

# Twins, Triplets & More!

Resource Guide for Multiple Pregnancy & Parenthood

March 2020: The Final (Last) Edition

[www.nursing.ubc.ca/pdfs/twinstripletsandmore.pdf](http://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 multiples-specific support groups, prenatal classes, web and social media sites, books, audiovisuals, and organizations?"

This resource guide is designed for multiple-birth families living in Canada, particularly those in British Columbia and the BC Lower Mainland. Examples of products and businesses appear in the Guide for information purposes only and are *not* intended as an endorsement. The Guide contains web URL's and e-mail addresses which you can click on. Please note: Resources and contact data change frequently.

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.

The Guide is now in its 38<sup>th</sup> year; this edition will be the final one. Fortunately, the information contained within can be accessed more readily now than when the Guide was first created. Plus, it is time for me to retire! Thank you for the positive and helpful comments over the years.

With best wishes,

*Linda G. Leonard*

# Contents of the Guide



Dear Expectant & New Parents .....	<i>i</i>
Before Your Babies Arrive... <i>Where can you get information &amp; support?</i> .....	1
Multiple Birth Statistics .....	2
Multiple-Birth Support Groups .....	3
Contacts for Multiple-Birth Support Groups in British Columbia .....	4
Triplets, Quads & More .....	5
Nutrition and Multiple Pregnancy .....	5
Massage, Relaxation, Physio etc. ....	6
Employment Leave & Benefits .....	6
Financial, Home Support & Childcare... <i>before and after the births</i> .....	7
Pregnancy Home Care Programs .....	8
Need Equipment & Supplies? .....	9
Car Seats .....	9
Cribs and more .....	11
Strollers .....	10
Sources .....	12
Infant-feeding Pillows & Breast Pumps ....	11
Banking Stem Cells at Birth .....	12
The Babies Arrive! .....	12
Parenting & Infant-Feeding Support... <i>from you community health team</i> .....	13
<i>HealthLink BC: Telephone Support</i> .....	14
More Breastfeeding Help... while in hospital and at home .....	15
Home and Outdoor Safety for Multiples.....	16
Feeling Isolated? – Getting out with your babies .....	16
Support Networks of <i>Multiple Births Canada</i> .....	17
<i>Adult Multiples</i> <i>Breastfeeding</i> <i>Dads</i> <i>Francophone</i> <i>LGBTQ2S</i>	
<i>Lone Parent</i> <i>Post Partum Depression/Anxiety</i> <i>Preemies</i>	
<i>Special Needs</i> <i>Triplets, Quads Quints</i> <i>Loss/Bereavement</i>	
Sadness, Depression, Anxiety, Feeling Overwhelmed... <i>there is help</i> .....	18
Are they Identical or Fraternal? DNA testing .....	19
Multiple-Births Awareness Days and Week .....	19
Online Resources .....	20
Information, consultants ...	20
Breastfeeding .....	22
Special Needs .....	23
More support sites .....	21
Complications .....	22
Loss & Bereavement ...	23
Triplets, quads and more... ..	21
Depression, anxiety..	23
DVDs <i>Videos and Downloads</i> .....	24
Books .....	25
Multiple pregnancy ...	25
Breastfeeding ....	33
Psycho-Social, Medical .....	35
Parenting multiples ...	28
Preemies .....	34
Newsletters .....	37
Parenting Triplets + ...	32
Bereavement .....	34
For Health Professionals ....	37
Organizations .....	38
Multiples-Related Research .....	39
About the Author .....	39



## Before Your Babies Arrive

### Sources of Information & Support

#### Parents of Multiples and Multiples' Support Groups

They provide information and support about multiple pregnancy, caring for oneself and the babies, and securing needed help. (See p.4) Your community health nurse (pp.13-14) may know of families with multiples living in your area. Also, there are also numerous multiples-specific sites online and on social media platforms.

#### Prenatal Education and Breastfeeding Classes

**Seminar for parents expecting twins, triplets or more.** This free 2 hr. seminar is an add-on to regular prenatal classes. Offered by *The Childbearing Society* (3569 Commercial St., Vancouver). 604-878-1031, [registration@childbearing.org](mailto:registration@childbearing.org). TwinTime drop-in after the babies are born. [www.childbearing.org/prenatal-classes-vancouver/multiples-prenatal-workshop/](http://www.childbearing.org/prenatal-classes-vancouver/multiples-prenatal-workshop/)

**BC Women's Breastfeeding Multiple Babies** 2 hour info class 3-4 times/yr for expectant families. 604-875-2282 or 604-875-3743. <http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/breastfeeding-clinic>

**Prenatal Course for Multiples:** for expectant families.. Five free information sessions. *NB: Content is no longer being maintained as of 2018.* By Vera Teschow, certified teacher (Ontario), mother of twins. [www.babiesinbelly.com](http://www.babiesinbelly.com)

**Twins/Multiples Prenatal Class by Baby Prep™** One 6 hr. session @\$525/couple (2x 3hr. sessions @ \$550) by Vancouver BC RN's. <https://www.babyprep.ca/private/twins-multiples/> 778-389-0048 [info@babyprep.ca](mailto:info@babyprep.ca)

**General prenatal & breastfeeding education classes** (singleton pregnancy focus) For private & group classes: <https://pregnancyvancouver.ca/resources/prenatal-classes/>.

**In this Guide:** see *DVD's; Books; Online Resources; Organizations*

**Understanding your Multiples eClass** by InJoy Health Education For use by prenatal educators/health professionals. Contact [custserv@injoyhe.com](mailto:custserv@injoyhe.com) for pricing <https://injoyhealtheducation.com/all-products/understanding-your-multiples-e-class.html>

**Start Pre-natal Multiple Birth Education Classes in your community:**

*Multiple-Birth Prenatal Class Content/Curriculum* by Lynda Haddon (Canada) for those with and without a health care background: <https://jumelle.ca> then click on *About*



# Multiple Birth Statistics

## Number of multiple births, annually

Canada (Stats Canada 2018): 11,524 multiple birth babies or 3.1% of live births.

Triplets or more represent 0.1% of live births (2016).

British Columbia (2018): 1,324 multiple births (~650 twin pregnancies) or 3.0% of live births.

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

## Percentage of Multiple Births in BC

	Fiscal Year				
	2012/13	2013/14	2014/15	2015/16	2016/17
Multiple Gestation	3.2%	3.4%	3.4%	3.2%	3.2%

Perinatal Services BC (Sept. 2018). *Perinatal Health Report: Deliveries in British Columbia 2016/17*. Vancouver, BC. p. 53

## Delivery

30% of multiples (vast majority are twins) have a vaginal birth (BC: 2014-2015). The BC Caesarean birth rate for multiples is 70%.

## Average length of pregnancy in Canada (2017)

Twin pregnancy: ~36 weeks. Triplet pregnancy: 32-33 weeks.

40% of multiples are born at term (37 or more completed weeks of pregnancy).

60% 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.

## Average weight at birth in Canada (2018)

46% of multiples weigh at least 2500 gm (5lb-8oz) (each baby)

54% of multiples weigh less than 2,500 gm

9% 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 Assisted Reproductive Technologies (ART)

In BC (2016-2017), 31% of multiple live births involved the use of ART

(e.g., IVF, ICSI, embryo transfer, ovulation induction).

## Age of mother and multiple births in Canada (2016)

Twins: 33% of twins occur to women 29 years and younger; 67% to women 30 years and older. (60% occur to women between the ages of 30-39 years of age.)

Triplets or more: 28% occur to women 29 years and younger; 72% to women 30 years and older. (62% occur to women 30-39 years of age.)

## Fetal deaths

Canada (2018) (20 weeks or more, 500gm or more): 184 = 1.6% of multiples

British Columbia (2017) 40= 3% of multiples

# Multiple-Birth Groups

## Who Can Access Multiple-Birth Support Groups (face-to-face and social media)?

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

## What are the Benefits of Making Contact with a Multiples' Group?



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

## Is There a Fee To Join?

Many groups are free while others charge a small fee. A few groups are members of the national non-profit organization *Multiple Births Canada (MBC)* or the regional *Northwest Association of Mothers of Twins Clubs*. Become a member of *MBC* (\$10/year) and benefit from their informative and supportive resources.

## How Do I Find a Multiples' Group Near Me?

See page 4. Or, contact your local community (public) health nurse, *Multiple Births Canada*, or other health care providers. Not a group in your area? Consider joining one of the online or social media groups.



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

Canada's national non-profit registered charity supports multiple-birth families during pregnancy and long after the children are born. MBC offers access to a community of multiple birth parents, educational materials, a newsletter and several peer support networks. Details at [www.multiplebirths.ca](http://www.multiplebirths.ca) and in this Guide. Note MBC logo and p.17.

Check out: *Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples* Go to [www.multiplebirths.ca/resources](http://www.multiplebirths.ca/resources) → Item 102b

**Great gift:** Annual membership in MBC for \$10. [office@multiplebirths.ca](mailto:office@multiplebirths.ca) or [www.multiplebirths.ca](http://www.multiplebirths.ca)  
Toll free in Canada 1-866-228-8824. 7-2 King Street West, Unit #155 Hamilton, ON  
L8P 4S0 Canada.

## B.C. Multiple-Birth Group Contacts Updated January-February 2020

<b>Vancouver Twins &amp; More</b> <i>Serves Vancouver &amp; Burnaby</i>	Facebook: <a href="https://www.facebook.com/groups/522568444476888/">https://www.facebook.com/groups/522568444476888/</a>
<b>North Shore Parents of Multiples</b> <i>North &amp; West Vancouver, Horseshoe Bay &amp; Squamish</i>	<a href="https://www.nsmom.org/">https://www.nsmom.org/</a> E-mail from site. <a href="https://www.facebook.com/NorthShoreMothersOfMultiples/">https://www.facebook.com/NorthShoreMothersOfMultiples/</a>
<b>Sea to Sky</b> <i>Squamish to Pemberton</i>	Sea to Sky Community Service Society Infant Dev. Program Gabi: <a href="mailto:gabi.moeller@sscs.ca">gabi.moeller@sscs.ca</a> or? 604 938 4041
<b>Richmond-Delta Parents of Twins</b> <i>Richmond, Delta, Ladner, Tsawwassen &amp; White Rock</i>	Usually meets 1 <sup>st</sup> Wed. of month 7-9 pm at <i>South Arm Comm. Centre</i> . Check first! <a href="https://www.facebook.com/pages/category/Nonprofit-Organization/Richmond-Delta-Parents-of-Twins-Triplets-102341499763/">https://www.facebook.com/pages/category/Nonprofit-Organization/Richmond-Delta-Parents-of-Twins-Triplets-102341499763/</a>
<b>New Westminster Multiples</b> *2 hour parking located on the street in front of the school and on side streets	<i>Qayqayt Early Years Centre</i> 85 Merivale St., New Westminster. 2020: Group meets once a month on Thursdays. Contact: Drew McMahon at 604-521-8078, ext. 319 or <a href="mailto:dmcMahon@kinsight.org">dmcMahon@kinsight.org</a>
<b>Tri-Cities Multiples</b> <i>Coquitlam, Pt Coquitlam, Pt. Moody, Anmore, Belcarra</i>	Kinsight: 1551 Salisbury Avenue, Port Coquitlam. 2020: Group meets 2 <sup>nd</sup> Fri of month (NB: Apr. 17) 10:30am-12noon (Jan-June) Contact: Maria Pinzon at 604-525-6123, ext. 106 or <a href="mailto:mpinzon@kinsight.org">mpinzon@kinsight.org</a>
<b>Vancouver Island Multiple Births Association</b>	Web: <a href="https://vimbavictoria.wordpress.com/">https://vimbavictoria.wordpress.com/</a> E-mail via web page or <a href="mailto:vimba234@hotmail.com">vimba234@hotmail.com</a> . Special events, Facebook, Playgroup, Sales and more.
<b>Kelowna Multiple Births Association</b>	E-mail: <a href="mailto:kelownamultiplebirths@gmail.com">kelownamultiplebirths@gmail.com</a> Facebook: <a href="https://www.facebook.com/Kelowna-Multiple-Births-Association-299054296815307/">www.facebook.com/Kelowna-Multiple-Births-Association-299054296815307/</a>
<b>Vernon Multiple Blessings</b>	Support and Play Group Contact: <a href="mailto:connianddave@shaw.ca">connianddave@shaw.ca</a> Or ? 250-260-4388
<b>Prince George Parents of Twins &amp; Triplets Association</b>	Facebook: <a href="https://www.facebook.com/pgpotta/">https://www.facebook.com/pgpotta/</a>
<b>Northwest Association of Mothers of Twins Clubs</b> <i>BC &amp; several US states</i>	Web: <a href="http://www.nwamotc.org">www.nwamotc.org</a>
	Toll Free (Canada) 1-866-228-8824 <a href="mailto:office@multiplebirths.ca">office@multiplebirths.ca</a> <a href="http://www.multiplebirths.ca">www.multiplebirths.ca</a> Several Facebook & Support Network groups

