



EQUITY AND INCLUSION

NATIONAL MULTIPLE BIRTHS AWARENESS DAY 2021

FOR IMMEDIATE RELEASE

CANADA – Multiple Births Canada (MBC) recently announced the theme for this year’s National Multiple Births Awareness Day 2021 as **Equity and Inclusion from Coast to Coast**.

This theme highlights the unique challenges and creative adjustments made by multiple-birth parents and society to allow twins, triplets and more to experience better outcomes. This education piece enhances understanding of how some situations are not always equitable and inclusive for multiple-birth family structures.

- As infants, having a grandparent take one baby for a few hours gives parents individual bonding time with the other baby, creating equity in their relationships similar to singleton babies.
- As preschoolers, inclusion can result from inviting both twins to a birthday party; conversely it may mean inviting one instead of excluding them both.
- As young students, equity may result from a teacher realizing that in order to focus in class, the twins need to be seated near each other to allow for eye contact throughout the day.



This month, MBC asks all educational institutions, agencies and government ministries to analyze their policies, evaluating whether they encourage “equity and inclusion”. Unfortunately, multiple-birth parents sometimes experience unequitable and exclusive situations – having to separate their babies for childcare purposes, receiving a parental leave timeframe equal to singleton parents which is unequitable considering this program’s goals, knowing sometimes classroom placement decisions are made without including parental insight. Recognizing the need for equitable and inclusive policies will result in policy improvements for Canada’s multiple-birth community.

Backgrounder

National Multiple Births Awareness Day (NMBAD) is held annually on May 28 to honour the birth date of the Dionne Quintuplets. NMBAD provides insight for all Canadians on the challenges and issues faced by multiple-birth families – as well as networking and celebration opportunities for Canada’s multiple-birth community.

MBC began in 1978 as Parents of Multiple Births Association (POMBA). It is the only national support organization for multiple birth families and individuals in Canada. Its mission is to improve the quality of life for multiple birth individuals and their families by providing support, education, research, and advocacy to individuals, families, chapters, and organizations that have a personal or professional interest in multiple birth issues.

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