

2010 Annual Report — April 1, 2009 to March 31, 2010



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Supporting Multiple Births Together

For over three decades MBC has been building a national presence for our organization and our community. Thanks to the perseverance of many, and advancements in technology, we have positioned MBC for the next big step – to be a valued stakeholder on the national scene.

Since 2005, MBC has been spotlighting specific issues and challenges with National Multiple Births Awareness Day themes. While none of these topics has been NEWS to Canada’s multiple-birth community, they have opened the eyes of many of our publics, including governmental agencies.

This year (2009-2010) was one of validation for MBC, in that our work from the 2008 National Multiple Births Awareness Day theme was recognized as being ahead of its time. Our 2008 theme drew attention to the need for health care professionals providing fertility advice and/or treatments to fully disclose all risks associated with a multiple pregnancy and birth. Fast-forward two years, investigate the public climate on this issue, and most would recognize that this focus has now become a national one. Addressing the need at the federal level, MBC was asked by Assisted Human Reproduction Canada (AHRC) in 2010 to be a key player in patient education. This work in partnership with the Canadian Fertility and Andrology Society (CFAS) and the Society of Obstetricians and Gynaecologists of Canada (SOGC) will see MBC resources shared with these families when they need it most.

This is but one of the many MBC accomplishments; for this year’s Top 10 please see the next page.

The Top 10 list is worthy of any support service provided within our country, yet the unique revelation is that it is not the result of paid employees, but the outcome of a strong group of national and local volunteers who truly believe in supporting multiple births together! MBC owes its success and national stature to its members – the same people who raise their hands and give countless hours of their time toward improving the quality of life for multiple-birth individuals and their families in Canada. This Annual Report is therefore dedicated to these people – our supporters – for their dedication and determination to making a difference!

Gail Moore
Chair of the Board

The outreach success of National Multiple Births Awareness Day was validated in 2009-2010 by the growing movement toward both parents of newborn multiples applying for simultaneous parental leave to ensure quality care for their infants.

Gail Moore, Director of Communications

BOARD OF DIRECTORS



GAIL MOORE



SHEILA CATTO



TODD OHMAN



KIMBERLEY WEATHERALL



Top 10 Achievements of MBC 2009-2010

1. Hosted the 1st ever **MBC National Chapter Development Retreat** at Blue Mountain Resorts in Collingwood, Ontario
2. Developed a NEW partnership with Assisted Human Reproduction Canada and becoming involved as an expert contributor to the Patient Group Committee
3. Worked with Character Creative, with their generous in-kind contribution of design talents, to create a NEW bilingual MBC poster and brochure
4. Delivered the 2009 National Multiple Births Awareness Day theme, **“Classroom Placement for Multiples – together or not?”** that included outreach communications to all English school boards or districts in Canada as well as the Ministry of Education in each province
5. Produced the 2009-2012 Strategic Plan for Multiple Births Canada – **Strengthening Our Support** – to guide the work completed at the national level for Multiple Births Canada
6. Welcomed Sabine Ehgoetz as the NEW Editor-in-Chief of **Multiple Moments** who promptly transformed the magazine into a full colour publication
7. Supported Ottawa father Christian Martin and other qualified EI recipients who, as new parents of multiples, applied for parental leave to care for one twin while their spouse was receiving parental leave benefits to care for the other twin
8. Recognized Lynda Haddon for 20 years of national volunteerism for MBC, which includes chairing the Loss and Breastfeeding Support Networks and developing many new MBC Fact Sheets
9. Led the review of the **Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples** on behalf of the Council of Multiple Birth Organizations (COMBO)
10. Released a series of MBC Fact Sheets for free sharing of valuable resources, which included:

- **Signs and Symptoms of Preterm Labour**
- **First Few Weeks**
- **11 Tips for Breastfeeding Your Multiples**
- **Postpartum Depression and Mothers of Multiples**
- **Parental Relationships After Multiple Births**
- **Zygosity Testing**

Multiple Births
Naissances multiples
CANADA

Zygosity Testing

Multiple Births
Naissances multiples
CANADA

Parental Relationships After Multiple Births

Multiple Births
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First Few Weeks

Suggestions to help ease the first hectic few weeks with your new babies.

