Riley

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Chapter Liaison, Sheri Lockyer  
Clothing Sale Updates, Vicki Riley  
Conference 2005 Chairs, Kim Weatherall and Gail Moore  
Conference 2006 Chair, Sheri Lockyer  
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Making a Difference Awards, Katherine Romain  
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MM Book Reviewer, Kim Skublics  
Multiple Moments Editor, Vicki Riley  
Multiple Moments Co-Editor, Meredith Fraser-Ohman  
Special Needs Support Network Chair, Francesca Bell  
Project Representative, Diane Myers  
Webmaster, John Withnall

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loss@multiplebirthscanada.org  
makingadifference@multiplebirthscanada.org  
mbcrep@multiplebirthscanada.org  
mmbookreviewer@multiplebirthscanada.org  
mmeditor@multiplebirthscanada.org  
specialneeds@multiplebirthscanada.org  
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in the neighbourhood the media tends to take a request for publicity a little more seriously.

I'm working with three corporations as potential MBC supporters. Keep your fingers crossed.

I'm contacting North Bay businesses asking for support of our May events in that community.

And, I'm organizing the National Multiple Births Awareness Day media event for May 28<sup>th</sup>. This includes a pre-awareness campaign entitled the Multiple-Births Challenge. Read on for details.

#### DIRECTOR OF MEMBERSHIP – Nicole Fisher

After a much needed Christmas break, it is back to business! Membership renewal information was distributed in November after some slight revisions were made. With this year's form we are hoping to gather information about the types of multiples and their zygosity of our membership. By doing so, our hope is to obtain useful statistics about our membership that will help MBC to have a better understanding of the multiples that make up the MBC membership.

In attending MBC conferences, I have always gained so much from the chapter exchanges. Now, that information can be obtained on the MBC website! Shelly Blizzard-Jones and I have been setting up a private forum for the MBC

Reps to communicate with each other on what works for their chapters. At this time we ask that all MBC Reps (or equivalent) contact Shelly at [mbcrep@multiplebirthscanada.org](mailto:mbcrep@multiplebirthscanada.org) to be accepted into this private section of the forum. All other multiple parents are invited to join the general forum where there are lots of topics – share your experiences, ask questions and meet other multiple-birth parents from across the nation or the world!

In February Shelly and I started our phone calls to each Affiliate Chapter to share information between MBC and the chapters. We want to open the lines of communication so that we can all help one another! If we have not reached your chapter yet, we will soon! If you want to contact me for any reason, please do! My email is [membership@multiplebirthscanada.org](mailto:membership@multiplebirthscanada.org)

Hope to see you at the 'Back to Basics' retreat in May!

#### DIRECTOR OF RESEARCH – Cheryl Wadasinghe

Well, the New Year has arrived, and January has come and gone. Time DOES fly when you're having fun!

Happy New Year to everyone -- I think that 2005 is going to be a landmark year for MBC. There is so much planned, including the 2005

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

Retreat and AGM, the first Annual National Multiple Births Awareness Day, the launch of the adult multiples network, and ongoing developments in research and advocacy to report on. Lots and lots to do, and time just marches on.

For my part, aside from participating in the organizing and discussions for our upcoming events, I have continued work building the foundations for MBC's advocacy plan. I am seeking to build a small resource team, and would like to welcome both Donna Launslager and Audrey Huberman (our newest Advisory Board member!). Together we hope to take the first steps that were laid out in our initial workplan on advocacy, as I outlined in the last RFN, including the contacting of government officials regarding MBC's views on the new federal child care initiative and the proposed federal EI reform.

In addition, we will also be working to promote MBC among medical professionals, especially pediatricians who specialize in the care of multiple-birth children.

Finally, we intend to develop a fact sheet on existing EI provisions, and an MBC policy statement regarding the inadequacy of the current EI system, with recommendations for how it can be modified. If you would be interested in being a part of this important research and involved in the work that lies ahead, or if you just have some comments and ideas you'd like to share, please contact me at [research@multiplebirthscanada.org](mailto:research@multiplebirthscanada.org).

