

National Multiple Birth Awareness Month Fact Sheet

Why?

With the incidences of multiple births on the rise, more families experience both the joys and challenges associated with multiple births:

- medical complications, both pre and post term
- financial hardships
- other unique issues that impact multiple birth children and their families

Multiples of America (also known as The National Organization of Mothers of Twins Clubs, Inc.), along with its local chapters and other national sponsors focus on awareness of these challenges and offer resources and support to meet them.

What is planned for 2019?

On the National level, Multiples of America will focus on gaining media attention and partnering with other service organizations to increase community awareness. Our efforts include media releases, articles in our publications, and a national event planned during the awareness month. In addition, Multiples of America will assist local chapters in planning events in their local communities by providing a Multiple Birth Awareness Media Kit that includes event ideas, promotional materials, and communication materials on multiple birth awareness.

What is the theme?

Multiple Birth Awareness is a topic where Multiples of America can highlight the wonderful world of multiples and provide greater coverage and support to all communities participating in this annual event. For 2019, the theme and focus for this year is "Connecting Multiple Birth Families" to continue to educate our communities on the vast network of support groups that are available to assist families with multiple birth children. The hashtags to support Multiple Birth Awareness Month are: #MultipleBirthAwareness2019 and #supportmultiplied

What role can member clubs play?

Local and State multiple birth groups can combine to hold informative and fun events for parents of multiples, educators, medical professionals and the media. The media and local municipalities can show their support via media coverage, proclamations, and attendance at events. Medical professionals, researchers, and educators can participate at events or provide information to share with attendees.

Who can assist with additional questions?

Multiples of America's Publicity team is here to help. Visit www.multiplesofamerica.org for more information and contacts.

Multiple Birth Awareness Month April 2019

Local Community Events

There are many ways to participate at the local level during April 2019 to spread the word and celebrate multiple births. The theme and focus for this year is “Connecting Multiple Birth Families” to continue to educate our communities on the vast network of support groups that are available to assist families with multiple birth children. The hashtags to support Multiple Birth Awareness Month are:

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The following are ideas to assist you with planning. You can visit our website at www.multiplesofamerica.org to read the latest news on National Level Activities. In addition, we will be posting media kit materials that you can use in planning your event(s), which include both Local and National Press Releases and a brochure on why join Multiples of America. As you are planning events, visit our Face Book pages to share and see what other member clubs are doing for this event.

We want to hear from you! As you begin planning your event(s), send us your ideas. We will be mapping the events across the country to see how everyone is participating. And, we want to share your ideas with others. Send your event information to: marketing@multiplesofamerica.org

Event Ideas for April 2019

- Schedule a picnic, walk, or park day and invite members, prospects, media, and community leaders and create an opportunity for a photo op.
- Create a mini-fair at a club meeting, mall, school, or other public area. Research the various support services in your community that offer assistance to multiples and have them man tables at the event.
- Contact a local book store and have a display table of multiple-related books. Schedule a story time for the children.
- Conduct a multiple panel and invite the public to attend to hear first-hand what it is like to be a multiple.
- Be a guest speaker at other community events: Parent Teacher Organization Meeting; Local Hospital; Community Support Organizations for families.
- Use Multiples of America’s materials to distribute amongst community locations and events.

LOCAL EVENTS - HOW TO GET STARTED

January 2019

*Begin planning your event and contact other support groups in your community that you would like to have participate: hospitals, clinics, March of Dimes, Easter Seals, Day Cares, Schools, etc. Look for the Multiple Birth Awareness Kit and other helpful information on www.multiplesofamerica.org to get started.

February 2019

*Send the Governor and Mayor proclamation request from the Multiples of America President along with your personal request to your local government.

March 2019

*Start preparing and invite members and the community to the event.

*Send the National Multiple Birth Awareness press release out to all local media outlets the second week of March.

Two Weeks prior to your event

*Invite the media by sending out the Media Notification from your kit and follow up with a personal phone call.

*Work on final preparations and contact the local support groups participating to ensure everyone will be in attendance.