- **Establish a routine as soon as possible.** Planning is important so that you can count on doing certain things at certain times. Babies respond very well to routine. Keep a log of feedings, sleep times, medications given and other notes about the babies' progress, to help spot patterns, solve problems and communicate with the doctor.
- **Set your priorities.** Housework pruned to a minimum to maintain basic hygiene is a good idea. Spare time should be spent on yourself and with your family. If someone offers to help, have a chore in mind you would like done, e.g. bathe a baby.
- **Take care of yourself and be sure to get enough nutrition, rest and vitamins.** Do not forget your postnatal exercises. You come first, as your family is depending on you. See if you and your partner can take turns at night so that each of you gets at least a 4-hour stretch of sleep, plus another nap some time during the day.
- **ASK and you shall receive!** There are no mind readers. If you require support, asking for help is proactive. If you have no family nearby, community and/or church groups usually have volunteers willing to help out. You may also want to contact your local high school as many students must complete community hours before graduating. An extra set of hands for a few hours can be very helpful.
- **Strive to become a "good-enough" parent.** You cannot do it all and you cannot be perfect!
- **If everything doesn't get done today, it will still be there tomorrow!** If you are feeling overwhelmed, invite a friend or family member to help tackle the kitchen, laundry, ironing or maybe to take an older sibling out for a while. Extra hands for folding clothes, or making meals and snacks for siblings is appreciated and the extra help, and conversation, will make a world of difference. If you are not comfortable with friends and family assisting with the household chores, ask them to tend to the babies for a short period of time while you attend to the house.
- **Let as many stressors go as you can.** It will be a key to survival on those hectic mental and physical days.
- **Schedule regular time for yourself and your partner** so you can enjoy those little things and each other. It doesn't have to be huge; take a walk around the block, or go out for a coffee.
- **Make sure you keep in touch with friends and family—do not become isolated.** It will be challenging to get out with your babies, but you will be able to handle it when you are ready. For the little while, if you cannot get out to see people, use the telephone for connecting with others, and ask people to come visit you.
- **Get out and about:** Try to get out with the babies for a walk or to the park when weather permits. A change of scenery and routine, fresh air and exercise work wonders for everyone. Sunlight may help babies regulate daytime and night time. In winter, you might push the stroller around an indoor mall.
- **Singleton Siblings:** Arrange special play dates or preschool for an older child providing his/her own special time, activities and things to talk about. Include him/her in the routine, putting clothes away, etc., but do not use him/her as a "gagther".
- **Remember that the babies will grow up quickly and life will constantly change with their growth.** Keeping flexible in your expectations and attitude will help to lighten the stress level and allow you to enjoy being a parent of multiples.
- **If you are having difficulty coping,** talk to your Doctor or Health Care visitor and explain why things are becoming too much to handle. Everything may be going well with you, but if not, talk to someone you feel comfortable with and whom you trust. This is not an admission of failure; it is an important first step towards improving the situation. Learn

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Your Source for Information on Multiple Births
Supporting Multiple Births Together



Volunteers Making a Difference 2009-2010

Volunteerism is an essential part of any community – keeping programs and activities running smoothly from coast to coast in Canada. For Multiple Births Canada, in 2009-2010 volunteers continued to serve the multiple-birth community, making a difference in the lives of multiple-birth individuals and families through their extreme dedication, passion and hard work.

MBC welcomed many new volunteers over the past year (thank you!), but also had to say good-bye to others. At the Board level we were sad to say good-bye to Melanie Dugard, Jennifer Dawson, Heather Scher and Sheri Franklin, but were very happy to welcome Todd Ohman to the Board as a Director at Large and continue to appreciate the support we receive from Melanie in her financial capacity.

Celebrating Our Volunteers

In October 2009, MBC celebrated the following volunteers who were awarded for their long-term dedication and service to MBC. Congratulations to **Meredith Fraser-Ohman** and **Nicole Fisher** for their 5 years of service to MBC. Very special congratulations to **Lynda Haddon** for celebrating 20 years of volunteer service with MBC (and POMBA). Lynda has held many positions over the years and continues to give generously of her time as the Loss and Breastfeeding Support Network Chairs at the national level, as well as being a Past Chair of MBC, all while serving her community in many other capacities.

