

Twins, Triplets & More!

Resource Guide for Multiple Pregnancy & Parenthood

January 2018 Edition

www.nursing.ubc.ca/pdfs/twinstripletsandmore.pdf



One hour old

<http://allaboutcutybabies.blogspot.ca/2009/07/new-born-twins.html>

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<http://community.babycenter.com/pcphoto/1873707>

Dear Parents-to-be and Parents of Multiples

Before and after a multiple birth, you likely will have many questions.

You may ask:

"How do I look after myself during a multiple pregnancy?"

"How do I care for multiple infants?"

"How will family life change for us?"

"What kinds of help and support will we need? What is available? How do I find it?"

"What equipment and supplies do we need?"

"Are there any multiple-birth support groups, special prenatal classes, books, DVDs, websites, and organizations?"

This resource guide is designed for multiple-birth families living in Canada, particularly those in British Columbia and the BC Lower Mainland.

The information provided augments your medical and health care. It is *not* a substitute for professional health care advice, diagnosis or treatment. When you have questions or concerns about what action to take, please seek the advice of qualified health care providers.

Examples of products and businesses appear in the Guide for information purposes only and are not intended as an endorsement.

I welcome your comments and suggestions about the Guide.

With best wishes,

Linda G. Leonard



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Before Your Babies Arrive

Sources of Information & Support

Parents of Multiples

Parents of multiples and multiples' support groups (p.4) provide information and support about multiple pregnancy, caring for oneself and the babies, and securing needed help. Your community health nurse (pp.13-14) may also know of families with multiples living in your area.

Prenatal Education and Breastfeeding Classes

- * **Private prenatal and/or breastfeeding classes** for multiple birth parents in BC Lower Mainland offered by *Childbearing Society* 604-878-1031, registration@childbearing.org, or www.childbearing.org. Multiples info is also included in general classes for those expecting twins or more. Several instructors have had twins. Doula service also available.
- * **Prenatal Breastfeeding Multiples** BC Women's info/class 3-4 times/yr 604-875-3743.
- * **Online Prenatal Classes: *Babies in belly***: for all families expecting twins, triplets or more. (Canada 2009). Four "classes" with e-mail support for 9 months. By Vera Teschow, certified teacher (Ontario) and mother of twins Tel 416.992.8372. \$97. Free trial. www.babiesinbelly.com
- * **General prenatal & breastfeeding education classes** (*singleton pregnancy focus*) are offered by specific hospitals, community health offices, colleges and private agencies throughout BC.
- * **Expectant Mothers in hospital and their Partners** Inquire about the availability of prenatal and breastfeeding education at the bedside.
- * **Start Pre-natal Multiple Birth Education Classes in your community:**
 Developed by Lynda Haddon, Multiple Birth Educator with extensive teaching experience and affiliated with *Multiple Births Canada*. lynda@jumelle.ca Downloadable PDF's.
 Δ For those with a medical/nursing etc. background: *Multiple Birth Prenatal Class Content* <https://jumelle.ca/about-lynda-haddon/guide-essential-kit-for-multiple-birth-classes/> \$125 CAD
 Δ For those individuals with a non-medical background: *Multiple Birth Prenatal Curriculum* <https://jumelle.ca/about-lynda-haddon/guide-to-starting-your-own-prenatal-class-for-multiple-birth/> \$75 CAD
- * See also, sections in this Guide: **DVD's; Books; Online Resources; Organizations**



Multiple Birth Statistics



Number of live multiple births annually

Canada (2014): 12,503 multiple birth babies which represents 3.3% of live births.
 British Columbia (2016): ~1,430 multiple births (~700 twin pregnancies) which represents 3.2% of live births.

On a typical day in BC, ~3 multiple-birth infants are born

Percentage of Multiple Births in BC

| | Fiscal Year | | | | |
|--------------------|-------------|---------|---------|---------|---------|
| | 2011/12 | 2012/13 | 2013/14 | 2014/15 | 2015/16 |
| Multiple Gestation | 3.3% | 3.2% | 3.4% | 3.4% | 3.2% |

Perinatal Services BC (June 2017). *Perinatal Health Report: Deliveries in British Columbia 2015/16*.
 Vancouver, BC. p. 53

Average length of pregnancy in Canada (2014)

Twin pregnancy: ~36 weeks. Triplet pregnancy: 32-33 weeks.
 44% of multiples are born at term (37 or more completed weeks of pregnancy).
 56% of multiples are born before 37 weeks (preterm).
 Preterm (premature) birth rate has risen, mostly because of early labour induction and an increase in planned preterm Caesarean delivery.
 Caesarean birth rate is ~70%.

Average weight at birth in Canada (2014)

48% of multiples weigh at least 2500 gm (5lb-8oz) (each baby)
 52% of multiples weigh less than 2,500 gm
 8.5% of multiples weigh less than 1500 gm (3 lb) (each baby)
 The average twin baby weighs about 2400-2500 gm (5lb 5oz- 5lb 8oz)
 The average triplet baby weighs about 1700-1800 gm (3lb 11oz- 4 lb).

Multiple births involving Artificial Reproductive Technologies (ART)

In BC, 38.4% of multiple live births involved the use of ART
 such as IVF, ICSI, embryo transfer, ovulation induction.

Age of mother and multiple births in BC

30% occur to women 29 years and younger; 70% to women 30 years and older.
 38% to mothers age 35 and older; 8.5% to women 40 years and older.
 78% of mothers age 35 and older had their multiples via Caesarean delivery
 50% of mothers age 35 and older had a low birth weight multiple (<2,500 gm)

Fetal deaths

Canada (2011) (20 weeks or more, 500gm or more): 195 =1.6% multiples

Multiple-Birth Support Groups

Who Can Attend Local Multiple-Birth Support Groups?

Expectant parents & families with multiples (moms, dads, babies, siblings, grandparents).

Note: Some groups are more family-oriented than others. Some are online only.

Why Should You Contact a Multiples' Group?



Meet expectant and new parents in person or online, get information and tips on multiple pregnancy and parenthood, and receive the support that all parents of multiples need. Each group is different. Some have informal meetings and invite guest speakers. Others hold swap meets and sell used infant clothing and equipment. Several offer support and info via social media.

Is There a Fee To Join?

Some groups charge a small fee. A group may be a member of the national non-profit organization *Multiple Births Canada (MBC)* or the regional *Northwest Association of Mothers of Twins Clubs*. Families who do not wish to join a local multiples support group can still become a member of *MBC* (\$10/year) and benefit from their many resources.

How Do I Find a Multiples' Group Near Me?

See page 4. Or, contact *Multiple Births Canada*, a local community (public) health nurse, or other health care providers. If there isn't a group in your area, you can join a group that offers online support.



What is *Multiple Births Canada / Naissances Multiples Canada*?

Canada's national non-profit registered charity supports multiple-birth families during pregnancy and after the children are born. Services of MBC include educational materials, *Multiple Moments* blog, several support networks, advocacy, research, and sharing life stories. More details at www.multiplebirthscanada.org and in this Guide pp. 16, 19.

Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples
http://multiplebirthscanada.org/mbc_factsheets/FS-MF_DeclarationUpdate.pdf

Great gift: Annual membership in a MBC-affiliated group includes free subscription to the online publication of excellent articles *Multiple Moments* and access to MBC's educational resources. Or, Join MBC if there is not an affiliated group in your area: \$10/yr.

PO Box 352 Lefroy, ON L0L 1W0 Canada Toll Free in Canada 1-866-228-8824
office@multiplebirthscanada.org www.multiplebirthscanada.org

B.C. Multiple-Birth Group Contacts Updated Nov. 2017

Vancouver Twins & More! Serves Vancouver & Burnaby

Chris vancouvertwins@gmail.com
Free to join [Yahoo](#) & [Facebook](#) groups

**NB: Vancouver Coastal Health drop-in group sessions for parents of infant multiples See page 13*

North Shore Parents of Multiples North & West Vancouver, Horseshoe Bay & Squamish

NSPOMExec@gmail.com
Web: <http://northshorepoms.ca>

Sea to Sky Squamish to Pemberton

Sea to Sky Community Service Society Infant Dev. Program
604-892-8454 Ext. 29 or Gabi gabi.moeller@sscs.ca

Richmond-Delta Parents of Twins & Triplets Richmond, Delta, Ladner, Tsawwassen & White Rock

Meets monthly at South Arm Community Centre
1st Wed. of month 7-9pm Call 604-238-8060 to check
schedule. or visit [Facebook](#) and Search for the group.

New Westminster Multiples Play Group

Meets Centennial Community Center, 65 E. Sixth Ave. New
Westminster last Mon. of each month 10:30-noon. Contact
adaidone@sfsc.org

Tri-Cities Multiples Play Group Coquit, Port Coquit, Pt Moody Anmore, Belcarra

Meets Simon Fraser Society, 1551 Salisbury Ave. Port
Coquitlam last Mon. of each month 10:30-noon. Contact
jkim@sfsc.org

Coquitlam/Port Coquitlam Including nearby areas

Brenda brendawithtwins@telus.net 604-937-5534
No group. [Facebook](#): *PoCoMo Moms of Multiples & more*

Fraser Valley Multiple Miracles Association

Surrey, Delta, White Rock, Langley,
Aldergrove, Abbotsford & Mission

Cori 604-531-3107
Sherri 778-574-2696
multiplemiracles@hotmail.com
Web: www.fraservalleymultiplemiracles.org Usually meets
Clayton Hall, Surrey.

Vancouver Island Multiple Births Association

E-mail: vimba234@hotmail.com Web:
<https://sites.google.com/site/vanislandlemultiplebirthsassoc/>

Kelowna area

Nicolina kelownamultiplebirths@gmail.com

Vernon Multiple Blessings

Conni connianddave@shaw.ca 250-260-4388

Prince George Parents of Twins & Triplets Association

Karen pgpotta@hotmail.com 250.640.6405 / 250-964-4425
Web: www.multiplebirthscanada.org/~princegeorge

Northwest Association of Mothers of Twins Clubs BC, & several US states

E-mail: nwamotc@gmail.com Web: www.nwamotc.org
Fraser Valley Multiple Miracles is a member of NWAMOTC

Multiple Births Canada

Toll Free (Canada) 1-866-228-8824
office@multiplebirthscanada.org
www.multiplebirthscanada.org Several [Facebook](#) & [Support Networks](#) groups

Triplets & More...

Multiple Births Canada: Higher Order Multiples Support Network offers support, information and links to other expectant and new parents of triplets, quadruplets and more. Toll-Free in Canada 1-866-228-8824; <http://multiplebirthscanada.org/index.php/parents/support/higher-order-multiples-support-network>; homnetwork@multiplebirthscanada.org.

USA organizations offer excellent information and support to Canadian families expecting or who have triplet,s quads or more:

Raising Multiples www.raisingmultiples.org & **Multiples of America** www.multiplesofamerica.org

Parents of triplets, quadruplet and more, despite their hectic lives, are pleased to talk with expectant and new parents of higher-order multiples. Contact your local multiples' group, *Multiple Births Canada*, and/or the US organizations listed above to link up with other parents.