*Send social media posting to Publicity Department to share on Multiples of America's social media platforms. Use the hashtags #MultipleBirthAwareness2019 and #supportmultiplied to promote your event.

Week of event

*Contact local club members to remind them of the event.

*Make copies of handouts/flyers/brochures you will pass at the event: Multiple Birth Awareness info, information for the Multiple Birth Awareness Kit, local club information, Multiples of America's marketing brochure –What is Multiples of America! etc.

Day of event

*Set up as required based on your venue; Have greeters in place to greet attendees and pass out handouts/brochures. Greet the media and introduce them to key organizers and club leaders.

*Take lots of pictures to share with your local chapter and Multiples of America (aka the National Organization of Mothers of Twins Clubs Inc.).

Day After

*Celebrate your success!

*Send Multiples of America's Publicity and Education Departments a couple of paragraphs about your event and complete photo release and send along with photos to be shared on Multiples of America's social media platforms, website, and in *Notebook*.

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info@multiplesofamerica.org
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Media Notification

Multiples of America, also known as The National Organization of Mothers of Twins Clubs Inc., (www.multiplesofamerica.org) is proud to announce the **eleventh annual National Multiple Birth Awareness Month** scheduled for April 2019. Local chapters from across the country will be hosting a variety of events to draw attention to our annual multiple birth focus.

The theme and focus for this year is "Connecting Multiple Birth Families" to continue to educate our communities on the vast network of support groups that are available to assist families with multiple birth children.

We invite you to join us locally to cover this important event. All media present will be provided with an opportunity to interview members of our local chapters and support groups in attendance.

For more information, please contact:

NAME:

PHONE NUMBER:

EMAIL ADDRESS:

EVENT:

DATE:

LOCATION:

Confirmation of your attendance is greatly appreciated.

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Dear Governor:

In April 2019, Multiples of America, aka The National Organization of Mothers of Twins Clubs, Inc., is pleased to announce the **eleventh annual National Multiple Birth Awareness month**. During this month, we will be working with our local chapters from across the country to spread awareness and celebrate the wonderful world of multiple birth children and their families.

Our focus is on educating our communities about the special challenges and needs multiple birth children are faced with; while celebrating the joys they bring to our multiple birth families.

The theme and focus for this year is "Connecting Multiple Birth Families" to continue to educate our communities on the vast network of support groups that are available to assist families with multiple birth children.

We are requesting that state leaders across the country help us by supporting the events planned by your state's multiple birth communities by officially proclaiming April 2019 as **National Multiple Birth Awareness Month** in your state.

For additional information on the National Multiple Birth Awareness month and activities, visit our website at www.multiplesofamerica.org.

On behalf of the local chapters in your state, we thank you for your support and participation in this worthwhile event.

Sincerely,

A handwritten signature in black ink that reads "Kim England". The signature is written in a cursive, flowing style.

Kim England, President
Multiples of America
aka National Organization of Mothers of Twins Clubs, Inc.

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Dear Mayor:

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Incidence of Multiple Births and Birth Types

The rate of identical twins is constant at approximately four per thousand. It is remarkable that the incidence of identical twins remains the same no matter where a person lives, and it has remained the same throughout history. The rate of fraternal twins, on the other hand, can change depending on where a person lives, the mother's age, etc. Fraternal twins account for the differences in the twin rate, the fraternal rate being approximately 22.8 per thousand in the world. Any given birth of twins would have a better chance of having fraternal twins, as there are two thirds more fraternal or dizygotic twins than identical or monozygotic twins. However, your own chance of having twins depends on your personal history, age, race, and many other factors.



Factors Affecting the Twinning Rate

Fraternal twins tend to run in families. Most identical twins happen by "chance" and can happen to anyone. However, some new research has shown a "male factor" that may contribute to identical twinning. Many people believe that twins "skip a generation." Twinning is passed on as a genetic trait and appears in the women only. If you are a female and your mother had fraternal twins, you would have an increased chance of having fraternal twins yourself. Your brothers would not have an increased chance of having fraternal twins themselves, but they may pass the genetic trait on to their daughters who would then have an increased chance of having twins. This makes it appear that twins skip a generation.