Along with recognizing these individuals for their service, MBC once again recognized individuals through the Making a Difference Awards, presented annually at the Multiple Births Canada's Annual Conference. The awards were established in 1999 to acknowledge outstanding contributions and achievements in a number of different categories.

During the 2009 Chapter Development Retreat the following awards were presented:

LOCAL AWARD

To an individual who has displayed outstanding dedication or has been responsible for outstanding accomplishments of local significance in the field of multiple births in a local community in Canada:
Gerlinde Rup and Shelley Ryan
Windsor/Essex POMBA



NATIONAL AWARD

To an individual who has displayed outstanding dedication or has been responsible for outstanding accomplishments of national significance in the field of multiple births in Canada:
Theresa Meininger Sanders from Barrie Chapter and Chair of MBC's Special Needs Support Network



INTERNATIONAL AWARD

To an individual who has displayed outstanding dedication or has been responsible for exceptional accomplishments of international significance in the field of multiple births with a Canadian element or impact on the Canadian multiple-birth community:



Jane Denton, MBC Advisory Board member.

MEDIA AWARD

To an individual and/or newspaper, magazine, radio or television outlet that printed or aired a story in the previous year that created awareness of multiple-birth issues, individual chapters, or spotlighted MBC and/or chapter initiatives:

Windsor radio station AM 800 CKLW



Volunteers are MBC's most valuable resource!



National Multiple Births Awareness Day

One of the challenges faced by parents of twins, triplets and more is to foster the unique development of each child while at the same time encouraging the unique bond between their children. This challenge also applies to teachers with multiples in their classrooms; however, the challenge within the school may be complicated by preconceived opinions of educators, the number of students in the school, and the number of twins, triplets or more involved. Unfortunately, some multiple-birth parents have experienced situations where a principal or teacher did not welcome or ignored the input of parents of multiples on the classroom placement of their children. To address this issue, MBC created awareness by asking School Boards and the Ministries of Education to develop a mandated policy encouraging a consultative process for all schools.

The theme for 2009:

"Classroom Placement of Multiples – together or not?"

The Key Message:

MBC strongly believes decisions about classroom placement of multiples should be made annually, on a case-by-case basis, in consultation with the parents of the children concerned. Just as each child is unique, each set of multiples is unique. Some multiples thrive in separate classes, others in the same class. Similarly, what works for a given set of multiples one year might not work the next year. Therefore, MBC believes that blanket policies on this issue – either for separate or same-class placement – are inappropriate.

Local Outreach:

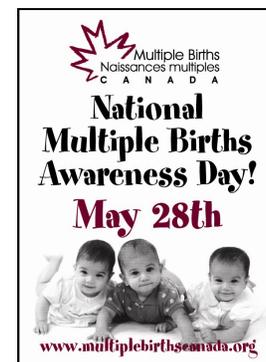
MBC provided interested supporters with a letter to be shared with local schools, drawing attention to the *Multiples in School Kit*, which includes:

- MBC booklet *Multiples in School* (2 copies: one for the family and one for the educator);
- MBC fact sheets:
 - *Multiples in School: Parent Tips*
 - *Multiples in School: A Guide for Educators*
 - *Multiple Births Facts & Figures*
 - *Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples*
- *Guidelines for the Education of Multiple Birth Children*, a document prepared by the National Organization of Mothers of Twins Club Inc. in the United States;
- *Multiples in School* synopsis from the MBC Annual National Conference in 2003 by keynote speaker, Pat Preedy, Ph.D.; and
- *The Multiple Challenge* by Anne Marie Owens, writer for the National Post and contributing writer for MBC's publication *Multiple Moments* magazine.

National Outreach:

All English school boards and districts in Canada were individually contacted and provided with the following documentation:

- Media Release for National Multiple Births Awareness Day
- Multiple Births Canada Fact Sheet - *Multiples in School: Parent Tips*
- Multiple Births Canada Fact Sheet - *Multiples in School: A Guide for Educators*



The theme for 2010 is: "Canada's EI Parental Leave must reflect the needs of multiple-birth infants."