See also **Books, Newsletters, Online Resources, & Organizations** in this guide.

Nutrition & Multiple Pregnancy



Nutritional needs during a multiple pregnancy and while breastfeeding multiples are greater than those for a singleton pregnancy or when nursing one baby. **Free*** counseling for BC residents:

* **BC Women's Hospital & Health Centre: Prenatal Nutrition** Receive specialized & individualized counselling for multiple pregnancy by a registered dietitian (RD). No MD referral needed. Call 604-875-2330 for information & appointment.
www.bcwomens.ca/Services/PregnancyBirthNewborns/Clinics/NutritionCounselling.htm

* **Dietitian Services: Health Link BC** (BC Ministry of Health)
A Registered Dietitian will answer your questions M-F 9 am-5 pm Call 8-1-1 or 604-215-8110.
Service available in 130 languages. Lots of nutrition information @ www.healthlinkbc.ca/dietitian/

* **Healthiest Babies Possible/ Canada Prenatal Nutrition Program (CPNP)** Have a healthy pregnancy. Includes nutrition support for women. Offered in many languages. Vancouver & Richmond: R. & L. Lee Community Health Centre 1669 E. Broadway 604-675-3982 or www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/cpn-pcnp/index-eng.php

Guides: *Nutrition Guidelines for Multiple Pregnancy: Recommended nutrition & weight gain...* (2014) Developed by *Multiple Births Canada*; *Food Safety During Pregnancy* www.healthlinkbc.ca/healthyeating/food-safety-pregnancy.html & Canada's Food Guide.

Book B. Luke & T. Eberlein (2017) **When You Are Expecting Twins, Triplets or Quads** 4th Ed.
NB: Recommended number of food group servings may be more than you need.

Massage, Relaxation, Yoga, Physiotherapy, Exercise, Pelvic Girdle Pain

Expectant mothers of multiples may benefit from services such as massage, yoga, physiotherapy, or a specially designed exercise program. *Check with your health care providers first.* Examples of Registered Massage Therapists specializing in pregnancy and postpartum: Paula Jaspar MEd, RMT 604-564-2244 www.vanfct.com ; Amie (Brotsky) McColl, RMT (Victoria) amiemccoll@gmail.com 250-384-8038 or <http://amiemassagetherapy.blogspot.ca>

Maternity Support Bands/ Postpartum Support Binders Various abdominal/back support devices are available. Bands are helpful to some (but not all) expectant women with pelvic girdle discomfort, especially when walking. Contact: Physio in your community, medical supply stores.



Employment Leave & Benefits



Expectant and new parents may take extended periods of paid/unpaid employment leave .

Canada: Employment Insurance (EI) Maternity & Parental Benefits , as of Dec. 3 2017

There are a total of 52 weeks available to eligible parents and parents may share the EI parental benefits over 12 months at the current rate (50%) or 18 months at a reduced rate (33%). If they share, the total amount that they can receive between them is 52 weeks. Pregnant women may claim EI maternity benefits up to 12 weeks before their due date. Details: Service Canada: www.servicecanada.gc.ca/eng/sc/ei/benefits/maternalparental.shtml or call your nearest *Human Resources Development Canada* office. **NB:** Service Canada may not withhold enough tax from EI benefits; thus women on maternity leave may owe money at income tax time.

Canada: Special Benefits

A mother pregnant with multiples and who experiences complications may also be eligible for Sickness Benefits within the maternity period. A parent may also be eligible for Sickness Benefits if caring for a critically ill child.

BC Employment Standards Act: Pregnancy and Parental Leave, as of Nov. 2017

Expectant mothers are entitled to up to 17 wks. unpaid *pregnancy* leave which can begin no earlier than 11 wks. before the expected birth date and, can be extended 6 wks. in certain situations.

Birth mothers are entitled to 35 weeks of unpaid *parental* leave or up to 37 consecutive wks. unpaid parental leave if pregnancy leave is not taken. *Birth fathers* and *adopting parents* are entitled to up to 37 consecutive wks. of unpaid parental leave. If a child has a physical, psychological or emotional condition requiring parental care, a parent can apply for an additional 5 consecutive weeks of unpaid leave beginning immediately after the parent leave.

The 52 week maximum reflects when a birth mother takes the maximum “normal” pregnancy leave of 17 wks. and the maximum parental leave of 35 wks. The 52-wk. leave can be extended in special circumstances. Call 1-800-663-3316 See Employment Standards Act: www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_96113_01#section51

Financial, Home & Childcare Support before & after the births



Parents of multiples will tell you that reliable help on a regular basis is needed in the early months after the babies are born. It is rarely effective to rely on friends and family to volunteer on an occasional basis. Multiple birth parents have tips on how to manage parenting, how to find help, and how to screen potential caregivers. They may also know of someone suitable.

There is limited government childcare assistance for families with multiples.

Federal Government Benefits Note: Proposed changes to Canada Child Benefit payments are expected in July 2018. Details below are in place at time of publication of guide.

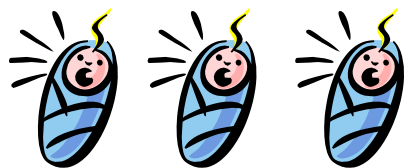
- The *Canada Child Benefit* Eligible families will receive up to \$6,400 for each child under age 6 yrs. and up to \$5,400 for each child age 6-17 years. Monthly payments, non-taxable with amount received dependent on adjusted family net income. You must apply to receive the benefit and file yearly income tax returns. <https://www.canada.ca/content/dam/cra-arc/migration/cra-arc/E/pub/tg/t4114/t4114-17e.pdf>
- May also be eligible for the GST/HST tax credit.
- Infant or child with a severe and prolonged impairment? *Child Disability Benefit* of \$2,730 per eligible child (monthly payment non-taxable). www.cra-arc.gc.ca/bnfts/dsblty-eng.html
Consider starting a *Registered Disability Savings Plan*: www.cra-arc.gc.ca/tx/ndvdl/tpcs/rdsp-reei/menu-eng.html
- *Child Care Expense Deduction* for lower income families.

BC Government Benefits

- *BC Family Bonus (BCFB)* forms part of the Canada Child Benefit.
- *BC Early Childhood Tax Benefit (BCECTB)* forms part of the Canada Child Benefit.
- *BC Monthly Childcare Subsidy* for eligible low income BC families or eligibility for a Tax Credit: www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care
- Short term help for those with few supports may also be available. Contact your social services team at your hospital or your local *Ministry of Children & Family Development* office.

See [UK study](#) on effects of multiple births on family and finances:

www.tamba.org.uk/Document.Doc?id=268



How can people HELP you before and after the births?

Preparing and freezing meals, housework, grocery shopping, doing laundry, walking the dog, looking after older children, preparing the babies' room, holding/caring for the babies, keeping photos up-to-date, watering/cutting the grass, shoveling snow, volunteering to drive, helping you get out for a break or appointments, and moral support.

Ways to achieve extra help?

Explore your own sources of family, friends, church, and community support. You can hire full-time, part-time, live-in or live-out help for daytime or overnight and/or share caregivers with another parent. Employ a nursing student or responsible teen during after-school hours or on weekends. Hire help from an agency or a nanny from overseas. See below for tips on hiring a babysitter; using in/out-of-home child care.

Where can you find extra help?

Nannies, birth doulas, postpartum doulas, au pairs, sitters, childcare agencies, and home support agencies assist families with new babies. Ask other parents of multiples. Check local universities/colleges for students enrolled in programs, e.g., nursing, doula, and early childhood education--they may be willing to post an Ad for you. Responsible high-school students with baby-

sitting experience can lend a hand. Check where nannies get together: e.g., local community centers, parks etc. and look for Ads they have posted. Check Online ads.

The following are examples and **not** an endorsement of a particular business. Metro Vancouver postpartum doulas with twin/ triplet experience: Rose Hilton: 604-733-7673, rose@vandoula.com, www.vandoula.com ; Gaby: 604-757-4964 www.gabysbabycorner.com; Diana Pearson 604 -605-1079 dianapearson@hotmail.com; *Mother Me Postpartum Doula Agency* 604-524-1793, www.motherme.ca ; General: *Canadian Nanny*: www.canadiannanny.ca and *Canadian Sitter* (college/university level sitters) www.canadiansitter.ca provide a free 2 month extension to multiple birth families. *International nannies*: www.internationalnannies.com . *Live-in Caregiver Program* (Govt. Canada): www.cic.gc.ca/ENGLISH/work/caregiver/index.asp. E.g., Craigslist.

Hiring a caregiver as your employee on a regular basis? (i.e., not through an agency)

Check with *Canada Pension, Employment Insurance, Medical Services Plan* and *Work Safe BC (compensation for injury)* regarding the right of your employee to certain benefits and to protect yourself in case of caregiver injury and regarding income tax with Canada Revenue Agency. Also see *BC Employment Standards Guide* www.labour.gov.bc.ca/esb/esaguide/ .

Out-of-home care Licensed, registered, and unlicensed out-of-home care for infants/children is available. *Westcoast Child Care Resource Centre* provides info and referrals to Vancouver child care settings: 604-709-5651 Toll-Free: 1-877-262-0022, info@wstcoast.org or www.wstcoast.org.

Booklet: Parents' Guide to Selecting & Monitoring Child Care in BC (2011):

www.health.gov.bc.ca/library/publications/year/2011/Parents'_guide_to_selecting_and_monitoring_child_care_in_BC.pdf

Caution ! *Inquire about a caregiver's experience with infants and multiples, plus approach to infant care. Check references yourself (even if hiring from an agency) and request that potential caregivers undergo a criminal record check.*

Infant Car Seats

All infants in BC must use an age-appropriate car seat, starting when they leave the hospital.

80% of child car seats are improperly installed or used.

Have yours checked by personnel qualified to carry out an inspection.

New and Used Infant Car Seats

Ensure that new/used car seats comply with the *Canadian Motor Vehicle Safety Standard (CMVSS)*, *Transport Canada* child seat safety regulations, and will be within the expiry date during usage. **Yes, car seats have an expiry date!**

Preterm & Low Birth Weight Babies

Many infant car seats are not designed to safely transport a premature baby that weighs less than 2275 gm (5 lb.) or who has breathing or other difficulties. Your neonatal care team will advise you on safe transport of your babies.

Infant/Child Car Seat Checks

BCAA - ICBC Child Passenger Safety Program:

Toll Free: 1-877-247-5551; www.bcaa.com/road-safety



www.multiplebirthsfamilies.com/pic.asp?ID=216&type=1

Need Equipment & Supplies?

Talk with parents of multiples about their recommendations and places to purchase.

Recalls: **Consumer product recalls** due to safety issues are common for all types of baby equipment. <http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>

Strollers for Multiples: There is no one ideal stroller as circumstances vary for each family. Some models convert into different positions or have detachable car seats that can also be used as baby carriers. The Double Snap N Go frame accepts certain car seats (bottom middle R). Umbrella stroller *connectors* join two single strollers—great for air travel (bottom right). What to consider?: e.g., www.consumerreports.org/cro/strollers/buying-guide.htm Check manufacturers' sites: Baby Jogger (City Select), Mountain Buggy (Duet), Peg-Pérego (Duetto), Chariot, Ingelsina, BOBgear, Graco, InSTEP, Maclaren, Schwinn, Valco, Bugaboo, Bumbleride, Britax, etc.