# Triplets & More...



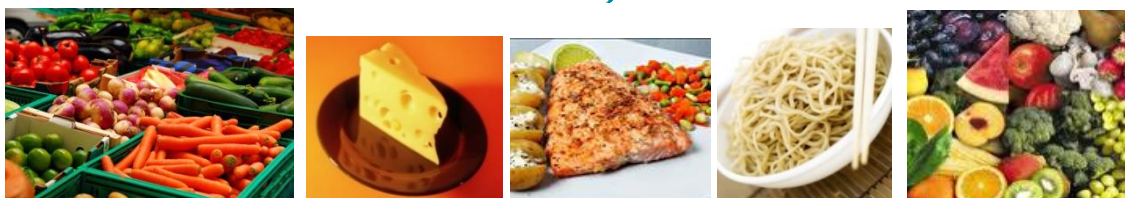
**Multiple Births Canada: Triplets, Quads, Quints or More Support Network** offers support, info. and links to other expectant and new parents of triplets, quads and more. Toll-Free in Canada 1-866-228-8824; [office@multiplebirths.ca](mailto:office@multiplebirths.ca) or <https://www.multiplebirths.ca/parents-of-multiples>

USA organizations offer excellent information and support to Canadian families expecting or who have *triplets, quads or more*: **Raising Multiples** [www.raisingmultiples.org](http://www.raisingmultiples.org) (info@raisingmultiples.org) **Multiples of America** [www.multiplesofamerica.org](http://www.multiplesofamerica.org) (info@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. To access families, contact *Multiple Births Canada*, your local multiples' group, or US/international organizations. Check out the web for social media sites and blogs established by parents of triplets or more.

See also **Online Resources, Books, Newsletters & 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:

\* **Registered Dietitian: HealthLink BC** (BC Ministry of Health)

A Registered Dietitian will answer your questions and counsel you. M-F 9 am-5 pm Call **8-1-1**. Service available in 130 languages. For hearing impaired: TTY 7-1-1 Lots of nutrition information before and after the babies are born. [www.healthlinkbc.ca/healthy-eating/pregnancy](http://www.healthlinkbc.ca/healthy-eating/pregnancy) and *Food Safety During Pregnancy* [www.healthlinkbc.ca/healthyeating/food-safety-pregnancy.html](http://www.healthlinkbc.ca/healthyeating/food-safety-pregnancy.html)

\* **Healthiest Babies Possible/ Canada Prenatal Nutrition Program (CPNP)** Have a healthy pregnancy –nutrition and other support for women. Offered in several languages. [www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/cpnp-pcnp/index-eng.php](http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/cpnp-pcnp/index-eng.php) For Vancouver & Richmond: R. & L. Lee Community Health Centre 1669 E. Broadway 604-877-4672; E-mail: [hbp@vch.ca](mailto:hbp@vch.ca) [www.vch.ca/locations-services/result?res\\_id=1332](http://www.vch.ca/locations-services/result?res_id=1332)

**Guides:** *Nutrition Guidelines for Multiple Pregnancy* (2014) Go to [www.multiplebirths.ca/resources](http://www.multiplebirths.ca/resources) → Item #205.

**Book:** B. Luke & T. Eberlein (2017) *When You Are Expecting Twins, Triplets or Quads* 4<sup>th</sup> Ed. NB: Excellent resource. NB: Recommended number of food 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](http://www.vanfct.com) ; Amie (Brotsky) McColl, RMT (Victoria) [amiemccoll@gmail.com](mailto:amiemccoll@gmail.com) 250-384-8038 or <https://amiemccollrmt.janeapp.com/>

**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: Physiotherapist, 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 Mar. 2019**

The maternity benefit for the person giving birth is up to 15 weeks. This is followed by two options of the parental benefit for eligible parents. Standard (up to 40 weeks at a benefit rate of 55%) and Extended (up to 69 weeks at benefit rate of 33%). The benefit can be shared between parents. Backgrounder: <https://www.canada.ca/en/employment-social-development/news/2019/02/backgrounder-parental-sharing-benefit.html> Please check the following site for your options: [www.canada.ca/en/services/benefits/ei/ei-maternity-parental.html](http://www.canada.ca/en/services/benefits/ei/ei-maternity-parental.html) or visit/call your nearest Service 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 woman 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. [www.canada.ca/en/services/benefits/ei/ei-sickness.html](http://www.canada.ca/en/services/benefits/ei/ei-sickness.html)

**BC Employment Standards Act: Pregnancy and Parental Leave, as of 2019**

*Expectant* mothers are entitled to up to 17 wks. unpaid *pregnancy* leave which can begin no earlier than 13 wks. before the expected birth date and, can be extended 6 wks. in certain cases. <https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards/time-off/leaves-of-absence#types>

*Birth* mothers, *birth fathers* and an *adoptive parent* are entitled to up to 61 weeks 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. Fact sheet: <https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards/forms-resources/igm/esa-part-6-section-51?keyword=parental&keyword=leave> Call toll free 1-800-663-7867 or Call (Vancouver) or Text 1-604-660-2421.

# Financial, Home & Childcare Support before & after the births



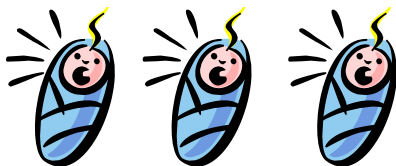
*Parents of multiples will tell you that reliable help on a regular basis is needed in the early months after the babies are born. It is rarely effective to rely on friends and family to volunteer on an occasional basis. Multiple birth parents have tips on how to manage parenting, how to find help, and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

## **Federal Government Benefits** as of 2019

- The *Canada Child Benefit* is a tax-free monthly payment based on the adjusted family net income. Eligible families, as of July 20, 2019, will receive up to \$6,639/yr. for each child under age 6 yrs. and up to \$5,602/yr. for each child age 6-17 years. You must apply to receive the benefit and file yearly income tax returns. [www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html](http://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html)
- May also be eligible for the GST/HST tax credit. [www.canada.ca/en/revenue-agency/services/child-family-benefits/gsthstc-eligibility.html](http://www.canada.ca/en/revenue-agency/services/child-family-benefits/gsthstc-eligibility.html)
- Infant or child with a severe and prolonged impairment in physical and mental functions? *Child Disability Benefit* of up to \$2,832/yr. (\$236.00 per month) per each eligible child (July 2019-June 2020) Non-taxable. <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html> Consider starting a *Registered Disability Savings Plan*: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>
- *Child Care Expense Deduction* for lower income families. The deduction is limited to \$8,000/yr. for a child under age 7, \$5,000 for other eligible children aged 7-16 and \$11,000 for a child who qualifies for the disability tax credit.
- See *Employment Benefits and Leave* above for EI.

## **BC Government Benefits** as of 2019

- *BC Family Bonus (BCFB)* forms part of the Canada Child Benefit.
- *BC Early Childhood Tax Benefit (BCECTB)* forms part of the Canada Child Benefit. NB: It is proposed that the BC Child Opportunity Benefit replace the BCECTB as of Oct. 1, 2020.
- *Childcare BC*—for info 1 888 338-6622 or [www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care](http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care)
- *Affordable Child Care Benefit* for eligible lower income BC families <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit>
- Child-care fee reduction initiative: <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/running-daycare-preschool/child-care-operating-funding/child-care-fee-reduction-initiative-provider-opt-in-status>
- Talk with hospital social services or local *Ministry of Children & Family Development* office.



## **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

## **What are some ways people can 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 for appointments, and moral support.*

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.

### ***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 for recommendations. Check local universities/colleges for students enrolled in programs, e.g., nursing, doula, and early childhood education. Responsible high-school students with a baby-sitting course and 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 doula with twin/ triplet experience: Rose Hilton: 604-733-7673, [rose@vandoula.com](mailto:rose@vandoula.com), [www.vandoula.com](http://www.vandoula.com) ; Gaby: 604-757-4964 [www.gabysbabycorner.com](http://www.gabysbabycorner.com); Diana Pearson 604 -605-1079 [dianapearson@hotmail.com](mailto:dianapearson@hotmail.com); *Mother Me Postpartum Doula Agency* 604-524-1793, [www.motherme.ca](http://www.motherme.ca) ; General: *Canadian Nanny*: [www.canadiannanny.ca](http://www.canadiannanny.ca). *International nannies*: [www.internationalnannies.com](http://www.internationalnannies.com)

### ***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. Check income tax matters with Canada Revenue Agency. Also see *BC Employment Standards Guide* [www.labour.gov.bc.ca/esb/esaguide/](http://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](mailto:info@wstcoast.org) or [www.wstcoast.org](http://www.wstcoast.org).

### ***Helpful Booklet: Parents' Guide to Selecting & Monitoring Child Care in BC*** (2016):

[www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/parents\\_guide\\_to\\_selecting\\_and\\_monitoring\\_child\\_care\\_in\\_bc\\_june\\_2016.pdf](http://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/parents_guide_to_selecting_and_monitoring_child_care_in_bc_june_2016.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.*



## 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 antepartum 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. Regular 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/our-services/pregnancy-prenatal-care/antepartum-care#At--Home](http://www.bcwomens.ca/our-services/pregnancy-prenatal-care/antepartum-care#At--Home)

*cont'd*

## Fraser Health Antepartum Care at Home Program



National Geographic

is offered at 2 sites:

\* *Jim Pattison Outpatient Care and Surgery Centre (Surrey)*. 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*. 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.