Strategies identified as potential opportunities to communicate the message to our key publics are:

- A rally on the lawn of Parliament Hill in Ottawa on Friday afternoon, May 28th
- Local rallies in front of MP's offices across Canada also on Friday afternoon, May 28th
- A call for expectant parents of multiples to both apply for EI Parental Leave
- A call for all supporters to send a letter to Human Resources and Social Development Canada



Multiple Births Canada's Financial Position

Donations & Sponsorships in 2009-2010

Multiple Births Canada received numerous donations and sponsorships, including in-kind donations, from our national volunteers and other generous people, groups and companies. Thank you to everyone who helped MBC through fiscal 2010.

With special mention to EMD Serono Canada Inc. for its monetary donation to assist with funding MBC core operations; to CUSO-VSO for their in-kind donation of outdated computer servers; to Character Creative for their donation of time and design expertise in creating MBC's new poster and brochure. In addition, we thank Bonnie Schultz for her generous support and donation as we celebrated the **10th Anniversary of the Making A Difference Awards** in October 2009.

2009 Annual General Meeting and Chapter Development Retreat

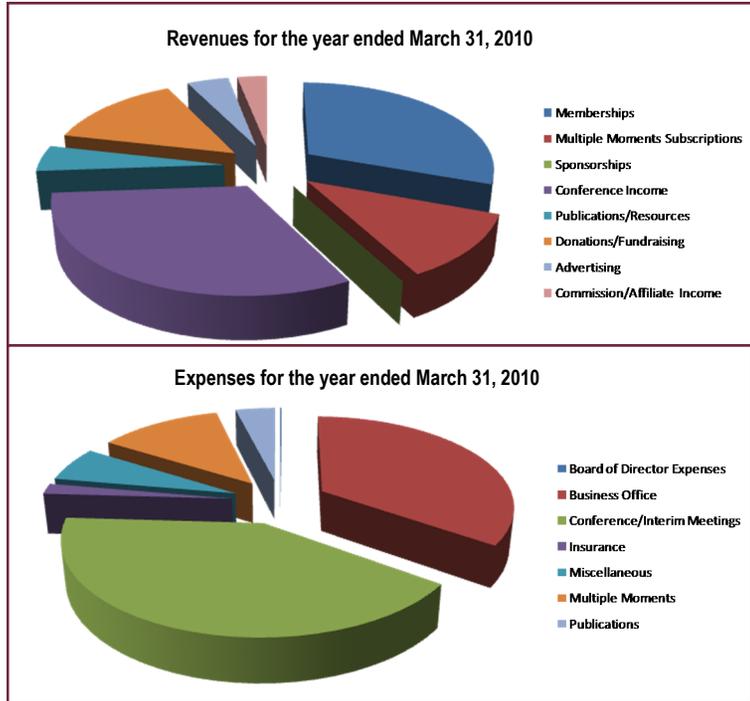
We received many donations and we thank all who contributed to make the event a great success.

2009-2010 Special Acknowledgement to:

All-Canadian Self Storage	Candi Cuppage	Durham Parents of Multiples	Love A Tree Cotton Gift Bags	Mysteriously Yours Dinner Theatre	Sheila Catto
Alli's Originals	Charity Village	Hawkins Honey	Lynda Haddon	Ontario Science Centre	Shiny Objects by Lawrence Larche
Avon - Roxane Crow/Lori Oldfield	Chatham-Kent Multiple Births	Jennifer Dawson	Mabel's Labels	Paul's Boat Lines - Nepean	Solar Stage Children's Theatre
Barrie Parents of Twins & More	Chicopee Ski Hill - Kitchener	Johnson & Johnson	Mars Canada	Pizza Kits by Little Caesars	Temiskaming Multiple Births
Baybee Valley Diaper Cakes	Christian Martin	Just Fundraising	Matheson Family	Prince Albert (chapter folded)	Todd Ohman
Bird Kingdom.ca Niagara Falls	Darlene Nagy	Kim Weatherall	Melanie Dugard	Rogers Sportsnet	Vaughan Mills
Bonnie Schultz	Delta Markham Hotel	Kirkwood Family	Molly Magee	Scher Family	VIA Rail
Boo Boo Kits	Diane Myers	Kitchener-Waterloo POMBA	Moore Family	Scholar's Choice	Vicki Riley
Canadiannanny.ca Canadiansitter.ca	Donna Launslager	London Multiple Births Association	Multiple Births Guelph-Wellington	Scholastic Canada Ltd.	Windsor Essex POMBA