Sources of maternity/ baby clothing, cribs, car seats, multiples strollers...

Check maternity/baby specialty stores, department stores, multiples' swap meets, children's consignment stores, online businesses, and for-sale listings e.g. Craigslist.ca or www.kijiji.ca. Contact local multiples' groups to let them know of your needs. A Canadian company gives a discount to MBC members: www.twinessentials.ca

Cribs, mattresses and equipment Ensure that new and used baby equipment (e.g., cribs, high chairs, baby carriers, toys etc.) meet current safety standards. www.hc-sc.gc.ca/cps-spc/pubs/cons/child-enfant/sleep-coucher-eng.php Avoid the risk of infant entrapment, suffocation, and SIDS: Do **not** place infants on an air mattress, waterbed, soft mattress, sofa etc.; do **not** use crib bumper pads (they restrict air flow); and do **not** use baby carriers or recliners inside a crib.

More Cautions! Infant deaths or injuries have been associated with specific baby equipment: **Certain cribs with drop-down sides** pose a danger as an infant can get trapped between the mattress and rail and suffocate or he/she can fall from the crib when the crib-side drops accidentally due to worn plastic fittings.

Baby-wearing carriers pose a potential suffocation risk (especially those infants under 4 months, born prematurely or at low birth weight, or with breathing problems such as colds) as well as a risk to the baby's hips. Remember the ABC's (Airway, Body Positioning, Comfort).
www.cpsc.gov/cpscpub/prerel/prhtml10/10165.html & <http://hipdysplasia.org/developmental-dysplasia-of-the-hip/prevention/baby-carriers-seats-and-other-equipment>

Clothes for Premature & Micro-preemie Babies USA examples: *Perfectly Preemie* www.perfectlypreemie.com/catalog/index.php *Nurture Place Preemie Clothes Outlet* www.nurtureplace.com, *Carters*: www.carters.com/carters-preemie-page

Discounts and freebies Check stores for discounts offered on twin, triplet+ purchases; Google Search: e.g., free samples & coupons for Canadian babies. **NB:** *Companies may sell your name/address to other companies.*

Infant Feeding Pillows & Breast Pumps

Breastfeeding of multiples is not only possible but strongly encouraged. The babies can be fed one after the other or at the same time at the breast and/or receive expressed breast milk.

Breast & bottle feeding pillows especially for multiples.

Various types and sizes of U-shaped pillows are available. Many parents of multiples find the pillows very helpful, others prefer to use a smaller-size nursing pillow or standard pillow.

Sources: Maternity/ baby stores, Online businesses. Used pillows: multiples' groups, For sale Ads.



Examples (Prices may not include tax & shipping or USD:CAD exchange rate)

- *My Brest Friend Twins Plus Nursing Pillow* www.mybrestfriend.com ; Amazon.ca & .com www.bosom-babies.com (Alberta) Prices vary.
- *San Diego B  be Twins Nursing Pillow* (formerly EZ-2-Nurse Twins Pillow). www.twinessentials.ca (Ontario) \$90 CAD; www.bosom-babies.com (Alberta) \$100CAD; www.doubleblessings.com USA
- *Baby Buddy Twin Nursing Pillow* (Alberta) \$125 CAD www.thebabybuddy.ca
- *Twin Z Pillow* USA \$100 USD www.twinznursingpillow.com/twin-z-pillow-1-cuddle-cover/

Breast pumps are used to express breast milk when the babies are unable to suck effectively at the breast or when you want to offer breast milk via bottle or other means. Purchase or rent. Breast pumps vary in their effectiveness and convenience to use. A hospital grade electric pump (e.g., made by Hollister/Ameda/Egnell or Medela) with hands-free double collecting kit is optimal.

BC Children's Hospital Breast Pump Rental and Purchase Service Tel: 604-875-3020. Pumps are available from selected pharmacies, maternity specialty stores, medical supply stores and several online sources. Discuss options with parents of multiples and health care providers with breastfeeding expertise. **NB:** Tax deductible when rented or purchased from a hospital.

Safety Warning: If you plan to rent, borrow, purchase, or sell a **used** electric breast pump, consider acquiring a **multiple-user** pump versus a **single** user pump. Reason: With single-user models, there is a low risk of transmission of infectious diseases if any of the breast milk from the previous user has entered the pumping mechanism, even if you sterilize the parts or purchase new parts.



Pregnancy Home Care Programs...

provide health care at home to women expecting multiples who have certain complications of pregnancy and may safely be cared for at home, thus avoiding hospitalization and time away from family.. An experienced Registered Nurse visits regularly to assess, provide education and give support, as well as keeping in close contact with your care provider.

BC Women's Hospital: Antepartum Home Care Program Women must live within 30 min. of BC Women's and be registered to deliver there. Daily contact and routine visits are made by the program nurse who closely monitors the mother's and unborn babies' health. Call 604-875-3557, 8:30 am-4:30 pm daily, for information.

www.bcwomens.ca/Services/PregnancyBirthNewborns/HospitalCare/AntepartumCare.htm



National Geographic

Fraser Health Antepartum Care at Home Program

Women who also have severe nausea and vomiting of pregnancy will be assessed and treated initially at the Jim Pattison Outpatient Care and Surgery Centre (9750 140th Street) and then continue their treatment at home. Women must live within 30 min. of Surrey Memorial Hospital, Langley Memorial Hospital, or Peace Arch Hospital. Call 604-582-4559, M-F. 8:45 am-4:15 pm, for details.

Royal Columbian Hospital (RCH) Antepartum Home Care Program

Women who are residents of New Westminster, Port Coquitlam, Coquitlam, & Port Moody, and live within 30 min. of RCH are eligible. Call 604-520-4182, 8:45 am-4:15 pm daily for information.

Banking Stem Cells from Umbilical Cord Blood after the Births

The umbilical cord blood of a newborn contains a high concentration of stem cells – the building blocks of human organs, tissues and cells. Stem cells are capable of regenerating tissues and hold promise for treating serious diseases and injuries. During pregnancy, discuss with your health care providers the advantages and drawbacks of saving the umbilical cord blood at the birth of each of your babies and then banking it with a private agency. Check out companies' qualifications and cost. Stem cell basics:

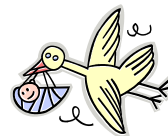
<http://stemcells.nih.gov/info/basics>



Blood stem cells taken from an umbilical cord after delivery. From: http://nature.ca/genome/03/d/20/03d_25_e.cfm



The Babies Arrive!!



The in-hospital care team will help you with your medical and health care needs, introduce you to your babies and their care, offer breastfeeding, bottle and other feeding assistance (see p. 12-15), and help you plan for your and your babies' homecoming.



Telephone Support...when you are home



Health Link BC 24 hours 7 days a week

Anywhere in BC Toll free **8-1-1** TTY/TDD 7.1.1

Have your **BC Care Card** available

For non-emergencies: Specially trained RNs will assist you on the telephone with *non-emergency* health concerns of any type affecting **any** family member. They will discuss symptoms, tests and procedures; provide information about health services/resources in your community; and recommend whether you should see a health professional. In special circumstances, consultation with an MD may be available. A pharmacist is on hand 5pm-9am every night and a dietitian is available on weekdays. Translation services for over 130 languages. Also see: www.healthlinkbc.ca or your *BC Health Guide*.

Emergency: Call 911 or your local emergency number immediately
Poison Control 1-800-567-8911

Vancouver & Richmond

HealthLinkBC. Have your BC Care Card available. You can also contact your community health centre and ask for the community health nurse on call for the afternoon (See p. 13).

North Shore 604-983-6700

After hours, weekends & holidays: call **HealthLinkBC**

Fraser Health

Contact your local health unit (See p. 14)

After hours, weekends and holidays: contact your local health unit number for instructions on the number to call. Or call **HealthLinkBC**

Other Communities

Contact **HealthLinkBC** or your community health office or hospital.



Parenting & Infant-Feeding Support

from your community health team

www.breastfeeding.com/helpme/helpme_images_twins.html

Your **community (public) health nurse** is notified by the hospital when you deliver your babies. The nurse will phone you, usually within 24 hours of your coming home from the hospital. Home visits and revisits can be arranged to assess how you and the babies are doing, weigh the babies, answer questions, and provide needed support. The nurse will tell you about new parent-infant services in your community and their location (e.g., health centre, community center etc.). Before attending any drop-ins or groups, please *confirm the days/times*.

Your **community health centre** or public health unit offers a wide variety of health services such as:

- . breastfeeding & bottlefeeding support by community health nurses and/or lactation consultants
- . newborn follow-up clinics; weighing, infant assessment, parenting information, and immunization of infants (+ older children, adults)
- . parent drop-ins and support groups
- . home visits by community health nurses,
- . referral to *Infant Development Program* (for babies with developmental delays)

Community (Public) Health Centres/Offices/Units

Vancouver Coastal Health: Vancouver Mon-Fri www.vch.ca/public-health/pregnancy-parenting

- | | | |
|---|---------------------|--------------|
| • Pacific Spirit Community Health Centre | 2110 West 43rd Ave. | 604-261-6366 |
| • Three Bridges Community Health Centre | 1292 Hornby St. | 604-736-9844 |
| • Raven Song Community Health Centre | 2450 Ontario St. | 604-709-6400 |
| • Evergreen Community Health Centre | 3425 Crowley St. | 604-872-2511 |
| • South Community Health Centre | 6045 Knight St. | 604-321-6151 |
| • Robert & Lily Lee Community Health Centre | 1669 East Broadway | 604-675-3980 |

***NB: VCH Parent-Infant Drop In Group for Multiples**—Sept. 2017-June 2018 First Tues. of month except for Jan. 2018 (Jan. 9) at Roundhouse Community Centre 181 Roundhouse Mews, Large Meeting Room. Contact: Jaclyn Robinson, CHN. 604-714-3418

VCH: Richmond Public Health

Mon-Fri

Richmond Health Services

8100 Granville Ave.

604-233-3150

Vancouver Coastal Health: Coastal/Rural Mon-Fri

- | | |
|---|--------------|
| • Central Community Health Centre, North Vancouver | 604-983-6700 |
| • Parkgate Community Health Centre, North Vancouver | 604-904 6450 |
| • West Vancouver Community Health Centre | 604-904-6200 |
| • Gibsons Health Unit | 604-886-5600 |
| • Sechelt Health Unit | 604-885-5164 |
| • Pender Health Unit | 604-883-2764 |
| • Squamish Community Health Centre | 604-892-2293 |
| • Whistler Health Care Centre | 604-932-4911 |

- Pemberton Health Centre 604-894-6939
- Powell River Community Health Centre 604-485-3310