## Goodbye to Lisa McInnes...

We would like to take this opportunity to say goodbye and wish Lisa McInnes all the best upon her departure from the MBC Board of Directors. Lisa has been on the Board for the last couple of years in the role of Director of Information Management, however earlier this year she had to take a leave of absence while she moved west with her family.

Unfortunately Lisa has had to put her volunteering with MBC on hold due to work and family commitments. It has not been an easy decision for Lisa with her mom (Sheryl McInnes) being the founder of POMBA and her wish to carry on the work of her mom. When one thinks about it, it is the birth of Lisa and her sister that was instrumental in the creation of POMBA and now MBC. We know Lisa's mom would be very proud of her desire to help an organization that she was so passionate about, and maybe one day Lisa will be able to help MBC in other ways.

Lisa, we wish you all the best and look forward to hearing more from you in the future!

## Return of Jennifer Dawson to the Board...

MBC would like to welcome Jennifer Dawson back to the MBC Board of Directors. Jennifer left the Board due to work commitments back in May of 2003 after serving 3 years as the Director of Finance.

Jennifer has recently returned to take on the position of Director at Large with the Officer position of Secretary. Jennifer brings to her role

an extensive background in the area of finance and administrative management, and will provide the MBC Board with advice on financial matters without holding that specific portfolio. Jennifer is currently enrolled in the Ryerson Certificate Program in Interdisciplinary Non-Profit and Volunteer Management bringing the number of Board Members studying by Distance Education at Ryerson University to 3!

Welcome back Jen!

## Welcome Audrey Huberman...

The Board of Directors warmly welcomes Audrey Huberman to the MBC Advisory Board. Audrey joins MBC with a wealth of information and knowledge to share about children who are experiencing challenges at home and/or at school, with a focus on counseling multiple-birth families.

Audrey recently completed her Doctor of Education, and also holds Masters and Bachelors degrees in Education, as well as a Bachelors degree in Fine Arts. Audrey, who is a twin, wrote her thesis about twins/multiples.

At the moment, Audrey's private practice in Toronto is centered on 'social emotional education,' which is teaching empathy, anger management, problem-solving and impulse control to children. She is actively involved with medical professionals, designing and implementing workshops for teachers and nurses on interacting with the multiple-birth population, and regularly presents her research to physicians and obstetricians in the Toronto area.

There is no doubt that Audrey represents for MBC a valuable resource in terms of research information, connections with the professional sector, and access to parenting/teaching strategies. We are happy and honoured to have Audrey aboard -- welcome!

## 'Back to Basics' - Volunteer Retreat Weekend and AGM...

May 27-29, 2005



## What will you and your chapter get out of the weekend?

The 'Back to Basics' Volunteer Development Retreat and AGM is fast approaching. We think this year you should make an extra effort to

have delegates from your chapter attend this retreat! Here's why...

Of course the fun, good times and friendships that are formed and revisited each year are an important part of this weekend.

Building on that, we want to see more interaction between volunteers, chapters and most importantly between chapters and the national organization. We feel that an important first step to making this organization stronger, at all levels, is to go 'back to basics' and spend more time learning about areas that will help us to be better volunteers, better support systems for our members and for each other, both at the personal and organizational levels.

We would like everyone to go home feeling they know more about what they can do to support their membership through the resources offered by the national organization; energized by the accomplishments of sister chapters and the experiences of many volunteers who have gone down this path before. Chapters across Canada are making amazing things happen in their communities and it is important to share this wealth of information with others who may be struggling to find their niche.

## What can you do to help with this weekend?

There are so many ways in which you can help to make this weekend a success!