2009 Financial Report - April 1, 2009 to March 31, 2010

Financial results for fiscal 2009-2010 show a net loss of \$1,788. This result is due in part to the increased costs of producing Multiple Moments and other publications. There was a growth in advertising during the year, which helped support operating expenses, as other sources of revenues declined. The Business Services Manager and the Board should be commended for strong financial monitoring of expenses and a successful conference result. Adjustments have been made to the membership renewal process and the costs of producing a print version of Multiple Moments in order to maintain a balanced budget for 2010-2011.



Year ended March 31, 2010 (unaudited)	2009-2010		2008-09
	Actual	Budget	Actual
Revenues			
Memberships	\$ 17,471	\$ 17,000	\$ 17,050
Multiple Moments Subscriptions	6,618	6,100	7,112
Sponsorships	-	750	-
Conference Income	18,028	13,500	33,665
Publications/Resources	2,722	2,250	3,227
Donations/Fundraising	8,021	5,350	4,717
Advertising	2,437	400	289
Commission/Affiliate Income	1,743	600	798
	\$ 57,040	\$ 45,950	\$ 66,858
Expenses			
Board of Director Expenses	\$ 80	\$ 250	\$ 422
Business Office	20,393	19,925	20,201
Conference/Interim Meetings	24,181	16,000	34,517
Insurance	1,090	1,100	1,178
Miscellaneous	3,617	1,620	1,997
Multiple Moments	7,165	4,500	5,527
Publications	2,302	2,555	2,940
	\$ 58,828	\$ 45,950	\$ 66,782
Excess of revenues over expenses (expenses over revenues)	\$ (1,788)		\$ 76
Surplus, beginning of year	2,931		2,855
Surplus, end of year	\$ 1,143		\$ 2,931



Multiple Births Canada's Resources

Business Office

This 'virtual' office is often mistaken for a national, storefront business office. With only one part-time staff and the occasional volunteers assisting, the Business Services Manager is extremely busy. This picture illustrates valued senior volunteers helping with a membership renewal mailing. The office operates as a clearinghouse, filtering information and assisting multiple-birth families, members, Chapter executives, volunteers, the Board of Directors, health organizations and the media by answering questions, offering referrals, registering memberships and providing resources. On average, the Business Services Manager works between 35 and 45 hours a week while being compensated for 20 hours a week.

Website and Social Media

The MBC website has continued to grow, offering an incredible amount of information for new and expecting parents of multiples, in addition to offering resources for professionals who support multiple-birth families. Facebook continues to offer an additional way for families with multiples and Volunteers to connect with one another, sharing what they know best, their personal experiences with multiples and how to support them. Along with MBC's Member Only Facebook Page, the Multiple Moments page and the Special Needs Support Network page, MBC also developed a Facebook Fan Page which already has 160 Fans and initiated a Twitter account. Both the website and these forms of Social Media have been instrumental in reaching families and volunteers on a much more regular basis, keeping them up to date on MBC's latest projects, offering a way to share pictures and assist in fundraising activities.

Publications

More revisions to Multiple Births Canada's well-respected resource material are well underway. Three more Fact Sheets were revised over the last year while four new Fact Sheet were issued. Six important Fact Sheets were made available as free downloads to the public. E-commerce has proved to be a very efficient way of generating revenue and getting MBC resources into the right hands. MBC is working towards an instant download purchasing function for all of its resources including past issues of Multiple Moments. Multiple Moments subscriptions continue to be low while printing costs have risen exponentially.