[www.fraserhealth.ca/Service-Directory/Services/maternal-fetal-infant-services/antepartum-care-at-home-program#.XMVjizBKjcs](http://www.fraserhealth.ca/Service-Directory/Services/maternal-fetal-infant-services/antepartum-care-at-home-program#.XMVjizBKjcs)

**Hyperemesis (severe nausea/vomiting) of pregnancy** is

managed on an outpatient basis by the antepartum nurses at

Royal Columbian Hospital, Jim Pattison Outpatient Care and Surgery Centre (Surrey), and Abbotsford Hospital.

## Need Equipment & Supplies?

Parents of multiples will help you answer the question: Do we need two (or three) of everything for twins (triplets)? What is essential? They will have advice about equipment brands and places to purchase. Be prepared for a variety of different opinions! Converse and read. Be aware that you may not know what works best for you and your babies until after the births.

*NB: 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>

## Infant Car Seats

*All infants in BC must use an age-appropriate car seat, starting when they leave the hospital. Many child car seats are improperly installed or used; have yours checked by qualified personnel\**

### New and Used Infant Car Seats

Ensure that new/used car seats bear the



National Safety mark and will be used within the expiry date. *Yes, car seats have an expiry date!* [www.tc.gc.ca/en/services/road/child-car-seat-safety/choosing-child-car-seat-booster-seat.html](http://www.tc.gc.ca/en/services/road/child-car-seat-safety/choosing-child-car-seat-booster-seat.html) and [www.bcaa.com/community/child-car-seat-safety](http://www.bcaa.com/community/child-car-seat-safety)

### Preterm & Low Birth Weight Babies

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



[www.multiplebirthsfamilies.com/pic.asp?ID=216&type=1](http://www.multiplebirthsfamilies.com/pic.asp?ID=216&type=1)

### \* Infant/Child Car Seat Info and Car Seat Checks

- Car Seat Check List: [www.cw.bc.ca/Library/pdf/Pamphlets/CarSeatChecklistENGLISH.pdf](http://www.cw.bc.ca/Library/pdf/Pamphlets/CarSeatChecklistENGLISH.pdf)
- BCAA - ICBC Child Passenger Safety Program: [www.bcaa.com/community/child-car-seat-safety](http://www.bcaa.com/community/child-car-seat-safety) for detailed info. [roadsafety@bcaa.com](mailto:roadsafety@bcaa.com) Toll Free: 1-877-247-5551



## Strollers for Multiples



There is no one ideal stroller as circumstances vary for each family and change as the children grow. And, there is a dizzying array of strollers with different features to choose from! Check online guides: [www.consumerreports.org/cro/strollers/buying-guide.htm](http://www.consumerreports.org/cro/strollers/buying-guide.htm) and ratings from various sources e.g., [www.thebump.com/a/10-best-double-strollers](http://www.thebump.com/a/10-best-double-strollers) or [www.lucieslist.com/guides/registry-basics-0-6-months-for-twins/best-strollers-twins/](http://www.lucieslist.com/guides/registry-basics-0-6-months-for-twins/best-strollers-twins/)

Some models have reclining seats, convert into different positions or have detachable bassinets and/or car seats that can also be used as baby carriers. The Double Snap-N-Go frame accepts certain car seats (bottom L). Stroller *connectors* join two identical single umbrella strollers (bottom R) -- follow safety-installation instructions. Examples of manufacturers: Baby Jogger, BOB, Mountain Buggy (Duet), Peg-Pérego (Duette), Chariot, UPPA Baby, Ingelsina, Graco, InSTEP, Maclaren, Schwinn, Valco, Bugaboo, Bumbleride, Britax, Joovy, Chicco, etc.



# 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 twins feeding pillows very helpful, others prefer to use a smaller-size nursing pillow or a standard pillow. Ideas on what to consider: <https://about-twins.com/babies/twin-nursing-pillows/>

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



My Brest Friend Twins Plus Nursing Pillow



*NB: Listed price may exclude tax, shipping and/or exchange rate. Some examples:*

- *My Brest Friend Twins Original or Plus Nursing Pillow* A popular pillow! Prices vary depending on model. \$75-130CAD [www.bosom-babies.com/nursing](http://www.bosom-babies.com/nursing) (Edmonton, AB) Check: Amazon.ca/com [www.mybrestfriend.com](http://www.mybrestfriend.com) (USA)
- *Baby Buddy Twin Nursing Pillow for Twins* (Calgary, AB) \$85CAD [info@thebabybuddy.ca](mailto:info@thebabybuddy.ca) [www.thebabybuddy.ca](http://www.thebabybuddy.ca)
- *Twin Z Pillow USA* \$100USD \$140-185 CAD <https://twinznursingpillow.com/>

**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. Breast pumps vary in their effectiveness and convenience to use. A hospital-grade electric pump (e.g., Ameda or Medela e.g., Symphony) with hands-free double collecting kit is optimal. [www.ameda.com/products/](http://www.ameda.com/products/) or [www.medela.ca/breastfeeding/products/breast-pumps](http://www.medela.ca/breastfeeding/products/breast-pumps)

**Breast Pump Purchase and Rental.** Pumps are available from maternity specialty stores, medical supply stores, several online sources and selected pharmacies. Discuss options with parents of multiples and health care providers with breastfeeding expertise. A helpful article: <http://community.today.com/parentingteam/post/see-why-these-5-are-the-best-breast-pump-for-twins>

**Safety Warning:** *If you plan to rent, borrow, purchase, or sell a **used** electric breast pump, consider acquiring a **multiple-user** pump (closed system) versus a **single** user pump. Reason: With single-user models (open system), 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.* <https://kellymom.com/bf/pumpingmoms/pumping/buying-a-used-or-new-pump/>

## The Safety of your infants:

### Cribs, mattresses and other equipment

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

**More Cautions!** Infant injuries and deaths 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.

*Certain baby-wearing carriers/slings* pose a potential suffocation risk (especially for infants under 4 months, those born prematurely at low birth weight, or with breathing problems such as colds). Plus, they may also risk the baby's hips. Remember the ABC's (Airway, Body Positioning, Comfort). <https://raisingchildren.net.au/newborns/safety/equipment-furniture/baby-carrier-sling-safety>

## Sources of Equipment and Supplies

### **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 or [www.kijiji.ca](http://www.kijiji.ca) . Contact local multiples' groups/social media sites to make your needs known.

**Clothes for Premature & Micro-preemie Babies** Check e.g., Walmart, Carters, Kijiji, multiples swap meets. USA examples: Perfectly Preemie and Nurture Place Preemie Clothes Outlet

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

## At Birth: Banking Stem Cells from the Umbilical Cord Blood

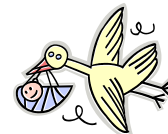
The umbilical cord blood of a newborn contains a high concentration of stem cells – the building blocks of human organs, tissues and cells. Stem cells are capable of regenerating tissues and hold promise for treating serious diseases and injuries. During pregnancy, discuss with your health care providers 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 the cost.



Blood stem cells taken from an umbilical cord after delivery. [http://nature.ca/genome/03/d/20/03d\\_25\\_e.cfm](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, and help you plan for your and your babies' homecoming.



## Parenting & Infant-Feeding Support from your community health team

[www.breastfeeding.com/helpme/helpme\\_images\\_twins.html](http://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, within 24-48 hours of your coming home from the hospital. Home visits can be arranged to assess how you and the babies are doing, weigh the babies, answer questions, and provide support. The nurse will point out the parent-infant services in your community and their location. Before attending any drop-ins or groups, please *confirm the days/times*.

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

- by appointment, home visits by community health nurses
- infant weighing, infant/parenting information; immunization of infants, older children and adults
- parent drop-ins, information and support groups
- referral to *Infant Development Program* (for babies with developmental delays)

### Community (Public) Health Centres/Offices/Units

#### **Vancouver Coastal Health (VCH): Vancouver** *Mon-Fri* [www.vch.ca/locations-services](http://www.vch.ca/locations-services)

- |   |                     |              |
|---|---------------------|--------------|
| • Pacific Spirit Community Health Centre    | 2110 West 43rd Ave. | 604-261-6366 |
| • Three Bridges Community Health Centre     | 1128 Hornby St.     | 604-331-8900 |
| • 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 |

#### **VCH: Richmond Public Health**

Richmond Health Services

*Mon-Fri*

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 Mon-Fri

Abbotsford	604-864-3400	104-34194 Marshall Road, Abbotsford
Agassiz	604-793-7160	7243 Pioneer Ave. Agassiz
Burnaby	604-918-7605	300-4946 Canada Way, Burnaby
Chilliwack	604-702-4900	45470 Menholm Road, Chilliwack
Cloverdale	604-575-5100	205-17700 56 <sup>th</sup> Ave., Surrey
Guildford	604-587-4750	100-10233 153 <sup>rd</sup> St., Surrey
Hope	604-860-7630	Box 176 444 Park Street, Hope
Maple Ridge-Pitt Meadows	604-476-7000	400-22470 Dewdney Trunk Rd., Maple Ridge
Langley & Aldergrove	604-539-2900	20389 Fraser Highway, Langley
Mission	604-814-5500	7298 Hurd St. 1 <sup>st</sup> Floor, Mission
Newton	604-592-2000	200-7337 137 <sup>th</sup> St., Surrey
New Westminster	604-777-6740	218-610 Sixth St., New Westminster
North Delta	604-507-5400	11245 84 <sup>th</sup> Ave., Delta
North Surrey	604-587-7900	220-10362 King George Blvd, Surrey
South Delta & Ladner	604-952-3550	4470 Clarence Taylor Cresc., Delta
Tri-Cities: Coquitlam, Port Moody	604-949-7200	200-205 Newport Drive, Port Moody
White Rock/South Surrey	604-542-4000	15476 Vine Ave., White Rock

### 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/](http://www.health.gov.bc.ca/socsec/)



More 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 Services Card** (previously called *Care Card*) available

**For non-emergencies:** Specially trained health navigators will assist you on the telephone with *non-emergency* health concerns of any type pertaining to **any age** (e.g., pregnancy, infants → elderly) family member. They can provide you with health information, help you navigate the health care system and find health services across the province, or connect you with one of the following:

- . A Registered Nurse is available every day, 24 hours.
- . A Registered Dietitian is available M-F 9am-5pm Pacific Time,
- . A qualified exercise professional is available M-F 9am-5pm Pacific Time
- . A pharmacist is on hand every night 5pm to 9am Pacific Time.
- . In special circumstances, consultation with an MD may be available.
- . Translation services for over 130 languages.
- . Also, see: [www.healthlinkbc.ca](http://www.healthlinkbc.ca) for health information.

**If it is an Emergency: Call 911 or your local emergency No. immediately**

**BC Drug & Poison Information Centre - 24 hrs.- 604-682-5050 or 1-800-567-8911**

## More breastfeeding help.... while in hospital and once you are home

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

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

- For unresolved breastfeeding/pumping difficulties while in BC Women's, contact the lactation consultants: 604-875-2282.
- After hospital discharge (no referral needed, open to mothers who did or didn't deliver at Women's), the **Breastfeeding Clinic** will assist you with unresolved breastfeeding problems: 604-875-3743 to book an appointment. To speak directly with a Lactation consultant (M-F, 8am-4pm): 604-875-4200 pager 01445 or 01767.