Fraser Health www.fraserhealth.ca/find_us/services/our_services?program_id=9130

| | | | |
|---------------------------------|--------------|------------------------|--------------|
| Burnaby | 604-918-7605 | New Westminster | 604-777-6740 |
| Coquitlam, Port Moody | 604-949-7200 | Port Coquitlam | 604-777-8700 |
| Maple Ridge-Pitt Meadows | 604-476-7000 | | |

| | | | |
|---------------------|--------------|---------------------------------|--------------|
| Delta-North | 604-507-5400 | Delta-South & Ladner | 604-952-3550 |
| Guildford | 604-587-4750 | Newton | 604-592-2000 |
| Surrey-North | 604-587-7900 | White Rock/South Surrey | 604-542-4000 |
| Cloverdale | 604-575-5100 | Langley & Aldergrove | 604-539-2900 |

| | | | |
|-------------------|--------------|-------------------|--------------|
| Mission | 604-814-5500 | Abbotsford | 604-864-3400 |
| Chilliwack | 604-702-4900 | Agassiz | 604-793-7160 |
| Hope | 604-860-7630 | | |

Other Communities

Call your community/public health office/centre or hospital for parenting support services in your community. See *BC Health Authorities* listings at www.health.gov.bc.ca/socsec/

Keeping track of which baby is doing what

Jumelle Multiple Babies Tracker App for iPhone and iPad. Keep track of eating, sleeping, pees & poops, you name it! Also has exporting feature for grandparents, doctors and others:

<http://jumelle.ca/> or <https://itunes.apple.com/tc/app/jumelle-best-baby-tracker/id728401027?mt=8>

More breastfeeding help

...while in hospital and once you are home

Lactation Service @ BC Children's & Women's Hospital

- For unresolved breastfeeding/pumping difficulties while in BC Women's, contact lactation consultants: 604-875-2282.
- After hospital discharge (no referral needed, open to everyone), the **Breastfeeding Clinic** will assist you with unresolved breastfeeding problems: 604-875-3743. To speak directly with a Lactation consultant: 604-875-2282

Other Hospitals For breastfeeding difficulties while in hospital, ask to see a lactation consultant or health professional with advanced breastfeeding education. Inquire about breastfeeding help in your community.



triplets www.breastfeeding.com/art_gallery/Mom_photos_41.html

Multiple Births Canada (MBC)
Breastfeeding Support Network
www.multiplebirthscanada.org

International Board Certified Lactation Consultants BC Lactation Consultants Association: www.bclca.ca

Breast Feeding Inc. Dr. Jack Newman, MD & Edith Kernerman, LC (Ontario) Exc. fact sheets & videos www.breastfeedinginc.ca

Karen Gromada, (USA) author of book *Breastfeeding Multiples*: www.karengromada.com/

Maternal nutrition while breastfeeding See p. 5 in this guide for sources of assistance.

BC Women's Provincial Breast Milk Bank



www.doubleblessings.com/

604-875-3743

mbscreening@cw.bc.ca

Provides pasteurized donor breast milk to select babies in BC needing supplements of breast milk beyond what their mother is producing. Donors are also welcome.



Vancouver Breastfeeding Centre UBC:

Dept. Family Medicine For unresolved breastfeeding problems. Staffed by family physicians. Community health nurse, midwife, or physician **referral required to make appointment**. Visit cost covered by BCMSP.

Suite 340 - 943 West Broadway, Vancouver. Tel: 604-738-1912
or breastfeedingclinic@gmail.com www.breastfeedingclinic.com/

See also in this guide: **Books & Online Resources**—*Breastfeeding*

Identical or Fraternal...Want to know?



With permission: Vera Teschow

Zygosity testing (examination of the DNA or chromosomal material) will determine if twins, triplets or more are monozygotic (identical) or dizygotic, or trizygotic (non-identical or fraternal). With triplets, quads or quints, some babies could be monozygotic and others non-identical. MBC Fact Sheet [http://multiplebirthscanada.org/mbc_factsheets/FS_-_Zygosity_Testing_23092014_Final_\(2\).pdf](http://multiplebirthscanada.org/mbc_factsheets/FS_-_Zygosity_Testing_23092014_Final_(2).pdf)

Testing is conducted, as a service to *Multiple Births Canada* by the University of Alberta. Contact Laboratory genetic counsellor: 780-407-1015 or Dr. Stacey Hume: shume@ualberta.ca *International Biosciences* offers a discount to MBC members: www.ibdna.ca or info@ibdna.com or 1-800-969-5186 (\$189 for twins). Local biotech labs will also do the testing.



Multiple Births Canada's 11 Support Networks help you get information and connect with other families via e-mail/ phone/ newsletters/Facebook groups. E-mail the Chair of the support group you are interested in: support@multiplebirthscanada.org or <http://multiplebirthscanada.org/index.php/parents/support>

- * *Adult Multiples Support Network*
- * *Breastfeeding Support Network*
- * *Father Support Network* including expectant dads.
- * *Réseau francophone d'appui/Francophone Support Network* For families seeking French language support, connections, resources)
- * *Higher Order Multiples Support Network*
- * *LGBTQ (Lesbian/Gay/Bisexual/Transgender/Queer+) Support Network*
- * *Lone Parents Network* (lone parents through divorce, military posting, widow/widower, financial demand or by choice).
- * *Loss Support Network* loss@multiplebirthscanada.org (see below for details)
- * *Postpartum Depression-Anxiety Support Network* For families (moms and dads) of multiples experiencing PPD, PPA, "Baby Blues"
<https://www.facebook.com/groups/1717722421772981/>
- * *Preterm Birth Network* For families whose babies are born any time before 38 weeks gestation
- * *Special Needs Network* A multiple birth child or sibling with a physical or developmental disability, or a health condition; challenges of raising a gifted child.



BEREAVED PARENTS, SIBLINGS & FAMILIES



Tragically, some parents and families experience the death of one or more of their multiples during the pregnancy or after the births. Excellent bereavement support is available to all.



Multiple Births Canada: Loss Support Network loss@multiplebirthscanada.org
Support, information and contacts for grieving parents and family members. Newsletter:

Lynda Haddon of *Multiple Births Canada* provides excellent support to bereaved multiple birth families. loss@multiplebirthscanada.org or <http://jumelle.ca/category/bereavement-support>

CLIMB (Center for Loss in Multiple Births) www.climb-support.org, or climb@poboxalaska.net.
See also, *Books & Online Resources* in this guide.

Home & Outdoor Safety for Multiples

Multiple birth children are at considerable risk for accidents due to caregiver fatigue, difficulties of keeping an eye on two or more, and the creativity of multiple minds working together to solve a challenge!



Safety Tips for Parents of Multiples is available from *Multiple Births Canada*.

BC Children's Hospital Safe Start has infant/child safety information, free DVD's:
<http://www.bcchildrens.ca/health-info/healthy-living/child-safety>

With permission: www.multiplebirthsfamilies.com

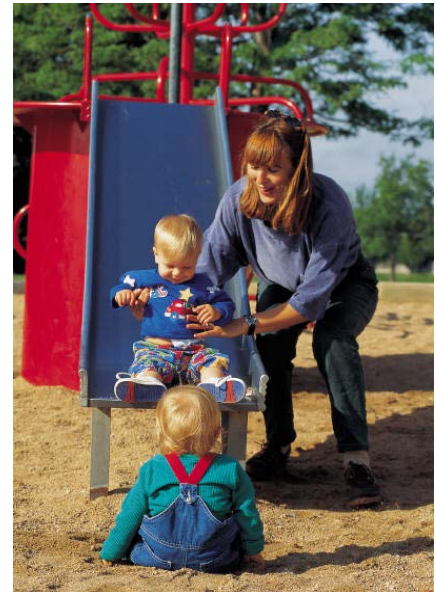
Feeling Isolated with Infant, Toddler or Preschool Multiples?

A parent home alone with young multiples may feel that the walls are closing in and that he or she is "going crazy". It takes organization and confidence to get out the door with young multiples. Well worth the effort!

Attend infant play and learning activities on your own or take another adult with you for the first few times. Lots of activities are free while others have drop-in or membership fees. Some places offer child-minding. Often, other parents volunteer to keep a temporary eye on one of your children. Contained play areas make child-watching easier.

Here are some examples of parent-infant play activities for 0-3 years that you can investigate in your community:

- parent- infant groups led by community health nurses
- story-time at the library
- drop-ins and scheduled activities at community centers, family places, neighbourhood houses, & YMCA-YWCA



- visits to parks, playgrounds, swimming pools where other parents and nannies hang out
- twin and triplet support groups
- StrongStart Program drop-in for 0-5 years -- music & dance for infants and tots 604-713-4445 www.vsb.bc.ca/strong-start-centres
- play-dates in homes of other parents.

Greater Vancouver www.kidsvancouver.com
 (use Search).



Sadness, Depression, Anxiety, Overwhelmed...

Depression and anxiety may affect as many as 20-45% of expectant and new parents of multiples (moms and dads). Parents may experience a few or several of the following:

- loss of pleasure and interest, feelings of emptiness, loneliness, going through the motions
- prolonged feelings of sadness, crying for no apparent reason
- lack of emotional connection to the babies
- loss of control of emotions, intense anger, feeling as if you are going crazy
- disturbed sleep and eating, loss of memory, difficulties with concentration
- feeling totally overwhelmed, life is out of control, highly anxious, having panic attacks
- feelings of helplessness, inadequacy, besieged with insecurities, sense of failure or
- obsessive thinking: disturbing and frightening thoughts which keep recurring and which you can't put out of your mind, even when you try to sleep
- feelings of worthlessness, guilt, fear
- thoughts of hurting yourself or the babies, contemplating death of self or babies.
 - . Parents find it very difficult to tell others about these thoughts and feelings.
 - . Many feel embarrassed, ashamed, or fearful that their babies will be taken away.
 - . Don't dismiss these feelings or assume it is part of the demands of caring for multiples.
 - . It's important to realize that it's *not* your fault or that you are a bad parent or person.
 - . Being a parent of multiple-birth children does not have to feel this way.

Please, talk right away to someone who is supportive
Excellent help is available for you, your babies and your family.

- ◇ Family member, friend, parent of multiples, health professional, spiritual advisor.
- ◇ **HealthLink BC** 24hrs 7 days/wk **8-1-1** or 7-1-1(TTY, TTD)
- ◇  **Postpartum Depression-Anxiety Support Network of Multiple Births Canada**
 support@multiplebirthscanada.org <https://www.facebook.com/groups/1717722421772981/>
- ◇ **Crisis Line of BC 310-6789** 24 hrs 7 days/week No wait. No busy signal.
- ◇ **Crisis Centre (Suicide Prevention)** 24 hrs 7 days/wk **1-800-784-2433**
- ◇ **Pacific Post Partum Support Society** 604-255-7999 Toll free 1-855-255-7999
<http://postpartum.org> Info, support groups, partner education & excellent book:
Postpartum Depression and Anxiety: A Self-Help Guide for Mothers, 7th Ed
- ◇ **Your community/ public health nurse** See Pages 13-14
- ◇ **Reproductive Mental Health** (for depression, anxiety, other mood disorders)
Referral by a physician or midwife is required for an appointment
 BC Women's 4500 Oak St., Vancouver (Mental Health Bldg: enter off Heather St.)
 604-875-2025 M-F 9am-5pm <https://www.reproductivementalhealth.ca/>
- ◇ See also **Online Resources** in this Guide (p. 36)



National Multiple Births Awareness Day



With permission: www.multiplebirthscanada.org/english/gallery1.php

<http://aboutmultiples.com>

Each year on May 28 (birth of the Dionne quintuplets), *Multiple Births Canada* raises public and governments' awareness about the distinct challenges and concerns faced by multiple birth individuals and their families. www.multiplebirthscanada.org



International Multiple Births Awareness Week

An initiative of the *International Council of Multiple Birth Organization (ICOMBO)*. Mission: to raise awareness of the unique needs of multiple-birth infants, children, adults and their families by promoting their health, education and welfare. Celebrated 1st week of November on the years when the Congress meets. <http://icombo.org>



Mom and newborn twins, Togo. Photo A. Gabriel: www.soschildrevillages.ca



World Twin to Twin Transfusion Syndrome Awareness Day

Connecting the world to fight Twin to Twin Transfusion, one of the most serious problems faced by unborn multiples who share a placenta. www.worldtttsawarenessday.org



World Prematurity Day

Over 55 % of multiples are born preterm.