Support Networks

The MBC support networks continue to be important resources for our families. New this year is the addition of the Father Support Network to the already existing Breastfeeding, Francophone, Loss, Higher Order Multiples and Lone Parenting Networks. Each month the following Networks receive e-newsletters: Loss Network – *Forever Angels*, Breastfeeding – *The MilkyWay* and Special Needs – *All Children Are Special*, connecting and offering their members additional resources through the stories and experiences of others in similar situations, as well as offering links to beneficial resources. These monthly e-newsletters are posted on the MBC website and each network offers additional networking through quarterly articles in Multiple Moments.

It always amazes me at the extent of services available; knowledge that is only an email / phone call away...

feedback from 2009 Chapter Development Retreat





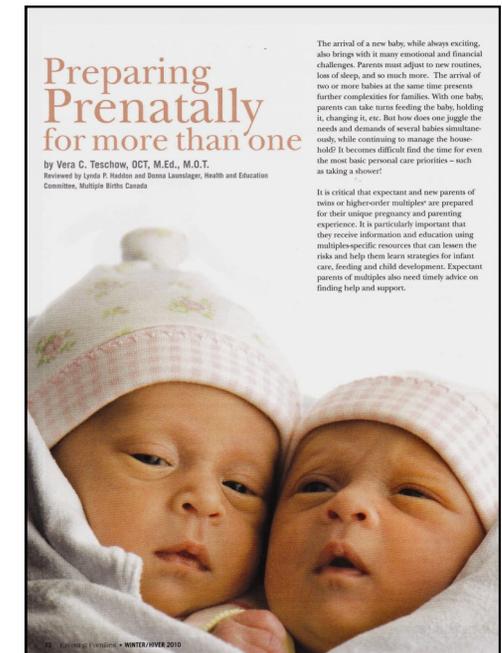
Health and Education at Multiple Births Canada

Raising awareness of the needs of multiple-birth families is one of the most important goals of the work of the Health and Education Committee. Over the past year, the Committee continued to promote best practices and standards in the care of multiple-birth families. The following is an overview of the Committee's recent activities:

- Reviewed and revised MBC Fact Sheets, including: *First Few Weeks* • *Car Seat Tips* • *Zygosity Testing*
- Developed new MBC Fact Sheets: *Breastfeeding & Thrush* • *Parental Relationships After Multiple Births* • *Weaning Multiples* • *Loss and Grief: Statement of Rights*
- Committee member Lynda Haddon spoke to the Charleston Area Mothers of Multiples, South Carolina, on breastfeeding and new parenting in January; attended the Ottawa Valley Lactation Consultant Conference in April; and gave a presentation to healthcare professionals on Breastfeeding Preterm and New Multiples at the Perinatal Partnership Programme of Eastern and Southern Ontario (PPESO) conference in June. Lynda also facilitated a workshop for Chapters on hosting Multiple-Birth Prenatal Sessions, at MBC's Chapter Development Retreat in October 2009.
- Committee member Vera Teschow contributed articles to the Infertility Awareness Association of Canada's (IAAC) magazine *Creating Families*.
- Some committee members were interviewed by the media including Health and Education Committee Chair Donna Launslager, who joined MBC Chair Gail Moore in syndicated CBC radio interviews across Canada on the topic of the Assisted Human Reproduction Canada's plans to take action on issues related to multiple births.
- With the help of a team of international experts, Donna Launslager worked on updating the International Society for Twin Studies, Council of Multiple Birth Organizations' (COMBO) *Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples*.
- Committee members Lynda Haddon and Vera Teschow developed and launched their own wonderful resources for families expecting multiples. One is a multiple birth prenatal class on DVD and the other is a web-based prenatal course.



London Multiple Births Association





Multiple Births Canada's Partnerships

ASSISTED HUMAN REPRODUCTION CANADA

Early in 2010 Multiple Births Canada was invited to be part of the Assisted Human Reproduction Canada (AHRC) Patient Education Committee which will meet 3-4 times a year, investigating the impact assisted reproductive technologies have on multiple births. MBC Chair Gail Moore and Past Chair Kimberley Weatherall have attended a meeting at the offices of the AHRC in Ottawa, presented an overview of MBC's work during a teleconference meeting with the AHRC, the Society of Obstetricians and Gynaecologists of Canada (SOGC) and the Canadian Fertility and Andrology Society (CFAS); and have made a commitment to continue working with these partners on patient education materials for the fertility industry.