**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.

**Breastfeeding Support Network** of *Multiple Births Canada* [www.multiplebirths.ca](http://www.multiplebirths.ca)

**International Board Certified Lactation Consultants** BC Lactation Consultants Association: [www.bclca.ca](http://www.bclca.ca)

**International Breastfeeding Centre** (Dr. Jack Newman) ON Click on *Info & Videos*  
<https://ibconline.ca/>

### BC Women's Provincial Breast Milk Bank

Provides pasteurized donor breast milk to babies in BC's 13 NICUs and babies who need supplements of breast milk beyond what their mother is producing. 604-875-3743 [mbscreening@cw.bc.ca](mailto:mbscreening@cw.bc.ca) For more information: [www.bcwomens.ca/our-services/labour-birth-post-birth-care/milk-bank](http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/milk-bank)



***Donations of breast milk are urgently needed!  
Please consider being a donor.***

### 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 E-mail from site: [www.breastfeedingclinic.com/](http://www.breastfeedingclinic.com/)

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



## Keeping track of which baby is doing what

Parents of multiples may find it helpful to use a baby-tracker App. Check out the ones parents of twins find most useful. [www.twiniversity.com/2019/01/best-baby-tracker-app-for-twins/](http://www.twiniversity.com/2019/01/best-baby-tracker-app-for-twins/). Other parents track the feedings, pees and poops, and other baby behaviours using a pen and paper!

# Home & Outdoor Safety for Multiples

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



With permission: [www.multiplebirthsfamilies.com](http://www.multiplebirthsfamilies.com)

**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>

## 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. It's 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
- multiples support groups
- play-dates in homes of other parents.
- StrongStart Program drop-in for 0-5 years -- music, play & dance for infants and tots 604-713-4445 or <https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/strongstart-bc> Click on *Find Strong Start Program in your Community* to access the PDF.
- For BC Lower Mainland Family Events and Activities: [www.kidsvancouver.com](http://www.kidsvancouver.com) (use Search).



## Support Networks



Multiple Births Canada's 11 Support Networks help you get information and connect with other parents via e-mail/ phone/ newsletters/Facebook groups. [office@multiplebirths.ca](mailto:office@multiplebirths.ca) or [www.multiplebirths.ca/parents-of-multiples](http://www.multiplebirths.ca/parents-of-multiples)

- \* *Adult Multiples Support Network*
- \* *Breastfeeding Support Network*
- \* *Dads Supporting Dads including expectant dads.*
- \* *Réseau francophone d'appui/Francophone Support Network* For families seeking French language support, connections, resources)
- \* *Triplets, Quads, Quints and More Support Network*
- \* *LGBTQ2S (Lesbian/Gay/Bisexual/Transgender/Queer/2Spirited) Support Network*
- \* *Lone Parent Support Network* (lone parents through divorce, military posting, widow/widower, financial demand or by choice).
- \* *Loss Support Network* (see [Bereavement](#) below)
- \* *Postpartum Depression-Anxiety Support Network* For families (moms and dads) of multiples experiencing PPD, PPA, "Baby Blues"
- \* *Premies Support Network* For families whose babies are born before 37 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, after the births or later in life. Excellent bereavement support is available.

*Multiple Births Canada: Loss Support Network*  Support, information, resources and contacts for grieving parents and family members. [office@multiplebirths.ca](mailto:office@multiplebirths.ca)

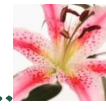
*Lynda Haddon* <https://jumelle.ca/contact-us/> provides excellent support to bereaved multiple birth families. <https://jumelle.ca/resources-for-families-expecting-twins-multiples/bereavement-support-2/>

*CLIMB* (Center for Loss in Multiple Births) (USA) [www.climb-support.org](http://www.climb-support.org), or [climb@climb-support.org](mailto:climb@climb-support.org)

See also [Online Resources](#) (p.23) & [Books](#) (p.34) [Organizations](#) (p. 38) in this guide.



# Sadness, Depression, Anxiety, Overwhelmed...



*Depression and anxiety may affect as many as 20-40% 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
- obsessive thinking, disturbing and recurring frightening thoughts 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 that 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!**

**Excellent help is available for you, your babies and your family.**

***Please, talk to a supportive person right away.***

- ◇ *Family member, friend, parent of multiples, health professional, spiritual advisor.*
- ◇ **Crisis Centre of BC** 24 hrs\* 7 days/week No wait. Interpretive services for 140 languages.  
 Greater Vancouver **604-872-3311**  
 Howe Sound & Sunshine Coast **1-866-661-3311**  
 TTY **1-866-872-0113**  
 Mental Health Support Line **310-6789**  
 1-800-Suicide (BC-wide) **1-800-SUICIDE (784-2433)**  
 Online Service for Adults (Chat) *\*Available 12noon-1am, 7days/wk in BC and Yukon only.*  
<https://crisiscentrechat.ca/>
- ◇ **HealthLink BC** 8-1-1 or hard of hearing: 7-1-1(TTY, TTD) 24hrs 7 days/wk
- ◇ **Pacific Post Partum Support Society** 10am-3pm Tel. & text: 604-255-7999 Toll free 1-855-255-7999 <http://postpartum.org> Info, support groups, excellent book (see p. 23)
- ◇ **Postpartum Depression-Anxiety Support Network of Multiple Births Canada:**  
[www.multiplebirths.ca/parents-of-multiples](http://www.multiplebirths.ca/parents-of-multiples) office@multiplebirths.ca
- ◇ **Reproductive Mental Health team of health professionals** (for depression, anxiety, other mood disorders) [Referral by a physician or other health professional is required for an appointment.](#) BC Women's 4500 Oak St., Vancouver (Mental Health Bldg (aka Healthy Minds Centre): enter off Heather St. Entrance #81.) 604-875-2025 M-F 9am-4:30pm  
[www.reproductivementalhealth.ca/](http://www.reproductivementalhealth.ca/)
- ◇ See also **Online Resources** in this Guide (p. 23)

## Identical or Fraternal ... Want to know?



With permission: Vera Teschow

Zygoty testing (examination of the DNA or chromosomal material) will determine if twins, are monozygotic ("identical") or dizygotic ("non-identical/fraternal")  
Or, with triplets, quads or more, monozygotic, dizygotic or a combination.  
See Fact Sheet: Zygoty Testing at [www.multiplebirths.ca](http://www.multiplebirths.ca) →Resources →Facts.  
Check DNA testing centers re multiples and for prices (~\$200 for a standard twins' sample).



With permission: Multiple Births Canada



Mom in Palestine with newborn twins\*

\*[www.unicef.org.au/blog/stories/may-2016/50-incredible-photos-of-motherhood-around-the-world](http://www.unicef.org.au/blog/stories/may-2016/50-incredible-photos-of-motherhood-around-the-world)



Multiple Births Canada



### National Multiple Births Awareness Day

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.multiplebirths.ca](http://www.multiplebirths.ca)



### International Multiple Births Awareness Week

The *International Council of Multiple Birth Organizations (ICOMBO)* aims to raise awareness of the unique needs of multiple-birth infants, children, adults and their families by promoting their health, education and welfare. Celebrated 1<sup>st</sup> week of Nov. when the Congress meets. <http://icombo.org>



### 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. Dec. 7 [www.worldtttsawarenessday.org](http://www.worldtttsawarenessday.org)



### World Prematurity Day

Over 55% of multiples are born preterm. Celebrated Nov. 17 each year.  
[www.marchofdimes.org/mission/world-prematurity-day.aspx](http://www.marchofdimes.org/mission/world-prematurity-day.aspx)

# Online Resources

**CAUTION!** Multiple-birth information on the web may **not** be reliable or recommended by your health care providers. Last update Feb. 2020.

## Useful Information, Health Care, Consultants

See also: *Triplets + More*

- Multiple Births Canada—the national organization [www.multiplebirths.ca](http://www.multiplebirths.ca)
- *Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples* [www.multiplebirths.ca/resources](http://www.multiplebirths.ca/resources). Item # 102b.
- *Information for you: Multiple pregnancy: having more than one baby.* By the Royal College of Obstetricians and Gynecologists (UK) [www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-multiple-pregnancy.pdf](http://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-multiple-pregnancy.pdf)
- *Women pregnant with twins or triplets: the care you should expect:* NICE UK Clinical guidelines: [www.nice.org.uk/guidance/ng137/informationforpublic](http://www.nice.org.uk/guidance/ng137/informationforpublic)
- National Institute for Health & Care Excellence NICE (UK): (For health professionals) *Guidelines—Twin/Triplet Pregnancy (2019)* [www.nice.org.uk/guidance/ng137](http://www.nice.org.uk/guidance/ng137) and Quality Standards (2019 updated) [www.nice.org.uk/guidance/qs46/resources/multiple-pregnancy-twin-and-triplet-pregnancies-pdf-2098670068933](http://www.nice.org.uk/guidance/qs46/resources/multiple-pregnancy-twin-and-triplet-pregnancies-pdf-2098670068933)
- *Flow Chart of twin-triplet pregnancy care (2019)* (For health professionals) <https://pathways.nice.org.uk/pathways/twin-and-triplet-pregnancy>
- *Multiple Pregnancy (2017)* <https://patient.info/pregnancy/multiple-pregnancy-twins-and-triplets>
- *Overview of Multiple Pregnancy* [www.stanfordchildrens.org/en/topic/default?id=overview-of-multiple-pregnancy-85-P08019](http://www.stanfordchildrens.org/en/topic/default?id=overview-of-multiple-pregnancy-85-P08019)



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

- One at a Time: Better Outcomes for Fertility Treatment (UK) [www.hfea.gov.uk/treatments/explore-all-treatments/decisions-to-make-about-your-embryos/](http://www.hfea.gov.uk/treatments/explore-all-treatments/decisions-to-make-about-your-embryos/)
- BC Prenatal Genetic Screening Program [www.bcprenatalscreening.ca](http://www.bcprenatalscreening.ca)
- Multiple Births Resource Website (Canada) <http://jumelle.ca>
- Dr. Barbara Luke (USA) -- nutrition in multiple preg. researcher, dietitian [www.drbarbaraluke.com](http://www.drbarbaraluke.com)
- Raising Multiples (USA) [www.raisingmultiples.org/](http://www.raisingmultiples.org/)
- Multiples of America (USA) [www.MultiplesofAmerica.org](http://www.MultiplesofAmerica.org)
- Best Start/Motherisk (Canada): *How to Survive Morning Sickness*