1. First and foremost your attendance at the retreat will go along way in meeting our goals as an organization!
2. Share this information on your website, in your newsletter and at your executive meetings... there may be people who want to volunteer later but will benefit from attending now.
3. Have fundraisers to help cover the costs of your delegates so more of you can attend.
4. Chapters, with extra funds, who can support the costs of sending a delegate from a sister chapter with limited funds ... let us know!
5. Your support financially...no donation is too small!
6. There are specific sponsorship opportunities available such as:
  - a. Donate to cover expenses at the Dionne Museum for our National Multiple Births Awareness Day.
  - b. Help defray costs related to media kits for our National Multiple Birth Awareness Day.
  - c. Support the printing and copying costs of resources we would like to offer to the delegates to bring back to their chapters.
  - d. Buy the new MBC pin that was created for the launch of this very special day.
  - e. Contribute towards a new award we will present to the remaining Dionne Quints in celebration for their contribution to the awareness of multiple-births issues.
  - f. Give towards costs associated with the Making a Difference Awards.
  - g. Provide items or gift certificates for the silent auction and/or door prizes.
  - h. Find other ways to help! Please contact us... We need human resources too!!

## The registration process...

Register soon! **The deadline for the early bird option of February 28<sup>th</sup> is fast approaching!** Organizing this event for the first time, with the added excitement of the National Multiple Births

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

Awareness Day, makes it difficult for us to anticipate participation. So, we'd appreciate it if you would advise us on the estimated number of delegates attending from your chapter.

Remember if you need to share a room with someone, to cut down on costs, please let us know so we can help find you a roommate! Looking to car pool? Make sure to tell us that as well, so we can make every attempt to find someone for you to drive with. Can you tell me you want to see you in May 2005? For rooming information, please contact Nicole Fisher at [membership@multiplebirthscanada.org](mailto:membership@multiplebirthscanada.org).

## Update on National Multiple Births Awareness Day Event...

The operative word here is AWARENESS, and to that end the Board has already reported that we are holding this event on May 28<sup>th</sup>, the birth day of the Dionne quintuplets. Not only have they endorsed the concept of the annual event, the Dionnes issued a statement of support, which has now been shared with the media.

Further, we will honour Cécile and Annette and their co-multiples that day by awarding them a new "Making a Difference Award" recognizing the efforts of adult multiples whose actions have initiated change to the public's understanding of multiple-birth issues.

Then, there's our 2005 focus, to create dialogue regarding the distribution of Employment Insurance payments for parental leave of multiple-birth families. This theme will generate public interest, as it is an issue many have not yet considered.

So, how do we get others to consider the extra physical and financial burden placed on parents of multiple-birth children? And, how do we involve chapters across Canada in celebrating the First National Multiple Births Awareness Day in their own communities? Here's how:

### The Multiple-Births Challenge

**Concept:** To provide designated participants, in communities across Canada, the opportunity to experience the challenges of parenting multiple-birth babies.

**Who:** An invitation will be extended to three key individuals in each community. Ideally, they should be a radio personality, a print journalist, a local celebrity or other high profile person.

**What:** Using computer babies, the three participants will be invited to experience life as a parent of newborns. The first weekend, they will take home one baby and record their experience. The second weekend, they will take home two babies and record their experience and the differences. If the participants are willing to extend the challenge to a third and final weekend, they will take home three babies and record their experience and the differences.

**Where:** It is our hope that all chapters will want to take on this project. MBC is organizing it in the North Bay area and a couple of other major Canadian cities.

**When:** Ideally, it would be best to take a weekend off between each experience. The suggested time frame is as follows:

- Weekend #1 – April 8<sup>th</sup>.
- Weekend #2 – April 22<sup>nd</sup>.
- Weekend #3 – May 6<sup>th</sup>.

Note: these dates are flexible, and should be coordinated to fit the schedule of the participants. However, the intent is for the challenge to be completed by May 10<sup>th</sup> to allow the participants time to meet and compare their impressions of the parenting demands placed on the individual for each experience. This will also provide the media participant opportunity to assess the information and use it as part of his/her coverage of National Multiple Births Awareness Day on May 28, 2005.