Celebrated Nov. 17 each year. <http://cpbf-fbpc.org>



Books Aplenty! paper and electronic

Where to Purchase? Check local bookstores. *Chapters/Indigo* www.chapters.indigo.ca, *Parentbooks* www.parentbooks.ca/Twins.html or 1-800-209-9182. US Multiples Organizations, *Twins Magazine*. Online e.g., *Amazon* www.amazon.ca. **NB:** *Kindle* editions with a recent publication date are often replicas of the original, earlier edition book.

Where to Borrow? Multiple-birth support groups; public, university/college libraries; BC Women's/Children's Hospital *Family Support & Resource Centre* (lending library). www.bcwomens.ca/Services/ClinicalFamilyServices/FamilySuppResourceCntr/default.htm

How are the books listed in this Guide? Alphabetically within the following sections:

| | | | | | |
|---------------------|-------|---------------|-------|--------------------------------|-------|
| Multiple pregnancy | p. 20 | Breastfeeding | p. 28 | Psycho-Social, Medical Aspects | p. 30 |
| Parenting multiples | p. 23 | Preemies | p. 28 | For Health Professionals | p. 31 |
| Triplets and more | p. 26 | Bereavement | p. 29 | | |

Code: ● denotes attention to triplet, quad & more pregnancy and parenting.

♥ denotes highly recommended

Multiple Pregnancy

See also: Parenting Triplets and More, below

Pregnancy: Twins, Triplets & More

Agnew, C., Klein, A., & Ganon, J. (2006 & 2012 Kindle e.) ***Twins! Pregnancy, Birth & the First Year of Life*** 2nd edition New York: Harper Collins By 2 perinatologists (USA) + info from parents of twins. Mixed reviews.

Bateman, K. & Bateman C. (2012 Kindle ed) ***Twins? Are You Kidding Me? His and Her Perspectives on What Twin Pregnancy is REALLY Like***. Amazon Digital. Husband and wife.

Benhaffaff, A. (2011) ***Little Fighters: The Million-to-One Miracles*** Dublin: Gill & Macmillan Mother relates story of her pregnancy with **conjoined twins** and successful surgery to separate them.

- Bedell, D. (2011) ***Raising Triplets: Our Journey From Surrogacy Through Two Years*** Pub: Outskirts Press
- Best Start/Motherisk (G. Koren MD & C. Maltepe) (2013) ***How to Survive Morning Sickness*** www.beststart.org/resources/rep_health/2013_pdfs/BSRC_morning_sickness_online.pdf Recommended++

- Birch, K. & Bleyl, J. (2001) **Exceptional Pregnancies: A Survival Guide to Parents Expecting Twins**. Triplet Connection. And... **Exceptional Pregnancies: A Survival Guide to Parents Expecting Triplets or More**. Triplet Connection

Bleakley, Karen (2016) **Don't Panic! A Practical Guide to Twins, Triplets and More**. Self Pub. UK
By parents of multiples www.talesofaTwinMum.com

Bomford, J. (2016) **It's Twins! Now What? Tips, Advice and Real Life Experience to Help You from Pregnancy Through to Your Babies' First Year**. UK: Summerdale Based on interview with parents in UK and health professionals.

- Bowers, N. (2001) **The Multiple Pregnancy Sourcebook: Pregnancy & the First Year with Twins, Triplets, and More** Chicago; Contemporary Books.

BC Ministry of Health (2015) **Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care**, 7th Ed. Not specific to multiple pregnancy or multiples but an excellent resource. Free
[/www.health.gov.bc.ca/library/publications/year/2015/babys-best-chance-2015.pdf](http://www.health.gov.bc.ca/library/publications/year/2015/babys-best-chance-2015.pdf) View DVDs
Free <https://www.healthyfamiliesbc.ca/home/articles/topic/videos-pregnancy>

Bruch, E. (2011) **Forever Linked: A Mother's Journey Through Twin to Twin Transfusion Syndrome** Reliquary Press.

Cooper, C. & Hymas K. (2012) **Twins: The Practical and Reassuring Guide to Pregnancy, Birth and the First Year**. [Canadian Version](#) Toronto: DK (Dorling Kindersley) Pub. By a UK MD & mother of twins and another UK mother of twins. Earlier version was **Twins & Multiple Births: The Essential Parenting Guide from Pregnancy to Adulthood**, 2nd Ed. 2004. Easy read.

Crider, M. (2013) **TwinDad Talks: Help for First Time Fathers Navigating Pregnancy** Amazon Digital Services
Kindle Ed. only. One father's opinions—not medical advice.

Curtis, G., & Schuler, J. (2005) **Your Pregnancy: Quick Guide To Twins and Multiples (Your Pregnancy Series)**
Cambridge MA: Da Capo Pub. C.G. is obstetrician (USA)

Davies, A. (2016) **TwinProof: Preparing for a Happy and Balanced Life with Twins** Pub. AB Davis Pregnancy → 1 yr.

Diaz, N. (2013) **What to Do When You're Having Two: The Twins Survival Guide from Pregnancy Through the First Year** NY: Penguin By creator of Twiniversity
<http://twiniversity.com> + reviews

- Fierro, P. (2012) **The Everything Twins, Triplets, And More Book: From Seeing The First Sonogram To Coordinating Nap Times And Feedings — All You Need To Enjoy Your Multiples**, 2nd Ed. Avon, MA: Adams Media Corp. <http://multiples.about.com>.

- Franklin, R. (2005) **Expecting Twins, Triplets, and More: A Doctor's Guide to a Healthy and Happy Multiple Pregnancy** New York: St. Martin's Griffin. Author (USA) is MD and mother of twins.

- Gore, N. (2014) **Triplet Pregnancy and Your First Year with Triplets Includes experiences/tips from triplet moms and medical info**. CreateSpace Pub.

Halseide, N. Editor (2015) **Twins: A Collection of Articles from Midwifery Today Magazine**
Pub.: Midwifery Today



3D Ultrasound of Twins during Pregnancy: www.babysdebut.com/3d-ultrasound-photos.htm

♥ Kilby, M. & Denton J. (2013) **Expecting Twins?** *One Born Every Minute: Everything You Need to Know About Pregnancy, Birth and Your Twins' First Year* London, UK: Quadrille Pub. Written by twin specialists with stories from twin parents.

Lage, C. (2006) **Twinspiration: Real-Life Advice from Pregnancy through the First Year**, 2nd Ed. Lanham MD: Taylor Trade Pub. Author is host of <http://twinsights.com>.

Le-Bucklin, K.-L. (2008) **Twins 101: 50 Must-Have Tips for Pregnancy through Early Childhood From Doctor M.O.M.** San Francisco: Jossey Bass. Concise, easy to read. Author is pediatrician and mother of monochorionic twins. Website: www.TwinsDoctor.com.

Leitner, G. & Kranz, R. (2000) **Everything You Need to Know to Have a Healthy Twin Pregnancy** New York: Dell Author (USA) is obstetrician and mother of twins.

Liner, J. (2015) **So Many Things: Our Personal Story: Expecting and Experiencing Triplets through their First Year.** CreateSpace Pub. Written by the father.

- Lorenz, L. & Dieterichs, S (2007) **The Multiples Manual: Preparing & Caring for Twins or Triplets**, 2nd Ed. 1002 tips from multiples groups—pregnancy to preschool. Author is identical twin and mother of triplets. JustMultiples.com™ www.justmultiples.com/



www.raising-twins.com/twin-belly-pictures.html

♥ • Luke, B., Eberlein, T. & Newman, R. (2017) **When You're Expecting Twins, Triplets or Quads: Proven Guidelines for a Healthy Multiple Pregnancy** 4th ed. New York: Wm Morrow Based on current medical research. Nutrition and diet advice. Recommended intake may be greater than every indiv. needs. *Great reference.* Dr. Luke: www.drbarbaraluke.com/multiples.cfm.

• McCann, M. A. (2006) **Days in Waiting: A Guide to Surviving Pregnancy Bedrest**, 3rd Ed. St. Paul MN: deRuyter-Nelson Pub.

♥ • MOST + Wipfler, D., Boyle, M. (2014) **Expecting Multiples: The Most Comprehensive Guide to High-risk Twin & All Triplet, Quadruplet or**

More Pregnancies, 2nd ed. Pub: MOST aka Raisingmultiples.org

- National Organization of Mothers of Twins Clubs—Moskewski, R. (Ed.) (2001) **Twins to Quints: The Complete Manual for Parents of Multiple Birth Children** Nashville TN: Harpeth House. Seven-year project with over 125 mothers (and spouses) producing the text.
- Rapley, Sandra Watson (2005) **Intended Parents: Miracles Do Happen: A True-Life Success Story of Having Children through Surrogacy.** Lincoln NEB: iUniverse. One woman's account of twin pregnancy through surrogacy.
- Rawlinson, J. (2013) **Dad's Guide to Twins: How to Survive the Twin Pregnancy and Prepare for Your Twins** 2nd ed. Publ.: Texadero. Down to earth, advice for expectant dads by a father of twins. www.dadsguidetotwins.com
- Roney, C. (2012) **The Baby Bump: Twins and Triplets Edition: 100s of Secrets for Those 9 Long Months with Multiples on Board** NY: Chronicle Books.
- Sparks, Brett (2009) **Two or More-A Guy's Guide to Infertility Treatment, Pregnancy and Multiple Births.** USA: Eloquent Books Experiences of a father of triplets.

Wardin, C. (2011) ***Every Other Twin Book is Wrong: 15 Tips on Twin Pregnancy, Infancy, and Toddler Times*** Pub: lulu.com
 Mother (author) of twins tells her story with humour.

Whitehead, K. with Berghella, V., MD (2012) ***High-Risk Pregnancy: Why Me? Understanding and Managing a Potential Preterm Pregnancy - A Medical and Emotional Guide. Includes multiple pregnancy.*** By a mother and maternal-fetal medicine specialist. NJ: Evolve Pub. Recommended by Sidelines.