Multiple Births Canada has continued to work with the corporate world and are extremely appreciative to EMD Serono for their donation of \$2,000 towards the sponsorship of the new

MBC pamphlet and brochure which will be launched officially in September 2010. EMD Serono has also reinforced their three year commitment to MBC with their donation every spring of \$3,500.00 (with 2 years left of that commitment). These funds go directly to support the work done by the Business Services Manager (BSM) in the office, assisting with the payment of the BSM Honorarium. It is through the generosity of companies such as this that MBC can continue to support multiple-birth individuals and families in Canada.



In September of 2009 Multiple Births Canada was chosen by Character Creative as one of the winners of a Create-a-thon contest. As a result Character Creative agreed to design a new poster (English and French) and a new bilingual brochure for MBC. Both will be printed in September 2010 and launched at the 2010 AGM and Conference in Edmonton. MBC would like to thank Character Creative and their staff for so kindly agreeing to work with us over the last year to produce what we believe will be wonderful tools for both the national organization and local Chapters to use in their communities.

Multiple Births Canada's International Efforts

During the year 2009 – 2010, Multiple Births Canada continued to be represented at the international level by Kimberley Weatherall in her position as Council of Multiple Birth Organizations (COMBO) Chair and on the Board of the International Society for Twin Studies (ISTS), while Gail Moore continued in her role as Co-Vice Chair of COMBO.

The focus of this past year has been on the preparation for the International Congress on Twin Studies to be held in Seoul, South Korea in June 2010. Kim worked with the Conference Planning Committee to plan the programming for delegates of the Council of Multiple Birth Organizations (COMBO) sessions, planned for the COMBO Business Meeting (concentrating on the future structure of COMBO, updating the COMBO Development Plan, and liaising with national representatives world-wide) and provided input where possible towards ongoing discussions with the ISTS Board.

Gail developed presentations for the COMBO delegates on the **2010 National Multiple Births Awareness Day** activities in Canada, and the launching of the first **International Multiple Births Awareness Week** to be held November 1-7, 2010. To aid the planning of the COMBO Business Meeting and to learn more about each country in order to prepare for the International Awareness Week, Gail produced a survey. The information collected will be extremely helpful in planning the future of COMBO.

In preparation for the International Awareness Week, Gail worked with Donna Launslager to update the **Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples** with the assistance of an international team of experts. The update features many new and relevant rights and statements, and will be presented for approval during the COMBO Business Meeting in Seoul.

In addition to the work mentioned above, Kim compiled two COMBO newsletters, August 2009 and March 2010, with contributions from organizations all over the world, allowing for national organizations to share accomplishments. COMBO's private Facebook community for national volunteers continues to increase in activity and provides an area where best practices can be shared.





Multiple Moments Goes Colour in 2009!

As the editor of Multiple Moments, my goal was to provide information and support as well as entertainment to our growing readership. From practical expert advice on raising multiples of all ages to personal stories right out of our members' homes, our aim has always been to touch the lives of our multiple-births families by letting them know that there is a solution to every parenting problem, an answer to every twin- or higher order multiple-related question and no situation others haven't also experienced before. We feature articles from doctors, scientists and a psychologist. Our MBC Support Network stories provide advice for specific situations from breastfeeding to lone parenting and special needs children. Of course, there has always been room for fun and humour as well – after all, what would the lecture of a parenting magazine be without the occasional giggle and the realization that life with multiples may get tough at times, but that is it also a unique pleasure!

During the period – April 1, 2009 to March 31, 2010 – these are the issues the Multiple Moments team produced for our subscribers:

Quarterly Issue 2, 2009

This issue includes an article from a mom of triplets offering some pointers to other moms of multiples. It also includes an article explaining why Canadian parents can't find the same baby items in Canada that are available in the U.S. Are your children starting school in the fall? Then you need to peruse the article called ***Multiple Moments in School***: personal stories from parents of multiples as well as multiples themselves.