**Why:** This challenge will provide participants with the personal experience needed to have an informed voice on the issue of parental leave.

## Making a Difference Awards...

Last year at the New Liskeard Conference I challenged everyone to make me work this year. I would love to see so many nominations I can't even keep up with them!!

There are so many amazing people out there who give their time and energy to supporting others. Please take a moment to recognize some of these amazing people through the MADA Awards. This award is presented at the MBC Conference but you do not need to attend to nominate or receive this award. This is a wonderful opportunity to nominate someone who has made contributions to the improvement of multiple-birth families locally, nationally and internationally. Is your local chapter a success due to the tireless work of one particular person? Is there someone at the national level whose commitment is "second to none"? Are you aware of someone at the international level who helps to ensure the professionalism of Multiple Births Canada?

There are many members deserving of this award so go ahead... *nominate someone!!*

To see the latest MADA brochure and Nomination Form visit the MBC website at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org) and select Volunteering then Volunteer Recognition.

Please submit your nomination by March 30, 2005. Your submissions can be emailed to [makingadifference@multiplebirthscanada.org](mailto:makingadifference@multiplebirthscanada.org), by fax at (705) 429-9809 or by mail at **Making a Difference**, Attention: Chairperson, 28 Tom Edwards Drive, Whitby, Ontario, L1R 2R4.

## Communication Counts MBC Chapter Representatives...

What is a MBC chapter representative? Each chapter belonging to MBC nominates a member to represent their chapter (often the President/Chair) as a liaison with MBC. This person filters information back and forth to MBC and keeps their individual chapter connected not only with MBC but also with chapters across the country.

Your MBC chapter representative will help to answer any questions you have about MBC. Your chapter representative will also send along your comments and suggestions pertaining to MBC directly or to other chapters. If you are doing something great in your club we want to know. Your great ideas and initiatives could help other chapters. Why reinvent the wheel? Set aside a space in your newsletters for a report from your chapter representative and let the communication begin.

We are currently contacting chapter reps to set up either a forum or a monthly chat where we will be doing lots information sharing. Along with this there will be information for chapter representatives in each Report From National and on the website in the Chapter Executive section.

Now that we are in a fresh new year and looking ahead to spring (well I am anyway) it's time to think conference. This year's conference will be especially useful for chapter representatives. MBC is striving to provide a complete program of workshops especially for chapter enrichment. Topics include Train the Trainer, Transferring Training to your Chapter, PR and Community Awareness, Managing your Chapter and Growing your programs to meet the needs of your members. We would love to see all chapter representatives in attendance at the conference. Please give serious consideration to sponsoring your chapter representative to attend. This is a great networking opportunity and an excellent way for your chapter to be represented in person.

Hope to see you at the Volunteer Development Retreat (aka conference 2005, aka away for the weekend with no kids, aka the best weekend you've ever had).

Shelly Blizzard-Jones  
MBC Representative Liaison  
[mbcrep@multiplebirthscanada.org](mailto:mbcrep@multiplebirthscanada.org)

## Welcome New Chapters...

MBC is pleased to announce the addition of two new chapters in Ontario! **Rainbow District Multiple Births (Sudbury & Area)** and **Orangeville & Area Twins Plus Association** have recently registered as official MBC Chapters. We extend a big multiple-birth welcome to our newest member chapters and look forward to working together to support multiple-birth families in these areas.

Please extend a huge welcome to:

**Rainbow District Multiple Births –**  
[rainbowdistrict@multiplebirthscanada.org](mailto:rainbowdistrict@multiplebirthscanada.org)

**Orangeville & Area Twins Plus Association –**  
[orangeville@multiplebirthscanada.org](mailto:orangeville@multiplebirthscanada.org)

## MBC Promotional Products...

One of the benefits of being a member chapter is that you can use MBC promotional items to create awareness of your group. These items can be ordered directly from our Business Office and will soon be available for purchase on-line.