<http://community.babycenter.com/pcphoto/1848667>

Parenting Multiples

See also: [Multiple Pregnancy & Triplets and More](#)

● denotes also suitable for parenting triplets, quads etc.

Adams, V. (2013) ***Multiples? Relax! Tips to Guide You Through the First Year, Sanity Intact.*** CreateSpace Indep. Pub. Forum Quick read.

Archer, E. (2014) ***Feed, Burp, Change and Repeat: Conquering your Twin Journey.*** Self Pub.

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Unique Children Cambridge, MA: Da Capo Lifelong Books. *Positive reviews.*

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Henderson, R. (2014) ***Twins: A Unique Bond*** Amazon Dig. Kindle Ed.. *Mother is an identical twin raising "fraternal" twins—what makes twins different and the same as others.*

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- Malmstrom, P. & Poland, J. (1999) **The Art of Parenting Twins: The Unique Joys and Challenges of Raising Twins and Other Multiples** New York: Skylight Press. *1st author is twin specialist. A classic.*
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- National Organization of Mothers of Twins Clubs, Inc. Moskwinski, R (Ed.) (2001) **Twins to Quints: The Complete Manual for Parents of Multiple Birth Children**. Nashville, TN: Harpeth House *Medical research, expert advice, practical tips from numerous parents.*
 - Novotny, P. (1994 Kindle ed. Rev. 2011) **The Joy of Twins and Other Multiple Births: Having, Raising, and Loving Babies Who Arrive in Groups** NY: Three Rivers Press
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- Ryan, L., & Bowman, K. (2003) **Twins: A Practical and Emotional Guide to Parenting Twins**. St. Leonard's NSW, Australia: Allen & Unwin. *Based on interviews with 34 parents.*
- Saunders, B. (2006) **Twins: Tips on Having Two—Birth to the Toddler Years** Victoria, Canada: Trafford Publ.. *Practical tips from a mother of twins.*
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- Tinglof, C. (2009) **Double Duty: The Parents' Guide to Raising Twins, from Pregnancy through the School Years, 2nd Ed.** McGraw-Hill Concise, down to earth, experiences from a variety of parents.
- Tomlin, T. (2008) **Chaos 2 Calm: The Moms-of-Multiples' Guide to an Organized Family.** Texas: Sorted Out Pub. *Parent teamwork, dividing up the work.*
- Woolsey, M., Lee, A. (2016) **Multiples Illuminated: A Collection of Stories and Advice from Parents of Twins, Triplets & More** Pub: Multiples Illuminated *The world of raising multiples with stories and advice.*

Infant (& Parent!!) Sleep

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www.sleepsense.net Book, video, other tools. Canadian.
Recommended by several BC parents of twins.

Weissbluth, M. (2009) **Healthy Sleep Habits, Happy Twins: A Step-by-Step Program for Sleep-Training Your Multiples.** New York: Ballantine Books. *Author is pediatrician & child sleep specialist.*



www.thisislondon.co.uk

Potty (Toilet) Training Multiples

Books/Kindle by mothers of multiples: Adams, V., DeLongchamps, D., McCarthy, M. *Search Amazon.com*
 e.g. **Oh Crap! Potty Training** www.jamieglowacki.com

● Parenting Triplets, Quads + More ●

See also: *Parenting Multiples with the* ●

- Adams, V. (2013) **Triplets? Relax! Tips to Guide You Through the First Year, Sanity Intact** (Volume 1) Pub: .CreateSpace *Positive reviews.*
- Angelin, (2010) **ADHD to the Power of Three: A mother's story of raising triplets with ADHD** Australia: Sid Harta Pub. Also has website: <http://adhd3.com> *Forthright, open, humorous.*
- Bedell, D. (2011) **Raising Triplets: Our Journey from Surrogacy through Two Years** Outskirts Press
- Clune, J. (2007) **Extreme Motherhood: The Triplet Diaries** London, UK: Macmillan *Author's personal experience of the rollercoaster of triplets.*
- Dilley, B. & Dilley, K. (1998) **Sixty Fingers, Sixty Toes: See How the Dilley Sextuplets Grow** New York: Walker & Co. *Photos of infancy to 4 years of age with simple, upbeat text.*
- Gaston, L. & R. (2009) **Three Times the Love: Finding Answers and Hope for Our Triplets With Autism** Avery Pub. *Challenges, joys, interventions, therapies.*

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Hanselman, Jennifer (2006) ***Party of Nine: The Triumphs & Traumas of Raising Sextuplets + One*** Hudson, OH: Saddle Point Pub. *Survival skills blended with humorous account of raising 7 children under age five (sextuplets born Ohio Feb. 2004).*

Kirbo, H. (2008) ***Triple Treasures: Our Journey from Infertility through the First Year with Triplets*** Pub.: BookSurge.



With permission from Multiple Births Canada

Koning Keelan, V. J. (2009) ***And Babies Make Seven*** Ontario: Septimal Publishing *Memoir of a mother with a brain injury from a car accident and her reflections and struggles on parenting a toddler and spontaneously conceived quadruplets.* Recommended by Multiple Births Canada

Laut, W., Laut, S. & Benit, K. (1999) ***Raising Multiple Birth Children: Surviving the First Three Years of Twins and Supertwins*** Worcester, MA: Chandler House Press *Practical ideas on how to prepare for and cope with twins and higher-order multiples by a mom & dad of triplets.*

Liner, J. (2015) ***So Many Things: Our Personal Story: Expecting and Experiencing Triplets through their First Year.*** Self Pub. By a father of triplets in USA.

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Schakelford, L. (2001) ***Triple Fun: From Infertility to Triplets*** Pub.: Shackelford House. *Overcoming infertility to become parents of triplets and managing the babies without hired help.*

Stockler, Bruce (2003) ***I Sleep at Red Lights: A True Story of Life After Triplets*** NY: St. Martin's Press *One father's view of triplet pregnancy and the first three years.*

Breastfeeding Multiples

- Australian Breastfeeding Association **Breastfeeding Twins & Breastfeeding Higher Order Multiples**. Booklet E-mail: info@breastfeeding.asn.au www.breastfeeding.asn.au
 - ♥ • **FREE downloads** Denton, J., Quigley, M. & Ridley, B. (2011) **Feeding twins, triplets and more A booklet for parents with advice and information** London UK: Multiple Births Foundation (MBF)
 - ♥ • **Feeding twins, triplets and more Guidance for Health Professionals on Feeding Twins, Triplets and Higher Order Multiples** (2011) MBF
www.multiplebirths.org.uk/shop.asp#probooklets
 - Fountain, J. (2014) **Breastfeeding Twins, Triplets and More! How to Have the Experience You Want**. J. Fountain Pub. Kindle ed. only. *Mother breast fed triplets for 2.5 yrs.*
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- La Leche League International (2010) **The Womanly Art of Breastfeeding** 8th Rev. Ed. Franklin Park, IL. *Includes breastfeeding multiples plus excellent breastfeeding advice.*
- McCarthy, M. (2004). **Breastfeeding for One, Two, or Three: A Nursing Mother's Survival Guide for One Child, Twins, Triplets, or More** Pub.: Maria Skantzaris\McCarthy. *Mother of triplets' experiences and advice about breastfeeding three.*
- Molloy, E. (2016) **How to Breastfeed Twins Without Losing Your Mind: The Secret to Feeding Multiples** Pub: Author Kindle Ed.
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- www.breastfeeding.com/art_gallery/art_images/album196/John.html
- MOST(2007): **Breastfeeding Multiples**, 2nd ed. Booklet. USA: Mothers of Supertwins. www.mostonline.org
- Rudat, A. (2007) **Oh Yes You Can Breast Feed Twins!: Plus More Tips for Simplifying Life with Twins**. Registered Dietitian, mother of twins, Self Published.

Preemies

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- Ewing, J. (2014) **Preemie Chronicles: Our NICU Experience**, 4th ed. Jeff Ewing Pub. *A father's journal notes compiled into a book capturing his, his wife's and babies' experiences in NICU.*
- Gunter, J. (2010) **The Preemie Primer: A Complete Guide for Parents of Premature Babies –from Birth through the Toddler Years and Beyond**. Author is ObGyn/mother preemie triplets.
- Linden, D., Paroli, E. & Doron, M. (2010) **Preemies: The Essential Guide for Parents of Premature Babies**, 2nd Ed. New York: Pocket Books. *By 2 parents & a neonatologist (MD). Positive reviews.*
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Westby, J. (2003) ***They Will Know They Are Loved: A Family's Life with Premature Twins*** Minneapolis, MN: Kirk House. *From premature birth to elementary school.*

Zaichkin, J. Ed. (2009) ***Newborn Intensive Care: What Every Parent Needs to Know, 3rd Ed.*** Elk Grove Village, Illinois: American Academy of Pediatrics. *Positive reviews.*

Bereavement & Loss of Multiples

Burley, V. (2013) ***How to Survive When One Twin Dies*** The Loving Parent Pub. Kindle only. *One woman's journey through pregnancy with the birth of a healthy twin and a stillborn twin.*

Case, B. J. (Updated 2001) ***Living Without Your Twin*** Portland, OR: Tibbutt Pub. 0438 S. W. Palatine Hill Road, Portland, OR 97219 USA.

Diskin, S. (2001, 2012) ***The End of the Twins: A Memoir of Losing a Brother*** Authorhouse. *An identical twin brother's 20 year battle with leukemia.*

Hayton, A. ***A Healing Path For Womb Twin Survivors*** (2012) ***Womb Twin Survivors: The Lost Twin in the Dream of the Womb*** (2011); ***A Silent Cry: Womb Twin Survivors Tell Their Stories; Untwinned: Perspectives on the Death of a Twin before Birth*** (2007) By a counsellor, researcher, womb twin survivor. Based on *Womb Twin Research Project* UK: Wren Pub. www.wombtwin.com.

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Ilse, S. (2013) ***Empty Arms: Coping with Miscarriage, Stillbirth and Infant Death*** 20th Ed. Wintergreen Press. *Not twin-focused but a classic. Author: Personal experience → prof. bereavement support*

Rhodes, R. (20?) ***124 NICU Days: A Premie Tale of Love, Loss and Healing***. Amazon Digital Services. Kindle ed. *A father's journal of 124 NICU days—loss of twin son, survival of twin daughter, healing.*

Samuels, Valerie & Clemmons, N., illustrator (2006) ***Always My Twin*** Self: Trafford Pub. Amazon or author samuelsvr@yahoo.com. *A book for young co-twin survivors* 28 pages.

Wegner-Hay, M. (1998) ***Embracing Laura: The Grief and Healing Following the Death of an Infant Twin*** Omaha: NE Centering Corp 20 pages.

Woodward, J. (1998) ***The Lone Twin: Understanding Twin Bereavement and Loss*** London: Free Association Books. *Based on the author's extensive therapeutic work with lone twins.*

Woodwell, W. (2001) **Coming to Term: A Father's Story of Birth, Loss and Survival** University Press of Mississippi *Story of the early birth, death of a twin, ideas for coping. Very positive reviews.*

Psychology, Social, Cultural, Educational, Medical Aspects

Arce, E.-M. EdD. (2010) **Twins and Supertwins: A Handbook for Early Childhood Professionals** St. Paul MN: Redleaf Press. *Excellent guidelines for educators (and parents) re preschool.*

Case, B. J. **Exploring Relationships- Is Being a Twin Always Fun?** (1996) and **We are Twins, But Who Am I ?** 1991) Tibbutt Pub. Co. Portland, Oregon or from *Multiple Births Canada*.