- [www.beststart.org/resources/rep\\_health/2013\\_pdfs/BSRC\\_morning\\_sickness\\_online.pdf](http://www.beststart.org/resources/rep_health/2013_pdfs/BSRC_morning_sickness_online.pdf)
- MotherToBaby (USA --Org. Teratology Info. Specialists) (effect of drugs, medications, chemicals on the fetus) Ask the experts. [www.mothersbaby.org](http://www.mothersbaby.org)
- Medline Plus (USA) Info and links [www.nlm.nih.gov/medlineplus/twinstripletsmultiplebirths.html](http://www.nlm.nih.gov/medlineplus/twinstripletsmultiplebirths.html)
- American College of Obstetricians & Gynecologists [www.acog.org/Patients/FAQs/Multiple-Pregnancy](http://www.acog.org/Patients/FAQs/Multiple-Pregnancy)
- Twins Trust (UK) <https://twinstrust.org> (Resource access with paid membership)
- Multiple pregnancy (UK) <https://patient.info/pregnancy/multiple-pregnancy-twins-and-triplets>

## More Information & Support Sites

- Australian Multiple Birth Association [www.amba.org.au](http://www.amba.org.au)
- March of Dimes (USA) (Search: *Multiples*) [www.marchofdimes.com](http://www.marchofdimes.com)
- Preparing for Multiple Birth (Nemours, USA) <http://kidshealth.org/en/parents/multiple-births.html>
- Twiniversity (Natalie Diaz USA) lots of useful tips and info <http://twiniversity.com>
- Twin Love Concierge (USA-UK) Voted No. 1 consultancy service-- a multidisciplinary team who are parents of multiples <https://twinloveconcierge.com/blog/>
- Twinsonline (UK) Sarah Cooper Forums: pregnancy → adult twins [www.twinsonline.org.uk/](http://www.twinsonline.org.uk/)
- Dad's Guide to Twins Joe Rawlinson <https://dadsguidetotwins.com/category/pregnancy/>
- Twin Pregnancy & Beyond [www.twin-pregnancy-and-beyond.com](http://www.twin-pregnancy-and-beyond.com)
- BabyCenter Canada [www.babycenter.ca/g25002255/expecting-twins-and-multiples](http://www.babycenter.ca/g25002255/expecting-twins-and-multiples)
- BabyCenter USA (Search: twins, multiples, breastfeeding twins etc.) [www.babycenter.com](http://www.babycenter.com)
- Twin Doctor (Dr. Khanh-Van Le-Bucklin) USA [www.twinsdoctor.com](http://www.twinsdoctor.com)
- Very Well: Pregnancy/Parenting Multiples (Partner of Cleveland Clinic, USA) [www.verywellfamily.com/multiples-4157354](http://www.verywellfamily.com/multiples-4157354)
- Twin stuff [www.twinstuff.com](http://www.twinstuff.com)
- Talk about Twins (C. Tinglof, author twin book USA) <http://christinabaglivinglof.com>
- National Health Service (UK) [www.nhs.uk/conditions/pregnancy-and-baby/pages/what-causes-twins.aspx#close](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/what-causes-twins.aspx#close) and [www.nhs.uk/conditions/pregnancy-and-baby/giving-birth-to-twins/](http://www.nhs.uk/conditions/pregnancy-and-baby/giving-birth-to-twins/)
- Northwest Association of Mothers of Twins Clubs [www.nwamotc.org](http://www.nwamotc.org)
- Multiple Births Foundation (UK) [www.multiplebirths.org.uk](http://www.multiplebirths.org.uk)
- Fédération Jumeaux et plus (France) [www.jumeaux-et-plus.fr/](http://www.jumeaux-et-plus.fr/)
- Premature Baby/Child links to support, research) [www.prematurity.org](http://www.prematurity.org)
- Neonatal Intensive Care Unit (NICU) [www.marchofdimes.org/complications/the-nicu.aspx](http://www.marchofdimes.org/complications/the-nicu.aspx)
- Adoptive Families Association of BC [www.bcadoption.com](http://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](http://www.hiitsjilly.com/2013/04/mothers-of-multiples-faq.html)

- Multiple Births Canada [www.multiplebirths.ca](http://www.multiplebirths.ca)
- National Institute for Health & Care Excellence NICE (UK) *Guidelines: Twin/Triplet Pregnancy 2019* [www.nice.org.uk/guidance/ng137](http://www.nice.org.uk/guidance/ng137)
- Raising Multiples (triplets and more) USA --welcomes Canadians [www.raisingmultiples.org](http://www.raisingmultiples.org)
- Tripping over Triplets: See *Truths about being a triplet mama; Best triple strollers* <https://trippingovertriplets.com>
- Top 20 Triplet Blogs/Websites for Parents (2020) [https://blog.feedspot.com/triplet\\_blogs/](https://blog.feedspot.com/triplet_blogs/)
- *Top tips for raising quadruplets.* BBC Dec. 2, 2016 [www.bbc.com/news/uk-england-38379801](http://www.bbc.com/news/uk-england-38379801)



- Hi, It's Jilly! Funny FAQ of Strangers! [www.hiitsjilly.com/2013/04/mothers-of-multiples-faq.html](http://www.hiitsjilly.com/2013/04/mothers-of-multiples-faq.html)
- *I am a quadruplet* Guardian Sept. 28, 2018 [www.theguardian.com/lifeandstyle/2018/sep/28/i-am-a-quadruplet-experience](http://www.theguardian.com/lifeandstyle/2018/sep/28/i-am-a-quadruplet-experience)

## Breastfeeding Multiples



[www.raising-twins.com/breastfeeding-twins1.html](http://www.raising-twins.com/breastfeeding-twins1.html)

- Multiple Births Canada: Breastfeeding Support Network [www.multiplebirths.ca](http://www.multiplebirths.ca)
- Feeding Twins, Triplets & more 2011 (for Parents) [www.multiplebirths.org.uk/MBFParentsFeedingGuideFINALVERSION.pdf](http://www.multiplebirths.org.uk/MBFParentsFeedingGuideFINALVERSION.pdf)
- Breastfeeding Multiples (Linda Leonard, Canada) Extensive guidelines <http://www.perinatalservicesbc.ca/Documents/Guidelines-Standards/HealthPromotion/BreastfeedingMultiplesGuideline.pdf>
- Guidelines for Breastfeeding Twins, Triplets and [more] 2011 (Health Professional vers.) UK [www.multiplebirths.org.uk/MBF\\_Professionals\\_Final.pdf](http://www.multiplebirths.org.uk/MBF_Professionals_Final.pdf)
- Australian Breastfeeding Association (search twins, triplets, quads) [www.breastfeeding.asn.au/bfinfo/index.html](http://www.breastfeeding.asn.au/bfinfo/index.html) (e.g., [www.breastfeeding.asn.au/bf-info/twins](http://www.breastfeeding.asn.au/bf-info/twins))
- St John's Breastfeeding Alliance A day in the life <http://members.tripod.com/~sjba/articles.htm#twins>
- Allaitement des Jumeaux et Plus (France) [www.illfrance.org/1005-lallaitement-des-jumeaux-et-plus](http://www.illfrance.org/1005-lallaitement-des-jumeaux-et-plus)
- BabyCenter—Search breastfeeding twins, triplets [www.babycenter.com](http://www.babycenter.com)
- Breastfeeding After Breast Reduction and Nipple Surgeries [www.bfar.org/](http://www.bfar.org/)

## Complications of Pregnancy

- Sidelines: Support for Women with Complicated Pregnancies [www.sidelines.org](http://www.sidelines.org)
- *Diagnosis & Treatment: Monochorionic Twin Pregnancy—Twin-to-Twin Transfusion Syndrome and Other Fetal Conditions:*
  - Multiple Births Foundation (UK): Monochorionic Twins & Twin to Twin Transfusion Syndrome Pt 1 & 2.: booklet for Parents (2010) [www.multiplebirths.org.uk/MC%20Pregnancy%20Version%2012%2017%205%2010.pdf](http://www.multiplebirths.org.uk/MC%20Pregnancy%20Version%2012%2017%205%2010.pdf)
  - *Monochorionic Twins: Recommendations for providers* (2018) (UCSF Fetal Treatment Center) [https://fetus.ucsf.edu/sites/fetus.ucsf.edu/files/wysiwyg/FTC\\_Monochorionic\\_Twins\\_Flier\\_2018.pdf](https://fetus.ucsf.edu/sites/fetus.ucsf.edu/files/wysiwyg/FTC_Monochorionic_Twins_Flier_2018.pdf)
  - Monochorionic Twin Pregnancy Management Guidelines for providers 2016 (Royal Coll.Ob. & Gyn.) UK [www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg51/](http://www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg51/)
  - U. Calif., San Francisco (UCSF) Medical Center: info for parents Twin pregnancy complications <https://fetus.ucsf.edu/twin-pregnancy-complications> and more info <http://fetus.ucsf.edu/conditions-treatments>
  - Twin to Twin Transfusion Syndrome Foundation (USA) [www.tttfoundation.org](http://www.tttfoundation.org)
  - Twin to Twin Transfusion Syndrome (Australia & New Zealand) <http://ausnztmts.wixsite.com/ausnztmts>

- Twin to Twin article--Mt. Sinai, Toronto ON [www.mountsinai.on.ca/about\\_us/news/2014-news/patient-thanks-clinicians-for-saving-twins-in-utero-1](http://www.mountsinai.on.ca/about_us/news/2014-news/patient-thanks-clinicians-for-saving-twins-in-utero-1)
- Monoamniotic Monochorionic Support Site (USA) <http://monoamniotic.org>
- *Conjoined Twins*
  - Mayo Clinic (USA) Search “conjoined twins” <https://www.mayoclinic.org/diseases-conditions/conjoined-twins/symptoms-causes/syc-20353910>
  - Great Ormond Street Hospital (UK): [www.gosh.nhs.uk/parents-and-visitors/coming-hospital/what-we-do/conjoined-twins-defying-odds](http://www.gosh.nhs.uk/parents-and-visitors/coming-hospital/what-we-do/conjoined-twins-defying-odds)
  - Conjoined (at head)Twins Separated-news release: [www.gosh.nhs.uk/news/press-releases/rare-conjoined-twins-separated-great-ormond-street-hospital](http://www.gosh.nhs.uk/news/press-releases/rare-conjoined-twins-separated-great-ormond-street-hospital)
  - The battle to separate Safa and Marwa (UK) [www.bbc.co.uk/news/extra/PLNMqvmcN/conjoined-twins](http://www.bbc.co.uk/news/extra/PLNMqvmcN/conjoined-twins)
  - Meet Marieme and Ndeye and their father Ibrahima [www.bbc.co.uk/news/resources/idt-sh/Wales\\_conjoined\\_twins](http://www.bbc.co.uk/news/resources/idt-sh/Wales_conjoined_twins)
  - Abby & Brittany Hensel, USA Search for info on the sisters.



