

**Multiple Birth Awareness Week**  
**24th of February to 3rd of March**

More multiple births

More women are having babies after age 30 and more are taking fertility drugs. Both boost the chance of carrying more than one baby. A family history of twins also makes multiples more likely.

Multiple birth pregnancy

Years ago, most twins came as a surprise. Now, most women know about a multiple pregnancy early. Women with multiple pregnancies should see their health care providers more often than women who are expecting one baby. Multiple pregnancy babies have a much higher risk of being born prematurely and having a low birth weight. There is also more of a risk of disabilities. Some women have to go on bed rest to delay labor. Finally, they may deliver by C-section, especially if there are three babies or more.

Parenting multiples

Parenting multiples can be a challenge. Volunteer help and support groups for parents of multiples can help. The journey of carrying, delivering and raising two or more babies at once is no easy feat and a task best shared with a trusted and supportive network. The Australian Multiple Birth Association (AMBA) helps families build these essential connections by linking them with community, information and support.

The theme for Multiple Birth Awareness Week (MBAW) 2019 is 'Share the Journey'.



### 'Share the Journey'

Many parents of multiples feel isolated and overwhelmed due to their unique situation. Mental health issues occur at a much higher rate in parents of multiples. A strong sense of belonging is essential for good mental health and wellbeing. AMBA fosters these connections by linking families to a community of local multiple birth families.

Those who actively 'share the journey' with their peers often develop strong bonds and lifelong friendships through the shared experience of parenting multiples and the many unique joys and challenges this brings.

By getting involved in club activities such as information sessions and playgroups, parents will have the opportunity to share their stories, knowledge and skills as well as offering words of reassurance and encouragement that build confidence and a sense of belonging.

**Parenting multiples is a journey best shared.**

**Please encourage anyone you know with Multiples to use the resources: [www.amba.org.au](http://www.amba.org.au)**

### ***Resources:***

<https://www.amba.org.au/organisation/about/amba-news/multiple-birth-awareness-week-2019>

<https://medlineplus.gov/twintripletsmultiplebirths.html>