Dalla, H. (2015) **A World of Twins: Stories and images of Australian twins, triplets & their Families** Pub: **A World of Twins**. Photojournalist specializing in twins & triplets.

Dreger, A. D. (2004) **One of Us: Conjoined Twins and the Future of Normal** Cambridge MA: Harvard University Press.

Byrnes, E. Stenzel, & Stenzel, A. (2007) **The Power of Two: A Twin Triumph over Cystic Fibrosis** Columbia MO: University of Missouri Press *Amazing story about living with a chronic health condition.*

Jussim, D. (2003) **Double Take: The Story of Twins** New York: Viking. *Stories about various twins, growing up as a twin, twins separated at birth, conjoined twins.*

Klein, B. S. (2003) **Not All Twins are Alike: Psychological profiles of Twinship** Westport CT: Praeger. Author PhD, clinical psychologist.

Klein, B. (2012) **Alone in the Mirror. Twins in Therapy** New York: Routledge *Triumphs and struggles of twins as they separate from one another and find their individuality in a world of non twins.* Author PhD & clinical psychologist.

Kohl, S. (2001) **Twin Stories: Their Mysterious and Unique Bond** Berkeley, CA: Wildcat Canyon Press *Emotional, physical, and social dimensions of being a twin.*

Mundy, L. (2008) **Everything Conceivable: How Assisted Reproduction is Changing our World** New York: First Anchor Books. *Raises the issues rather than drawing conclusions.*



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Piontelli, A. (2002) **Twins: From Fetus to Child** London UK: Routledge *Development and behavior of 30 pairs of twins from early life in utero to their 3rd yr. Fascinating.*

Piontelli, A. (2008) **Twins in the World: The Legends They Inspire and the Lives They Lead** New York: Palgrave Macmillan *Global exploration of how various cultures regard twins. Excellent and distressing.* alessandra.piontelli@fastwebnet.it

Pogrebin, A. (2010) **One and the Same: My Life as an Identical Twin and What I've Learned About Everyone's Struggle to Be Singular** New York: Doubleday.

Quigley, C. (2003) **Conjoined Twins: An Historical, Biological and Ethical Issues Encyclopedia** Jefferson NC: McFarland & Co.

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Segal, N. (2005) **Indivisible by Two: Lives of Extraordinary Twins** Cambridge MA: Harvard University Press. *Joys and real-life traumas of twelve sets of twins, triplets, and quadruplets.*

Segal, N. (1999) **Entwined Lives: Twins and What They Tell Us About Human Behavior.** New York: Dutton Press *Intelligence & personality, developmental & rearing issues affecting twins.*



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Journey Through Schizophrenia New York: St. Martin's Press.

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Keith, L., Blickstein, I., Oleszczuk, J., & Keith, D. (Eds.) (2002) **Triplet Pregnancies and Their Consequences** New York: CRC Press-Parthenon Publishers. *Useful reference.*

♥ **FREE** Multiple Births Foundation (2011) **Guidance for Health Professionals on Feeding Twins, Triplets and Higher Order Multiples** London UK: MBF. www.multiplebirths.org.uk

♥ National Institute for Health and Clinical Excellence (2011) **The management of twin and triplet pregnancies in the antenatal period**—clinical guidelines. Full and quick reference guides: www.nice.org.uk/CG129 *Recommended*

Quintero, Rubén (Ed.) (2007) **Twin-Twin Transfusion Syndrome** London, UK: Informa Health Care

Royal College of Obstetricians & Gynaecologists (Dec. 2008) **Management of Monochorionic Twin Pregnancy** Green-top Guideline 51 <http://www.rcog.org.uk/files/rcog-corp/uploaded-files/T51ManagementMonochorionicTwinPregnancy2008a.pdf>

Newsletters & Magazines



MULTIPLE MOMENTS for families expecting or who have twins, triplets or more. Electronic Blog of articles and stories for Canadian multiple birth families. Free to MBC members. Non-members \$10/yr or \$17/2yrs. MBC PO Box 352 Lefroy, ON L0L 1W0 Toll Free Canada 1-866-228-8824 office@multiplebirthscanada.org www.multiplebirthscanada.org

ICOMBO Newsletter (International Council of Multiple Birth Organizations) Free: <http://icombo.org/icombo-newsletters> <http://icombo.org>

TWINS™ Magazine 6 Digital issues/yr. Free. www.twinsmagazine.com



DVDs & Downloads updated 2017



Check out **YouTube.com** for multiple birth video stories

Multiples in the Womb: National Geographic (2006) Twins, triplets, quadruplets via **3D & 4D ultrasound**) DVD (1 disc 90 min.) \$10 US Conception to just after birth. Superb photography. Known in the UK as *Your Babies' Journey: Twins, Triplets & Quads.* & **Twins in the Womb** (2009) \$17 USD from Amazon.com (US). Excellent reviews.

Expecting More Than One: Pregnancy, Birth & After (2003) Twins and Multiple Births Association-TAMBA UK. 35 min. £16.50 *Follows several expectant and new parents of twins, triplets.* enquiries@tamba.org.uk www.tamba.org.uk

Management of twin birth <https://www.babycentre.co.uk/v25018817/how-will-my-twin-or-multiple-births-be-managed-video> NHS of UK

Multiple Birth Video Guide (2001) Australian Multiple Birth Association—AMBA) 51 min. Twin & triplet pregnancy, parenting, breastfeeding. *Detailed, realistic, graphic++ vaginal & Caesarean delivery, helpful hints from parents of multiples.* Contact AMBA (\$27 Aus+ postage) www.amba.org.au

Multiples: More of Everything (2009) DVD USA
Vol. 1: Prenatal through Birth 26 min.
Vol. 2: At Home & Breastfeeding 29 min.
www.parentbooks.ca \$80 for both Vol. (home use only).

- **1, 2, 3 Go! A Video Survival Guide for Expectant Parents of Triplets and Quadruplets** (2004—USA) 95 min. DVD (\$20 US). *Care during pregnancy and afterward with 13 couples and 5 health professionals providing information, stories and tips.* BC Women's/Children's Hospital Family Support & Resource Centre. Amazon. Mixed reviews.



<http://multiples.about.com/od/picturesphotos/ig/Triplet-Photo-Gallery/blgal415>.

The Mystery of Twins (2007) Directed by Nils Tavernier. Followed a pregnant couple which led to explanations of the scientific aspects of twinning. 1hr. 35 min. Currently unavailable from Amazon.

Breastfeeding Multiples Videos See also **YouTube**

Free Breastfeeding Twins or More UK: National Health Services. *3 mothers share tips on feeding twins.* 10 min. <https://www.nhs.uk/video/Pages/feeding-twins.aspx>

A Premie Needs His Mother: First Steps To Breastfeeding Your Premature Baby (2002) DVD. Part 1: 35 min & Part 2: 21 min. *Includes 2 sets of twins born at 29 weeks and followed for 5 months. Positive reviews.* Author: Jane Morton, MD Clinical Prof. Pediatrics, Stanford Univ. Medical Center. (\$125.00 USD) www.breastmilkssolutions.com/premie_needs.html

Online Resources

CAUTION! Multiple-birth information on the web may **not** be reliable or recommended by your health care providers. *Last update Aug 2017*

Organizations, Consultants & Useful Information

See also: *Triplets + More*

- Multiple Births Canada—the national organization www.multiplebirthscanada.org
- *Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples* www.multiplebirthscanada.org/english/documents/Declaration2010.pdf
- TAMBA: *Effects of Multiple Births on Families* www.tamba.org.uk/Document.Doc?id=268
- One at a Time: Better Outcomes for Fertility Treatment www.oneatatime.org.uk/index.htm
- National Institute for Health & Care Excellence NICE (UK): *Full & Quick Reference Guidelines—Management Twin/Triplet Pregnancy 2011* www.nice.org.uk/CG129
- Multiple Births Resource Website (Can.) <http://jumelle.ca>
- Dr. Barbara Luke USA (nutrition in multiple preg. researcher, dietitian) www.drbarbaraluke.com
- Motherisk Toronto Sick Kids—Helpline nausea/vomiting, drug/alcohol, herbal/medication safety www.motherisk.org

- MotherToBaby (Org. Teratology Info. Specialists) USA (effects of drugs, medications, chemicals on the fetus) Ask the experts. www.mothersbaby.org
- Best Start/Motherisk (Canada): *How to Survive Morning Sickness*
www.beststart.org/resources/rep_health/2013_pdfs/BSRC_morning_sickness_online.pdf



<http://multiples.about.com/od/picturesphotos/ig/Twin-Sibling-Photo-Gallery/blgal1187.-7Vy.htm>

- National Health Service (UK) (includes videos)
www.nhs.uk/conditions/pregnancy-and-baby/pages/what-causes-twins.aspx#close
- BC Prenatal Genetic Screening Program www.bcprenatalscreening.ca
- Multiple Births Foundation (UK)
www.multiplebirths.org.uk
- Marvelous Multiples Inc. (USA) (prenatal care info) www.marvelousmultiples.com
- Multiples of America (USA)
www.MultiplesofAmerica.org
- Australian Multiple Birth Association
www.amba.org.au
- Fédération Jumeaux et plus (France)
<http://www.jumeaux-et-plus.asso.fr/>

- Multiple pregnancy (UK) www.patient.co.uk/doctor/multiple-pregnancy
- Northwest Association of Mothers of Twins Clubs www.nwamotc.org
- Get It Together! & Keep It Together! (Can.) Multiples prenatal & postnatal consulting/ workshops S. Ontario (Vera Teschow) www.verateschow.com/twins

More Information & Support Sites

- Medline Plus (USA) www.nlm.nih.gov/medlineplus/twinstripletsmultiplebirths.html
- Preparing for Multiple Birth (Nemours, USA) <http://kidshealth.org/en/parents/multiple-births.html>
- March of Dimes (USA) (Search: *Multiples*) www.marchofdimes.com
- International Society for Twin Studies <http://twinstudies.org>
- BabyCenter Canada www.babycenter.ca/g25002255/expecting-twins-and-multiples
- Twin Pregnancy & Beyond www.twin-pregnancy-and-beyond.com
- BabyCenter (Search: twins, multiples, breastfeeding twins etc.) www.babycenter.com
- Twin Doctor (Dr. Khanh-Van Le-Bucklin) www.twinsdoctor.com
- Very Well: Pregnancy/Parenting Multiples (USA) <https://www.verywell.com/multiples-4014685>
- *Twins Magazine* www.twinsmagazine.com
- Dads Guide to Twins (Joe Rawlinson, father) www.dadsguidetotwins.com
- Raising Twins (pregnancy and beyond) www.raising-twins.com
- Twin stuff www.twinstuff.com
- Talk about Twins (C. Tinglof, author twin book USA) <http://christinabaglivitinglof.com>
- Twiniversity (N. Diaz USA lots of useful tips and info) <http://twiniversity.com>
- Premature Baby/Child (links to support, research) www.prematurity.org
- Stork Net www.storknet.com/ip/reproductive_years/high_risk/multiple_pregnancy.html
- Adoptive Families Association of BC www.bcadoption.com