Abby & Belle, conjoined twins were separated successfully at Mayo Clinic  
[www.msnbc.msn.com/id/12905838/](http://www.msnbc.msn.com/id/12905838/)

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

(See also p. 18)

- Pacific Post Partum Support Society (Canada) [www.postpartum.org](http://www.postpartum.org)
  - Book: *Postpartum Depression and Anxiety: A Self-Help Guide for Mothers, 7<sup>th</sup> Ed. Excellent!*
- Reproductive Mental Health at BC Women's [www.reproductivementalhealth.ca/](http://www.reproductivementalhealth.ca/)
- Perinatal Mood Disorder Awareness Ltd. (Canada –peer support) [www.ppda.ca](http://www.ppda.ca)
- Postpartum Support International (PSI) (USA) Helpful links [www.postpartum.net](http://www.postpartum.net)
- Postpartum Dads (USA) (postpartum depression help for dads) [www.postpartumdads.org](http://www.postpartumdads.org)
- PPDepression International Study Results 2014 <http://icombio.org/wp-content/uploads/2010/12/PPMD-Study-for-website.pdf>

## Multiples with Special Needs

- Multiple Births Canada (Special Needs support network) [www.multiplebirths.ca](http://www.multiplebirths.ca)
- Raising Special Needs Multiples (UK) [www.twinsuk.co.uk/twinstips/21/9933921/special-needs-children/raising-special-needs-twins-&-multiples/](http://www.twinsuk.co.uk/twinstips/21/9933921/special-needs-children/raising-special-needs-twins-&-multiples/)
- Twins Trust (UK) (Facebook ) <https://twinstrust.org/let-us-help/support/resources-and-groups.html>
- *Three to Be; Caring for triplets with cerebral palsy* [www.ctvnews.ca/w5/three-to-be-caring-for-triplets-with-cerebral-palsy-1.2611448](http://www.ctvnews.ca/w5/three-to-be-caring-for-triplets-with-cerebral-palsy-1.2611448)
- ADHD Australia (Parent of identical triplets with ADHD) <https://adhd3.com/>

## Loss & Bereavement ... Information & Support

- Bereavement Support (Canada) <http://jumelle.ca/category/bereavement-support>
- CLIMB (Center for Loss in Multiple Birth) [www.climb-support.org](http://www.climb-support.org)
- Australian Multiple Birth Bereavement Support [www.amba.org.au/bereavement.php](http://www.amba.org.au/bereavement.php)
- Twinless Twins (USA & Canada) [www.twinlesstwins.org](http://www.twinlesstwins.org)

- Lone Twin Network (UK) <https://lonetwinnetwork.org.uk/>
- National Twin Loss Support (Australia) [www.nationaltwinloss.org.au/](http://www.nationaltwinloss.org.au/)
- Wombtwin (Loss of a twin during pregnancy) (UK) [www.wombtwin.com](http://www.wombtwin.com)
- Vanishing Twin Syndrome [www.vanishingtwin.com](http://www.vanishingtwin.com)

## DVDs & AV Downloads updated 2020

Also, check out **YouTube.com** for multiple birth video stories

**Multiples in the Womb** and **Identical Twins: National Geographic** (2007, 2009) 2 DVD's 140 min. Twins, triplets, quadruplets via 3D & 4D ultrasound Superb photography. Known in the UK as *Your Babies' Journey: Twins, Triplets & Quads.* & *Twins in the Womb* \$20 USD from Amazon.com (US). Excellent reviews.

**Expecting More Than One: Pregnancy, Birth & After** (2003) Twins Trust UK (formerly TAMBA) 35 min. Follows several expectant and new parents of twins, triplets. enquiries@twinstrust.org <https://twinstrust.org/>

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

**Multiple Birth Video Guide** (2001) Australian Multiple Birth Association—AMBA DVD 55 min. Twin & triplet pregnancy, parenting, breastfeeding. *Detailed, realistic, graphic++ vaginal & Caesarean delivery, helpful hints from parents of multiples.* Contact AMBA (\$10 AUSD+ postage) [www.amba.org.au](http://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](http://www.parentbooks.ca) \$80 for both Vol. (home use only). Available from INJOY (Clearance section)

- **1, 2, 3 Go! A Video Survival Guide for Expectant Parents of Triplets and Quadruplets** (2004—USA) 95 min. DVD (\$6 US from Amazon). *Care during pregnancy and afterward with 13 couples and 5 health professionals providing information, stories and tips.* Available: BC Women's/Children's Hospital Family Support & Resource Centre (on loan) <https://libraries.phsa.ca/fsrc> and at Amazon. Mixed reviews.



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

## Breastfeeding Multiples Videos See also **YouTube**

**Breastfeeding Twins or More** UK: National Health Services. **Free** 3 mothers share tips on feeding twins. 10 min. [www.nhs.uk/video/Pages/feeding-twins.aspx](http://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.* Author: Jane Morton, MD Clinical Prof. Pediatrics, Stanford Univ. Medical Center. (\$125.00 USD) [www.breastmilksolutions.com/premie\\_needs.html](http://www.breastmilksolutions.com/premie_needs.html)



## Books Aplenty! paper, electronic...

**Where to Purchase?** Check local bookstores. *Chapters/Indigo* [www.chapters.indigo.ca](http://www.chapters.indigo.ca), *Parentbooks* [www.parentbooks.ca/Twins.html](http://www.parentbooks.ca/Twins.html) Online e.g., *Amazon* [www.amazon.ca](http://www.amazon.ca). **NB:** *Kindle-e* editions with a recent publication date are often replicas of the original, earlier edition book.

**Where to Borrow?** Public libraries; BC Women's/Children's Hospital *Family Support & Resource Centre* (lending library with online access to catalogue). <https://libraries.phsa.ca/fsrc>

**Older versus newer date books?** Many older, classic books are on the list, even though aspects of the medical care and management of multiple pregnancy and parenthood has advanced since the books were published. These books still provide very helpful information, ideas, tips and insights into the experience of multiple pregnancy and parenthood.

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

Multiple pregnancy	p. 25	Breastfeeding	p. 33	Psycho-Social, Medical Aspects	p. 35
Parenting multiples	p. 28	Preemies	p. 33	Newsletters	p. 36
Triplets and more	p. 31	Bereavement	p. 34	For Health Professionals	p. 37

**Code:** ● includes a focus on triplet, quad & more pregnancy and parenting.

♥ recommended



## Multiple Pregnancy: Twins, Triplets & More

*See also:* Parenting Triplets and More, below

Agnew, C., Klein, A., & Ganon, J. (2006 & 2012 Kindle e.) ***Twins! Pregnancy, Birth & the First Year of Life*** 2<sup>nd</sup> edition NY: 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*** Outskirts Press Pub.

● 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](http://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.** 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](http://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.
- Bonicelli, J. & Hertzfeldt, M. (2018) **You Can Two!: The Essential Twins Preparation Guide** Rockridge Press Co-founders of twin parenting website <https://twocametru.com/> Very+ reviews.
- Bowers, N. (2001) **The Multiple Pregnancy Sourcebook: Pregnancy & the First Year with Twins, Triplets, and More** Chicago; Contemporary Books.
- BC Ministry of Health (2019) **Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care**, 7<sup>th</sup> Ed. Not specific to multiples—but excellent resource. Free download [www.health.gov.bc.ca/library/publications/year/2019/BBC-7th-edition-FINAL-Nov2019.pdf](http://www.health.gov.bc.ca/library/publications/year/2019/BBC-7th-edition-FINAL-Nov2019.pdf) & view Videos [www.healthyfamiliesbc.ca/home/articles/topic/videos-pregnancy](http://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.** Toronto: DK (Dorling Kindersley) Pub. By a UK MD & mother of twins and another UK mother of twins. 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** AB Davis Pub. 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> NB: A US perspective +++ reviews
- Fierro, P. (2012) **The Everything Twins, Triplets, And More Book: From pregnancy to delivery and beyond--all you need to enjoy your multiples** 2<sup>nd</sup> Ed. Everything Pub.
- 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.



3D Ultrasound of Twins during Pregnancy: [www.babysdebut.com/3d-ultrasound-photos.htm](http://www.babysdebut.com/3d-ultrasound-photos.htm)



Halseide, N. Editor (2015) **Twins: A Collection of Articles from Midwifery Today Magazine**  
Pub.: Midwifery Today <https://midwiferytoday.com/e-books/#twins>

- ♥ 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, 2<sup>nd</sup> 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](http://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, 2<sup>nd</sup> Ed.** 1002 tips from multiples groups—pregnancy to preschool. *Author is identical twin and mother of triplets.* Pub. JustMultiples.com™ [www.justmultiples.com/](http://www.justmultiples.com/)



[www.raising-twins.com/twin-belly-pictures.html](http://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](http://www.drbarbaraluke.com/multiples.cfm).

Lyons, E. (2018) **Expecting Twins: What to Expect When You're Expecting Two** Finn-Phyllis Press, Inc. Kindle Ed. Free with Amazon App

Lyons, E. (2016) **Holy Sh\*t...I'm Having Twins!: The Definitive Guide to Remaining Calm When You're Twice as Freaked Out** Finn-Phyllis Press, Inc.

- McCann, M. A. (2006) **Days in Waiting: A Guide to Surviving Pregnancy Bedrest**, 3<sup>rd</sup> 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**, 2<sup>nd</sup> ed. Pub: [www.raisingmultiples.org](http://www.raisingmultiples.org)
- National Organization of Mothers of Twins Clubs—Moskwiniski, 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*** 2<sup>nd</sup> ed. Publ.: Texadere. *Down to earth, advice for expectant dads by a father of twins.*  
[www.dadsguidetotwins.com](http://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.*



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

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 & maternal-fetal medicine specialist. NJ: Evolve Pub. Recommended by Sidelines.*

## Parenting Multiples

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

- denotes inclusion of parenting triplets, quads etc. content

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

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Blau, L. Bobbit, J., Carter, S., Davis, N., de Montesquiou, Gilbert, C., Mark, H. & Buccieri, L. (Ed.) (2005) ***Heart Two Heart : Words of Wisdom from the Real Experts: Seven Mothers of Twins on Raising Twins the First Year*** Lincoln NE: iUniverse, Inc.

Bleakley, K. (2016) ***Don't Panic! A Practical Guide for Parents of Twins, Triples and More: A book for Parents of Multiples, by Parents of Multiples*** Pub: K. Bleakley. Kindle Ed.

Bowman, K. & Ryan, L. (2014) ***Twins: A Practical Guide to Parenting Multiples from Conception to Preschool*** Rev. Ed. St. Leonard's NSW, Australia: Allen & Unwin. *KB is mother of identical twins & LB is mother of non-identical twins conceived by IVF.*

Boyle, C. & Stahl, C. (2008) ***Twin Set: Moms of Multiples Share Survive and Thrive Secrets.*** New York: Three Rivers Press.

BC Ministry of Health (2019) ***Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care***, 7<sup>th</sup> Ed. Not specific to multiples—but excellent resource. Free download  
[www.health.gov.bc.ca/library/publications/year/2019/BBC-7th-edition-FINAL-Nov2019.pdf](http://www.health.gov.bc.ca/library/publications/year/2019/BBC-7th-edition-FINAL-Nov2019.pdf) & view Videos  
[www.healthyfamiliesbc.ca/home/articles/topic/videos-pregnancy](http://www.healthyfamiliesbc.ca/home/articles/topic/videos-pregnancy)



BC Ministry of Health (2019) **Toddler's First Steps: A Best Chance Guide to Parenting Your 6-to-36 Month-Old Child**, 3rd Ed. [www.health.gov.bc.ca/library/publications/year/2019/TFS-3rd-edition-FINAL-Nov2019.pdf](http://www.health.gov.bc.ca/library/publications/year/2019/TFS-3rd-edition-FINAL-Nov2019.pdf) Free Videos [www.healthyfamiliesbc.ca/home/articles/topic/toddlers-12-36-months](http://www.healthyfamiliesbc.ca/home/articles/topic/toddlers-12-36-months)  
Also see pre-school, school, teens.