**NEW!!** Multiple Births Canada lapel pins (1.5" wide) have been purchased to help create awareness and we are sure you will find them to be great gifts to thank your chapter volunteers, guest speakers, sponsors and supporters.

**Cost is \$5.00 each for 1-9 pins, \$4.50 each for 10-19 pins, \$4.00 each for 20+ pins.**

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

The MBC poster is also a great tool for creating awareness of multiple-birth issues and your local chapter information. The bottom right corner has been designed to accept an Avery 08164 (4"x3 1/3") label on which chapters can design contact information, affix and post in public areas such as medical clinics, community centres, etc.

**Cost is \$1.00 each for 100-249, \$1.25 each for 50-99, \$1.50 each for 1-49.**

**We've Been There... We Know What to Expect.**

**Our Mission**  
To improve the quality of life for multiple birth individuals and their families in Canada.

Multiple Births Canada provides support, education, research and advocacy to all individuals, families, and organizations who experience or anticipate interest in multiple birth births. A unique network of peer support chapters, personal programs in larger centres, and cooperative agreements with related organizations are all part of Multiple Births Canada's vision. We provide additional support before, during and after pregnancy, and up to and including adjustment of multiple birth children.

**Support and Advice**  
Only Online with Multiple Births Canada. For parents of multiple or single parents of multiples + prenatal services including multiple birth information and advice + postnatal support and services to meet clinical, individual and family in parents' wishes + influence the care, advice and all of their multiple birth children.

**We offer**  
• Local Home Visiting + Special Services + Multiple Births Canada's only national helpline for the multiple birth community  
• Chapters + Chapters + Support for single births + Multiple Births Canada's only national helpline for the multiple birth community  
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delegate present. She is a bereaved parent, having lost twins, and she indicated that China had no support for such loss. I felt that her having our Kit might be helpful in getting community support behind her work in China and in addition, was good international exposure for MBC. Most of our business cards and promotional flyers were taken as were our different membership forms, Multiple Moments order forms and Publication Order Forms (which was very popular).

Each of our presentations were 35 minutes long, with a question and answer period. While I was able to touch on MBC and its Loss support, I would have preferred more time.

CLIMB was also presenting and I attended their workshop. I will report on the Workshops I attended in *Forever Angels EM Connection*.

It was a pleasure to share MBC's information with the delegates at this Conference. If you have any questions, please let me know.

Respectfully submitted  
**Lynda P. Haddon**  
Chair, Loss Support Network  
loss@multiplebirthscanada.org

## MBC's Support Networks...

It is important to remind your members through your Chapter newsletter that MBC has many Support Networks, some with monthly e-mail newsletters, articles in Multiple Moments, discussion forums and confidential e-mail connections within each network. Membership to one or more Support Networks is FREE. Contact information is listed below, or details can be obtained from the Business Office at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)

### MBC's Support Networks:

- Adult Multiples Support:**  
[adultmultiples@multiplebirthscanada.org](mailto:adultmultiples@multiplebirthscanada.org)
- Breastfeeding Support:**  
[breastfeeding@multiplebirthscanada.org](mailto:breastfeeding@multiplebirthscanada.org)
- Francophone Support:**  
[francophone@multiplebirthscanada.org](mailto:francophone@multiplebirthscanada.org)
- Higher-Order Multiples Support:**  
[homnetwork@multiplebirthscanada.org](mailto:homnetwork@multiplebirthscanada.org)
- Lone Parenting Support:**  
[loneparents@multiplebirthscanada.org](mailto:loneparents@multiplebirthscanada.org)
- Loss Support:**  
[loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)
- Special Needs Support:**  
[specialneeds@multiplebirthscanada.org](mailto:specialneeds@multiplebirthscanada.org)

## Twin Birth Study...

**Research project looking for families expecting twins.**

**Chapters:** Please include the following information in your chapter newsletter. This is an ongoing research project. Interested families should bring this information to their doctor.