Quarterly Issue 3, 2009

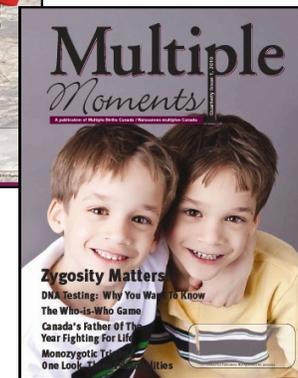
The all new and glossy fall issue focuses on food and nutrition. It is packed with tips on how to breastfeed your multiples exclusively, overcome picky eating habits and create stress free lunch time solutions. New in this issue is ***Full Hands, Full Hearts*** by a mother of three and a ***Dad's Domain*** that allows fathers to share their point of view. Wonder what ***Multiple Confessions*** other parents have to make? We share some humorous, not-so-common strategies for raising your crazy bunch.

Quarterly Issue 4, 2009

The Holidays call for family time and so does the winter issue of Multiple Moments. Since the upcoming festivities often put a strain on the marital relationship, we'll also remind you about what's important for you not only as parents of multiples but as a couple. Wonder what happened at this year's Volunteer Development Retreat? Chair, Gail Moore, as well as a "conference virgin" tell all. Also, see the winners of our "cover shot contest" and more!

Quarterly Issue 1, 2010

It's time we dedicate an issue to the ever pressing question of zygosity and why it matters so much to our children, to us as parents and all the people around us who keep asking about it. In case you are still not familiar with the term, there is even more reason why you should take a peek into this spring edition of Multiple Moments. We are talking about "fraternal" versus "identical". We tell you why ***DNA testing*** may be important for you, how to answer nosy questions and help your children overcome identity struggles.





2009 Chapter Development Retreat & AGM

Sharing Best Practices in Supporting Multiple Births

The 2009 Chapter Development Retreat & Annual General Meeting – A Great Success! As hosts of the national event, the MBC Board welcomed approximately 60 Chapter Representatives from 16 different Chapters including Richmond BC, Edmonton AB, Saskatoon SK and many others from all over Ontario to Blue Mountain Resorts in Collingwood Ontario in October 2009.

The main focus of the weekend was to have Chapters learning and sharing best practices; but it was also to take advantage of learning from one another in the off hours where the conversations almost always (when not about our children) were about how to improve various aspects of the Chapters they represented.

The weekend was kicked off with the Keynote address by Jacques Brunet, who inspired the delegates to “light a fire”: to help delegates to build their confidence to step forward to take on new roles within their Chapter or at the national level. Other workshops, facilitated by Spencer Brennan from the Ontario Self Help Network (OSHNET), included topics such as: Keeping Your Group on Track; When the Going Gets Tough - Dealing with Conflict and Self-care for Volunteers. MBC members also shared their best practices through three Chapter Exchanges facilitated by MBC National Volunteers: Public Relations/Awareness; Fundraising and Funding and Chapter Prenatal Sessions. The weekend closed with an MBC & You workshop where delegates learned more about MBC Support Networks, MBC tools for Chapters, MBC technology, MBC membership renewal, building a Chapter website, and other resources that will improve the work of the delegates at the Chapter level.

In addition to the formal sessions of the weekend, delegates were treated to many other fun activities including a treasure hunt, great times in the Hospitality Suite and an incredible Halloween Party hosted by the Chatham-Kent Multiple Births Chapter. Prior to the conference delegates were offered an opportunity to take part in a few activities offered through Blue Mountain Resorts. While some delegates chose to relax at the Le Scandinave Spa, others were a little more energetic – hiking in the hills nearby, visiting the Scenic Caves and then bravely descending on a zip line.

The retreat was supported financially through donations and sponsorships, and by loyal national volunteers who contributed to the success of the weekend.



...2009 Retreat Feedback

Do you feel you have a better grasp of the work completed at the national level as a result?

“Absolutely, I am a newish member, this being my first conference! I have a better understanding and appreciation of the organization and am pumped to do more...”



Advisory Board

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