Canfield, J., Hansen M. & Heim, S. (2009) **Chicken Soup for the Soul: Twins and More: 101 Stories Celebrating Double Trouble and Multiple Blessings**. USA: Chicken Soup for the Soul Pub. *Short stories, easy to read.*

- ♥ ● Ertesvåg, K. (Feb. 2020) **Parent like a Triplet: The Definitive Guide for Parents of Twins and Triplets...from an Identical Triplet** Tradewind Heights Pub. *By a Norwegian identical triplet. Draws from research and parents Very positive reviews*

Evans, B. (2011) **Two of 'Em in There: A Southern Writer's Journey to and Through the First Year of Twin Motherhood** Pub: CreateSpace *Ups and downs, hilarity of pregnancy and twin parenthood.*

- Fierro, P. (2012) **The Everything Twins, Triplets, and More Book From pregnancy to delivery and beyond--all you need to enjoy your multiples** 2nd Ed. Cincinnati OH: Adams Media Corp.

Flais, S. V. (2020) **Raising Twins: Parenting Multiples From Pregnancy to the School Years**. 3rd Ed. American Academy of Pediatrics Author is pediatrician & mother of twins.

Ford, G. & Beer, A. (2006) **A Contented House with Twins** UK: Vermilion *Popular UK childcare author [www.contentedbaby.com](http://www.contentedbaby.com) ; 2nd author is mother of twins. Positive reviews from parents.*

- ♥ Friedman, J. (2008) **Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children** Cambridge, MA: Da Capo Lifelong Books (*See also Psychology section in this guide.*)



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[www.womensglobaltoolkit.com/2013\\_06\\_01\\_archive.html](http://www.womensglobaltoolkit.com/2013_06_01_archive.html)

- Gillespie, J. (2010) **Magical Multiple Moments: Parents of Multiples Share Stories and Advice on Raising Happy, Healthy Twins, Triplets, Quads, and More!** Deadwood OR: Orsi-Gillespie Pub. *Mother of triplets, physical therapist, website <http://triplettales.net> Based on 250 moms stories.*

Gottesman, K. (2006) **Raising Twins After the First Year. Everything You Need to Know About Bringing Up Twins—From Toddlers to Preteens**. New York: Marlowe & Co.

Gromada, K. K. & Hurlburt, M. (2001) **Keys to Parenting Multiples**, Rev. ed. New York: Barron's Education Series. *Concise, guidelines for pregnancy through to adolescence.*

Hardy, Clare (2013) **Having Twins: Your Questions Answered**. Amazon Digital Services. Kindle Ed. *Author is mother of twins and ran the Cambridge UK Twin parent group – concise, common questions asked by parents with advice. Easy read.*

- Heim, S. (2007) **It's Twins: Parent-to-Parent Advice from Infancy through Adolescence**. Hampton Roads Pub. *Advice from parents of twins/triplets. Positive reviews.*





- Heim, S. & Byrne, J. (2006) **Twice the Love: Stories of Inspiration for Families...with Twins, Multiples and Singletons**. Pub.: Twins Magazine. 82 stories by parents and family members about the joys/ challenges of raising multiples.
- 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.*
- Lovitz, D. (2018) **Twinsight: A Guide to Raising Emotionally Healthy Twins** Pub.: Familius LLC. *Advice from experts, parents of twins. Author: mother of twins, author of blog Some Twinsight.*  
<http://sometwinsight.com/>
- Lyons, E. (2007) **Ready or Not... Here We Come! The REAL Experts' Cannot-Live-Without Guide to the First Year with Twins**, 2<sup>nd</sup> Ed. NY: Finn-Phyllis Press. *Experiences & solutions from twin moms.*
- **Ready or Not ... There We Go! The REAL Experts Guide to the Toddler Years with Twins** (2006)  
New York: Finn-Phyllis Press
- Mahony, E. (2003, 2012 Kindle) **Double Trouble: Twins and How to Survive Them**. London, UK: Thorsons *Author's experiences as a twin, mother of twins, and Times writer Lighthearted, practical.*
- 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. *1<sup>st</sup> author is twin specialist. A classic.*
- Mascazine, J. (2004) **Understanding Multiple-Birth Children and How They Learn: A Handbook for Parents, Teachers and Administrators** *Author is university educator and researcher—*  
[twineducation@yahoo.com](mailto:twineducation@yahoo.com). Pub: Authorhouse.
- McCarthy, M. (2005) **101 Indoor Activities for Toddlers and Preschoolers: Triplet Tested!**  
Pub: Maria Skantzaris\McCarthy.
- Miller, K. (2013) **Happy Twin Mum: Hands on Ideas for the First Years with Twins**. Hot Tot Pub. (UK) *Mother is chair of local UK twin club. Praised by health professional sand parents.*
- National Organization of Mothers of Twins Clubs, Inc. Moskewski, 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
- Pearlman, E. & Ganon, J. (2000) **Raising Twins: From Birth through Adolescence** NY: Harper Collins. *By a family, marriage and child therapist specializing in multiples— practical information for parents.*
- Rawlinson, J. (2015) **Dad's Guide to Raising Twins: How to Thrive as a Father of Twins** CreateSpace Indep. Pub. Forum. *Father of twins-- publishes blog, podcasts with many followers*



Going home after 3 months in the NICU  
<http://bloggingboys.com/blog/category/nicu/>



- Regan-Loomis, M. (2008) **Juggling Twins: Tricks and Strategies from Pregnancy to the Toddler Years**. Sourcebooks, Inc. *Practical, easy read.*
- Roper, J. (2013) **Double Time: How I Survived --and Mostly Thrived-- During the First Three Years of Mothering Twins** St. Martin's Griffin
- 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.*
- Scalise, D. (2008) **Twin Sense: A Sanity-Saving Guide to Raising Twins—From Pregnancy through the First Year**. USA: Amacom. *Health care journalist and mother of twins.*
- Tinglof, C. (2009) **Double Duty: The Parents' Guide to Raising Twins, from Pregnancy through the School Years, 2<sup>nd</sup> Ed.** McGraw-Hill *Concise, down to earth, experiences from a variety of parents.*
- **Parenting School Age Twins and Multiples** (2006) New York: McGraw Hill.
- 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. *Stories and advice.*

### Infant (& Parent!!) Sleep

- Ford, G. & Beer, A. (2006) **A Contented House with Twins** UK: Vermilion *Positive reviews.*
- ♥ Mindell, J. (2005) **Sleeping Through the Night: How Infants, Toddlers and Their Parents Can Get a Good Night's Sleep**. Rev. Ed. New York: Harper Collins. *Pediatric sleep specialist, PhD clinical psychologist, parent.*
- Obelman, D. (2007). **The Sleep Sense™ Program**  
[www.sleepsense.net](http://www.sleepsense.net) *Book, video, other tools.*
- 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.*

### 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](http://www.jamieglowacki.com)



[www.thisislondon.co.uk](http://www.thisislondon.co.uk)

## • Parenting Triplets, Quads + More



See also: *Parenting Multiples* Note the ●

Adams, V. (2013) **Triplets? Relax! Tips to Guide You Through the First Year, Sanity Intact** (Volume 1) Pub: .CreateSpace Positive reviews.

Angelin, C.(2018) **ADHD to the Power of Three - The Sequel: A Mother's Story of Raising Triplets - The Teenage Years!** Busybird Pub. angelin@bigpond.net.au <http://adhd3.com>  
and **ADHD to the Power of Three: A mother's story of raising triplets with ADHD** (2010) Australia: Sid Harta Pub. *Birth to age 12. 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.*

♥ Ertresvåg, K. (2020) **Parent like a Triplet: The Definitive Guide for Parents of Twins and Triplets...from an Identical Triplet** Tradewind Heights Pub. *By a Norwegian identical triplet. Draws from research and parents. Highly positive reviews*

Gaston, L. & R. (2009) **Three Times the Love: Finding Answers and Hope for Our Triplets With Autism** Avery Pub. *Challenges, joys, interventions, therapies.*

Gore, N. (2014) **Triplet Pregnancy and Your First Year with Triplets** Self Pub. *with triplet moms.*

Gillespie (2010) See **Magical Multiple Moments** for details in *Parenting Multiples* book section.

Gosselin, J. Gosselin, K., Carson, B. (2008) **Multiple Blessings: Surviving to Thriving with Twins and Sextuplets** Grand Rapids Michigan: Zondervan.

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.

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.*



[www.bbc.com/news/uk-england-38379801](http://www.bbc.com/news/uk-england-38379801)

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.*

♥ Lyons, S. (Ed.) (2001) **Finding Our Way. Life with Triplets, Quadruplets & Quintuplets** Toronto: Triplets, Quads & Quints Association *150 stories by Canadian parents and articles by health professionals. Pregnancy to adulthood. Positive reviews*

McCaughey, K. & McCaughey, B. (1998) **Seven from Heaven: The Miracle of the McCaughey Septuplets** Nashville, TN: Th. Nelson *Pregnancy & first year with 7 babies & a 2 yr old.*

McCaughey, B. (1999) **Celebrating the Wonder of Motherhood: Intimate Moments With My Daughter Mikayla and the Septuplets** Nashville TN: Th. Nelson

MOST et al. (2014) **Expecting Multiples:** 2<sup>nd</sup> Ed. See *Multiple Pregnancy books* section.

Piontkowski, T. (2012) **Three Babies and a Healthy Glow: A Triplet Mom Finds Her Happy Place** CreateSpace Pub.

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](mailto:info@breastfeeding.asn.au) [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

♥ ● 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) [www.multiplebirths.org.uk/MBFParentsFeedingGuideFINALVERSION.pdf](http://www.multiplebirths.org.uk/MBFParentsFeedingGuideFINALVERSION.pdf)

♥ ● MBF **Feeding twins, triplets and more Guidance for Health Professionals on Feeding Twins, Triplets and Higher Order Multiples** (2011) [http://www.multiplebirths.org.uk/MBF\\_Professionals\\_Final.pdf](http://www.multiplebirths.org.uk/MBF_Professionals_Final.pdf)

● Fountain, J. (2014) **Breastfeeding Twins, Triplets and More! How to Have the Experience You Want.** Author. Kindle ed. only. *Mother breastfed triplets for 2.5 yrs.*

♥ ● Gromada, K. K. (2007) **Mothering Multiples: Breastfeeding and Caring for Twins or More!** 3<sup>rd</sup> Rev. Ed. Franklin Park, IL: La Leche International Pub. [www.karengromada.com](http://www.karengromada.com). *Excellent resource.*

La Leche League International (2010) **The Womanly Art of Breastfeeding** 8<sup>th</sup> Rev. Ed. Franklin Park, IL. *General advice. See also breastfeeding twins article* <https://www.laleche.org.uk/twins/>



[www.breastfeeding.com/art\\_gallery/art\\_images/album196/John.html](http://www.breastfeeding.com/art_gallery/art_images/album196/John.html)



- 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 (breastfed for 14 months) 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.