Triplets, Quadruplets + More



Newly Born <http://multiples.about.com/od/picturesphotos/ig/Triplet-Photo-Gallery>



www.hiitsjilly.com/2013/04/mothers-of-multiples-faq.html

- Multiple Births Canada www.multiplebirthscanada.org
- National Institute for Health & Care Excellence NICE (UK): *Full & Quick Reference Guidelines—Management Twin/Triplet Pregnancy 2011* www.nice.org.uk/CG129
- Raising Multiples (triplets and more) www.raisingmultiples.org
- Premie Care (Division of Raising Multiples) <http://premierecare.org/>
- Hi, It's Jilly! FAQ of Strangers! www.hiitsjilly.com/2013/04/mothers-of-multiples-faq.html

Breastfeeding Multiples



www.raising-twins.com/breastfeeding-twins1.html

- Multiple Births Canada: Breastfeeding Support Network www.multiplebirthscanada.org
- Feeding Twins, Triplets & more 2011 (for Parents) www.multiplebirths.org.uk/MBFParentsFeedingGuideFINALVERSION.pdf
- Breastfeeding Multiples (Linda Leonard, Canada: Extensive guidelines) <http://www.perinatal-servicesbc.ca/NR/rdonlyres/D72E27F9-11A1-4E97-8E7D-DF60B5EFE57C/0/BFGuidelinesBreastfeedingMultiplesPartIII3.pdf>
- Guidelines for Breastfeeding Twins, Triplets and [more] (Health Professional vers.) UK http://www.multiplebirths.org.uk/MBF_Professionals_Final.pdf
- Karen Gromada (breastfeeding multiples specialist) www.karengromada.com

- Australian Breastfeeding Association (search twins, triplets, quads) www.breastfeeding.asn.au/bfinfo/index.html
- St John's Breastfeeding Alliance <http://members.tripod.com/~sjba/articles.htm#twins>
- Allaitement-Jumeaux et Plus (France—+ Italian) www.allaitement-jumeaux.com
- BabyCenter—Search breastfeeding twins, triplets www.babycenter.com
- Breastfeeding After Breast Reduction and Nipple Surgeries www.bfar.org/

Pregnancy Complications

- BC Prenatal Genetic Screening Program www.bcprenatalscreening.ca
- Sidelines: Support for Women with Complicated Pregnancies www.sidelines.org
- Diagnosis & Treatment of Twin to Twin Transfusion Syndrome and Other Fetal Conditions:
 - Multiple Births Foundation: Monochorionic Twins & Twin to Twin Transfusion Syndrome Pt 1 & 2.: booklet for Parents www.multiplebirths.org.uk/MC%20Pregnancy%20%20Version%2012%2017%205%2010.pdf
 - Monochorionic Twin Pregnancy Management Guidelines (Royal Coll.Ob & Gyn) UK www.rcog.org.uk/womens-health/clinical-guidance/management-monochorionic-twin-pregnancy
 - Twin to Twin Transfusion Syndrome Foundation (USA) www.tttsfoundation.org
 - Twin to Twin Transfusion Syndrome Australia & New Zealand <http://ausnzttts.wixsite.com/ausnzttts>
 - Monoamniotic Monochorionic Support Site <http://monoamniotic.org>
 - Mt. Sinai, Toronto ON http://www.mountsinai.on.ca/about_us/news/2014-news/patient-thanks-clinicians-for-saving-twins-in-utero-1
 - U. Calif., San Francisco Medical Center: <http://fetus.ucsf.edu/conditions-treatments>
 - Jackson Fetal Therapy Institute <http://www.jacksonhealth.org/fetal-therapy.asp>
 - Medical College Wisconsin <https://obgyn.mcw.edu/news/department-news/advanced-procedure-helps-bring-healthy-twins-into-the-world/>
- Conjoined Twins (Mayo Clinic) Search Conjoined Twins <https://www.mayoclinic.org/diseases-conditions/conjoined-twins/symptoms-causes/syc-20353910>
- Conjoined Twins (Univ. Maryland) www.umm.edu/conjoined_twins/facts.htm



Abby & Belle, conjoined twins were separated successfully at Mayo Clinic
www.msnbc.msn.com/id/12905838/

Depression & Anxiety... before & after the births...moms & dads

- Pacific Post Partum Support Society (Canada) www.postpartum.org
- Reproductive Mental Health at BC Women's <https://www.reproductivementalhealth.ca/>
- Perinatal Mood Disorder Awareness Ltd. (Canada –peer support) www.ppda.ca
- Postpartum Support International (PSI) USA Helpful links www.postpartum.net
- Postpartum Dads (postpartum depression help for dads) www.postpartumdads.org
- PPDepression Study Results 2014 <http://icombo.org/wp-content/uploads/2010/12/PPMD-Study-for-website.pdf>

Multiples with Special Needs

- Multiple Births Canada www.multiplebirthscanada.org
- Raising Special Needs Multiples UK www.twinsuk.co.uk/twinstips/21/9933921/special-needs-children/raising-special-needs-twins-&-multiples/
- TAMBA (UK) <https://www.tamba.org.uk/Support/Special-Needs>

Loss & Bereavement ... Information & Support

- Bereavement Support (Canada) <http://jumelle.ca/category/bereavement-support>
- CLIMB (Center for Loss in Multiple Birth) www.climb-support.org
- LAMBS (Loss of All in Multiple Birth Support) www.public.iastate.edu/~cjenks/lambs.html
- Australian Multiple Birth Bereavement Support www.amba.org.au/bereavement.php
- Twinless Twins (USA & Canada) www.twinlesstwins.org
- Lone Twin Network (UK) <https://lonetwinnetwork.org.uk/>
- National Twin Loss Support (Australia) www.nationaltwinloss.org.au/links.ntls.htm
- Twinless Twin Support Groups <http://twinless-twins-support-group.meetup.com>
- Wombtwin (Loss of a twin during pregnancy) (UK) www.wombtwin.com
- Vanishing Twin Syndrome www.vanishingtwin.com

Organizations

(see also Online Resources)

Canada



Multiple Births Canada/

Naissances multiples Canada (MBC)

PO Box 352 Lefroy, ON L0L 1W0 Canada Toll Free in Canada 1-866-228-8824

office@multiplebirthscanada.org.

www.multiplebirthscanada.org.

Motherisk (Hospital for Sick Children, Toronto)
Excellent information. Helpline for nausea/vomiting, substance and alcohol use, HIV, medication safety during pregnancy and breastfeeding: 1-800-436-8477.
www.motherisk.org.

USA & International Organizations

Australian Multiple Birth Association PO Box 105,
Coogee, New South Wales 2034 Australia
secretary@amba.org.au or www.amba.org.au

International Council of Multiple Birth Organizations

chair@icombo.org or <http://icombo.org> 2016 Chair:

Monica Rankin, 27 London Cres., Narre Warren, Victoria, 3805 Australia



<http://community.babycenter.com/pcphoto/125845>

Marvelous Multiples, Inc. *Nancy Bowers: Childbirth education for expectant multiple birth families and resources for health professionals.* P.O. Box 381164 Birmingham, AL 35238 USA Tel:205-437-3575; marvmult@aol.com or www.marvelousmultiples.com

Multiple Births Foundation (UK)

Hammersmith House Level 4, Queen Charlotte's and Chelsea Hospital, Du Cane Road, London, W12 0HS. UK Tel: 0208 383 3519; info@multiplebirths.org.uk or www.multiplebirths.org.uk.

Multiples of America formerly National Org of Mothers of Twins Clubs Inc. Exec. Office, 2000 Mallory Lane Suite 130-600 Franklin, TN 37067-8231 USA info@MultiplesofAmerica.org www.multiplesofamerica.org

Northwest Association of Mothers of Twins Clubs NWAMOTC BC, Alaska, Idaho, Montana, Oregon & Washington. nwamotc@gmail.com or www.nwamotc.org/.

Raising Multiples formerly MOST – mothers of supertwins. P.O. Box 306 East Islip, NY 11730-0306 USA info@raisingmultiples.org www.raisingmultiples.org

Organizations: Bereavement

Bereavement (Lynda Haddon, Canada) Tel: 613-267-6754 lynda@jumelle.ca <http://jumelle.ca/category/bereavement-support> *Excellent resources & support.*

Center for Loss in Multiple Birth, Inc. (CLIMB) c/o Jean Kollantai P.O. Box 91377, Anchorage, AK USA 99509 Tel: 907-222-5321; climb@pobox.alaska.net or www.climb-support.org. *Parent-to-parent support.. Also assists extended families, caregivers, multiples organizations.*

Twinless Twins PO Box 980481, Ypsilanti, MI USA 48198-0481 Toll-free: 1-888-205-8962 E-mail: contact@twinlesstwins.org www.twinlesstwins.org

Organizations: Special Circumstances & Complications

Human Milk Banks *Screened, tested & pasteurized breast milk is available to mothers with insufficient milk production.* In Canada: 1. BC Women's Provincial Breast Milk Bank 604-875-3743 or mbscreening@cw.bc.ca www.bcwomens.ca/our-services/labour-birth-post-birth-care/milk-bank 2. Rogers Hixon Ontario Human Milk Bank www.milkbankontario.ca 416-586-4800 x 3053 or info@milkbankontario.ca

Monoamniotic-Monochorionic Support

momo@monoamniotic.org or <http://monoamniotic.org>.



Sidelines National Support Network (USA) Support for high risk mothers (pregnancy complications & premature birth) and their families. P.O. Box 1808 Laguna Beach, CA 92652 Toll Free: 888-447-4754 (HI-RISK4) candace@sidelines.org or <https://www.sidelines.org>

Twin to Twin Transfusion Syndrome (TTTS) Foundation Inc. 411 Longbeach Pkwy, Bay Village, OH 44140 USA Tel:440-899-8887; info@tttsfoundation.org or www.tttsfoundation.org

Multiples-Related Research



Check **Multiple Birth Organizations** for research projects:

- Multiple Births Canada www.multiplebirthscanada.org
- Multiples of America: www.multiplesofamerica.org
- International Society for Twin Studies:
<http://twinstudies.org/>

Twin Studies Nancy L. Segal, PhD Prof. Psychology & Director of Twin Studies Center, California State University, P.O. Box 6846 Fullerton, CA 92834 – 6846 USA 657-278-2142. nsegal@fullerton.edu. or

<http://hss.fullerton.edu/psychology/facultypage/nsegal.asp>



about the Author

Linda G. Leonard, RN: Non-Practising, Associate Professor Emeritus, University of BC, specializes in multiple pregnancy and parenthood. She developed and operates the *UBC Multiple Births Support Program* which provides online informational support to families expecting or raising multiple-birth children.

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