If you are pregnant with twins, this international research study may be of interest to you.

If you are a healthcare provider for families expecting twins, this international research study may be of interest to you.

This study is funded by the Canadian Institutes of Health Research and co-ordinated at the

Maternal, Infant & Reproductive Health Research Unit at The Centre for Research in Women's Health, Toronto, Canada.

If you choose to participate in this study, you will contribute important information that may help future pregnancies similar to yours. The results of the study may influence the practices of physicians and medicine in countries worldwide.

For more information visit our website, select Resources then Research.

## Comments posted on MBC's Message Forums...

*"Finding Our Way' was excellent - having triplets is a lot different than having twins, as equally having quadruplets would be different than having triplets and so on.*

*When I bought the book my kids were going through the 'terrible twos' (although I think they are now going through the terrible threes!) and to be honest I was finding day-to-day life a real struggle. All I seemed to do was shout at them all day long - I read the chapter about the lady who seemed to be in a similar position as myself and she called the shouting the 'screaming meanies' - to this day whenever I find myself shouting I try to remember this phrase 'screaming meanies' and it makes me take a step back.*

*Anyway for anyone out there who has triplets or more I would recommend this book - I am only sorry I did not get it sooner. Well done to the team who wrote it!!! ~ Aisling"*

Finding Our Way: Life with Triplets, Quadruplets and Quintuplets is a Canadian collection of more than 150 real-life stories from families and professionals who have first-hand experience with higher-order multiples. This special book was written by the former Triplets, Quads and Quints Association of Canada and can be purchased through Multiple Births Canada. Does your Chapter have a copy in their library?

## Sustaining Members...

MBC would like to thank its sustaining members for their added support:  
**Jennifer Brasch**  
**Donna Launslager**  
**Diane Myers**

## Association Members...

MBC would like to welcome the *Simcoe North (Midland, ON) Ontario Early Years Centre* as an Association Member of MBC.

## Multiple Thanks...

To **Candi Cuppage** (a busy mother of 10-year-old triplets) for her many days of assistance at the Business Office over the past few months.

To **Diane Myers** for her time and commitment to MBC and multiple-birth families everywhere by writing the latest proposals to Volunteer Canada and the Ontario Trillium Foundation.

To **Lynda Haddon** for her never-ending dedication to improving and growing MBC's publications material.

**National Volunteer Week is April 17-23<sup>rd</sup> - we celebrate and thank our valued volunteers!**

## 14<sup>th</sup> Annual Perinatal Bereavement Conference...

**Lighting the Path, Guiding the Way**  
**Las Vegas, Nevada,**  
**24-27<sup>th</sup> October, 2004**

Together with bereaved parent of twins, Cathy Deschenes, I was a co-presenter at this Conference. The Conference was attended by 370 delegates comprised of bereaved parents, nurses, chaplains, funeral home members and those with an interest in perinatal loss. 65-70 delegates attended our session.

Cathy spoke first, sharing their loss of Katie and Jordan, children's grief (Cathy has two older children and a subsequent daughter), memorial ideas and offering tips and suggestions for hospitals to better meet bereaved families' needs. For example, make sure that bereaved families' names are not carried over to hospital lists wherein automatic form letters are sent out highlighting the baby's milestones.

My topic complimented Cathy's in that I spoke as a counsellor. I discussed all of the various loss possibilities within multiple-births, including the loss of a special parenting situation and possible loss effects on surviving co-multiples.

I took along copies of all of MBC's Loss Support Network Fact Sheets and while I did not have enough copies for everyone, the immediate feedback was positive, regarding the variety of topics covered and that these resources were available. I sold one Bereavement Support Kit and donated another to the only Chinese