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

Davis, D., & Stein, M. (2004) **Parenting Your Premature Baby: The Emotional Journey.** Golden, CO: Fulcrum Pub. *Two psychologists (USA) on pregnancy, parenting, multiple births..*

Ewing, J. (2014) **Premie Chronicles: Our NICU Experience**, 4<sup>th</sup> Ed. Jeff Ewing Pub. *A father's journal notes are turned into a book; capture his, his wife's & twin babies' (24 wk preemies) experiences in NICU.*

Gunter, J. (2010) **The Premie Primer: A Complete Guide for Parents of Premature Babies –from Birth through the Toddler Years and Beyond.** Author is ObGyn/mother preemie triplets.

Janvier, A. (2020) **Breathe, Baby, Breathe!: Neonatal Intensive Care, Prematurity, and Complicated Pregnancies** Univ. Toronto Press. *A neonatologist (NICU MD) recounts how unprepared she was to deal with the birth of her daughter at 23 weeks gestation and experiences of other families she met in the NICU.*



1 month old: Kangaroo care by mom  
<http://bloggingboys.com/blog/category/nicu/>  
feeding info.

Linden, D., Paroli, E. & Doron, M. (2010) **Preemies: The Essential Guide for Parents of Premature Babies, 2<sup>nd</sup> Ed.** New York: Pocket Books. *By 2 parents who delivered preemies (one had twins) & a neonatologist (MD). Positive reviews.*

Minton, J. (2007) **The Early Birds: A Mother's Story for Our Times** Vintage Pub. *Infertility treatment followed by critically ill preterm twins in the NICU and their journey.*

Sears, J., Sears, M., Sears, R., & Sears, W. (2004) **The Premature Baby Book: Everything You Need to Know About Your Premature Baby from Birth to Age One** NY: Little Brown By 3 MD's & RN (USA). *Informative, sensitive, excellent preterm*

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.*

## Bereavement & Loss of Multiples

Burley, V. (2013) **How to Survive When One Twin Dies** The Loving Parent Pub. Kindle Ed.. *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](http://www.wombtwin.com).*

Howser, C. (2001) ***A Different Kind of Mother: Surviving the Loss of My Twins*** First Books Library. *Personal account of the deaths of newborn twins.*

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

Rhodes, R. (2011) ***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 . *A book for young children who have experienced the death of their twin sibling. Based on the author's experience of losing a twin daughter. 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.*



<http://multiples.about.com/od/dadsofmultiples/ig/Father-s-Day-Photo-Gallery/blgal1056.-0eL.htm>

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.*

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.

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.



Friedman, J. (2018) ***Twins in Session: Case Histories in Treating Twinship Issues*** Rocky Pines Press Author: PhD clinical therapist specializing in twin issues plus a mother of twins.

Friedman, J. (2014) ***The Same but Different: How Twins Can Live, Love and Learn to be***



<http://community.babycenter.com/pcphoto/1704195>

***Individuals*** Rocky Pines Pr. Challenges that arise when young adult twins are expected to be independent, self-assured "singletons" after being raised as twins. Author: PhD clinical therapist

ICOMBO 2014 (International Council of Multiple Birth Organizations) ***Post-Partum Mood Disorder (Depression) (PPMD) Study*** <http://icombo.org/postnatal-depression-survey/> Results: 31.5% reported PPMD. 66% diagnosed prior to 6 months.

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. (2017) ***Twin Dilemmas: Changing Relationships Throughout the Life Span*** Pub: Routledge Author PhD, clinical psychologist. Twin identity research

- ***Alone in the Mirror. Twins in Therapy*** (2012) New York: Routledge *Triumphs and struggles of twins as they separate from one another and find their individuality in a world of non twins.*
- ***Not All Twins are Alike: Psychological profiles of Twinship*** (2003) Westport CT: Praeger.

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.*

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

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.

Schein, E. & Bernstein, P. (2008) ***Identical Strangers: A Memoir of Twins Separated and Reunited.*** New York: Random House. *Separated as infants, adopted, part of a secret study on separated twins, reunited more than 30 years later.*

Segal, Nancy. (2011) ***Someone Else's Twin: The True Story of Babies Switched at Birth*** Amherst NY: Prometheus Books

- ***Indivisible by Two: Lives of Extraordinary Twins*** (2005) Cambridge MA: Harvard University Press. *Joys and real-life traumas of twelve sets of twins, triplets, and quadruplets.*
- ***Entwined Lives: Twins and What They Tell Us About Human Behavior.*** (1999) New York: Dutton Press *Intelligence & personality, developmental & rearing issues affecting twins.*

Sandbank, A. (Ed.) (1999) **Twin and Triplet Psychology: Professional Guide to Working with Multiples** London: Routledge. *Series of articles.*

Shapcott, T. (2001) **Twins in the Family: Interviews with Australian Twins** Melbourne, Australia: Lothian Books *50 interviews with twins from all walks of life.*

Stewart, E. (2003) **Exploring Twins: Towards a Social Analysis of Twinship**, 2<sup>nd</sup> Ed. Houndmills, UK: Palgrave Macmillan.

Wagner, P. Spiro & Spiro, C. (2005) **Divided Minds: Two Sisters and Their Journey Through Schizophrenia** New York: St. Martins Press.

Williams-Smith, J. (2008) **We Will Not Quit and We Will Succeed! True accounts of a family with twin sons born with developmental disabilities.** Authorhouse.

## Newsletters & Magazines



**Newsletter** for families expecting or who have twins, triplets or more. Articles and stories. Free to MBC members. Non-members \$10/yr. Toll Free Canada 1-866-228-8824 office@multiplebirths.ca [www.multiplebirths.ca](http://www.multiplebirths.ca)

**TWINS™ Magazine** (USA) 6 Digital issues/yr. Free. [www.twinsmagazine.com](http://www.twinsmagazine.com)

**The Twins Magazine** by Twins Research (Australia) Free newsletter, 1 ed. per year. [www.twins.org.au/news-and-events/twins-magazine](http://www.twins.org.au/news-and-events/twins-magazine)



## Especially for Health Professionals

Bowers, N. (2005) **Care of the Multiple-Birth Family: Pregnancy to Birth.** *Nursing Modules.* March of Dimes.

Gromada, K., Bowers, N. & Wieczorek, R. (Ed.) (2004) **Care of the Multiple-Birth Family: Postpartum through Infancy.** *Nursing Modules* March of Dimes.

Harding, M. (2016) **Multiple Pregnancy** Article <https://patient.info/doctor/multiple-pregnancy>

Leonard, L. G. (2007) **Breastfeeding Multiples: Perinatal Care Guidelines** <http://www.perinatalservicesbc.ca/Documents/Guidelines-Standards/HealthPromotion/BreastfeedingMultiplesGuideline.pdf>

Multiple Births Foundation (2011) **Guidance for Health Professionals on Feeding Twins, Triplets and Higher Order Multiples** London UK: MBF. Free download [www.multiplebirths.org.uk](http://www.multiplebirths.org.uk)

National Institute for Health and Care Excellence (2019) UK **Twin and triplet pregnancy**—NICE guideline. Full and quick reference guides: <https://www.nice.org.uk/guidance/ng137> and <https://pathways.nice.org.uk/pathways/twin-and-triplet-pregnancy>

Royal College of Obstetricians & Gynaecologists (2016) UK **Management of Monochorionic Twin Pregnancy Green-top Guideline 51** <https://obgyn.onlinelibrary.wiley.com/doi/epdf/10.1111/1471-0528.14188>



36 months twin pregnancy  
[www.babycenter.com/fetal-development-twins-images-gallery](http://www.babycenter.com/fetal-development-twins-images-gallery)



## Organizations: Contact Details

### Canada



#### Multiple Births Canada/ Naissances Multiples Canada (MBC)

7-2 King Street West, Unit #155 Hamilton, ON L8P 4S0 Canada. office@multiplebirths.ca Toll Free in Canada 1-866-228-8824 [www.multiplebirths.ca](http://www.multiplebirths.ca)



## USA & International Organizations

**Australian Multiple Birth Association** PO Box 105, Coogee, New South Wales 2034 Australia enquiries@amba.org.au or [www.amba.org.au](http://www.amba.org.au)

**International Council of Multiple Birth Organizations** chair@icombo.org or <http://icombo.org>

#### 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](http://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 or [www.multiplesofamerica.org](http://www.multiplesofamerica.org)

**Northwest Association of Mothers of Twins Clubs NWAMOTC BC**, Alaska, Idaho, Montana, Oregon & Washington. nwamotc@gmail.com [www.nwamotc.org/](http://www.nwamotc.org/).

**Raising Multiples** formerly MOST – mothers of supertwins. P.O. Box 69 Albertson, NY 11507- USA info@raisingmultiples.org [www.raisingmultiples.org](http://www.raisingmultiples.org)

**Twins Trust** (formerly TAMBA) Serving England, Scotland, Northern Ireland. Manor House, Church Hill Aldershot, Hants, GU12 4JU Tel. 01252 332 344 enquiries@twinstrust.org <https://twinstrust.org>.



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

## Organizations: Bereavement

**Center for Loss in Multiple Birth, Inc. (CLIMB)** c/o Jean Kollantai P.O. Box 190401, Anchorage, AK USA 99519 climb@climb-support.org or [www.climb-support.org](http://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 [www.twinlesstwins.org](http://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](mailto:mbscreening@cw.bc.ca)

[www.bcwomens.ca/our-services/labour-birth-post-birth-care/milk-bank](http://www.bcwomens.ca/our-services/labour-birth-post-birth-care/milk-bank)

2. Rogers Hixon Ontario Human Milk Bank at Mt. Sinai Hospital, Toronto [www.milkbankontario.ca](http://www.milkbankontario.ca) 416-586-4800 x 3053 or [info@milkbankontario.ca](mailto:info@milkbankontario.ca)

**Sidelines National Support Network (USA)** Support for high risk mothers (pregnancy complications & premature birth) and their families. 3167 Bern Drive, Laguna Beach, CA 92651 Contact form on site or [candace@sidelines.org](mailto: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:800-815-9211; [info@tttsfoundation.org](mailto:info@tttsfoundation.org) or [www.tttsfoundation.org](http://www.tttsfoundation.org)

## Multiples-Related Research

**Twins Research Australia** 3/207 Bouverie St. Carlton, Victoria 3010 Australia [info@twins.org.au](mailto:info@twins.org.au)

<https://www.twins.org.au/> *The Twins Magazine* free newsletter, 1 ed. per year. [www.twins.org.au/news-and-events/twins-magazine](http://www.twins.org.au/news-and-events/twins-magazine)

Check **Multiple Birth Organizations and Universities** for research projects.

There are two types of studies: 1. Studies which focus on the twin, triplet + pregnancy and parenting experience such as "What are the challenges parents of multiples face in raising twins, triplets or more?" 2. Twins are also studied in order to estimate how genes and environment interact to influence character, strengths, vulnerabilities, and values in the general population. Sites such as the *Minnesota Center for Twin and Family Research*, *Michigan State University Twin Research*, *Twins Research Australia* and *Twin Studies Center* (Cal. State Univ. Fullerton) with Nancy Segal, PhD fall into this category.



### about the Author

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

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