It is well known that fertility treatments can cause multiple births. This affects mainly the rate of fraternal or dizygotic twins. These methods use many different types of drugs and treatments. Most of them rely on stimulating ovulation with hormones or, more recently, inserting fertilized eggs into the mother's uterus (womb). Fertility treatments were not thought to cause identical or monozygotic twins, however new reports show an increase in the identical twinning rate, especially with IVF (In-vitro fertilization).

There are also many other factors that increase the rate of fraternal births. They include social habits, maternal age, number of pregnancies, geographic location, seasons, and nutrition.



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News Release-

FOR IMMEDIATE RELEASE

**Multiples of America, also known as the
National Organization of Mothers of Twins Clubs, Inc.,
Holds Its 59th National Convention July 24-July 28, 2019
A Capital Experience, Alexandria, VA**

Franklin, TN, January 1, 2019 – Multiples of America (also known as the National Organization of Mothers of Twins Clubs, Inc. [NOMOTC]), the premiere support organization for parents of multiples serving approximately 14,000 households nationwide, hosts an annual convention for parents of multiples. The 2019 Convention will be held July 24-28, 2019, in Alexandria Old Town, Virginia. The hotel selected for 2019 is the Embassy Suites by Hilton in Alexandria Old Town.

The convention, hosted by Multiples of America, will bring many parents and caregivers of multiples from around the nation. The purpose of the convention is multifaceted but pragmatic in nature due to the unique needs of families of multiples. Being a mother, parent and/or caregiver to multiples has both its unique challenges and countless rewards. Therefore, each year, Multiples of America holds its convention as an opportunity for members to: hear thought-provoking speakers, network with long-standing and new clubs, participate in enlightening and motivational workshops as well as attend to the business of the organization. It also provides the opportunity to reacquaint with friends from conventions past, create new friendships, and to renew one's spirit. Touted as a unity convention, there are many member clubs hosting various events throughout the week, working together as one big team.

Central to its mission, Multiples of America, supports expectant and new parents cope with the distinctive, often overwhelming challenges in raising multiples including the day-to-day care as well as the logistical, often medical, emotional, financial, and educational issues that often arise. Multiples of America provides an abundance of scientific and medically-based research in excess of 200 studies for the purpose of informing and educating parents and caregivers on conditions that may be more frequently experienced with multiple births. Newly released data from the Centers for Disease Control (CDC) continues to provide a context for the validity of the need for a support organization such as Multiples of America. Although recently released 2016 CDC data indicate that the 2016 twin birth rate was 33.4 twins per 1,000 births in 2016, a nonsignificant decline from the 2015 rate of 33.5. The twinning rate (births in twin deliveries per 1,000 total births) rose 76% from 1980 to 2009 (from 18.9 to 33.2 per 1,000), was generally stable for 2009–2012, and then rose for 2013 and 2014. The 2014 rate of 33.9 was the highest ever reported.

The triplet and higher-order multiple birth rate (triplet/+) was 101.4 per 100,000 births for 2016, a nonsignificant decline from 2015 (103.6) and the lowest level reported in more than 2 decades (1992). The triplet/+ birth rate (number of triplets, quadruplets, and quintuplets and other higher-order multiples per 100,000 births) rose more than 400% from 1980 to 1998, but has fallen 48% since the 1998 peak (193.5). Rates are down over this period for all 10-year age groups of 20 and over.

Source: CDC Report* https://www.cdc.gov/nchs/data/nvsr/nvsr67/nvsr67_01.pdf

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Truly a unique forwarding-thinking organization, the Multiples of America board of directors, convention committee and members, whether in attendance at the convention or not, are inspired and motivated by advancing the mission of the organization. Members who have a critical need for information, guidance and support during the early years of their children's birth and growth continue the spirit of the organization through volunteering and helping other multiples families day-in and day-out. In an often-self-focused culture in today's world, the mission, attitude and volunteers of an organization such as the Multiples of America remains essential to raising happy, healthy and successful generations of multiple birth children.

For more information on Multiples of America, please visit www.multiplesofamerica.org

About Multiples of America, also known as the National Organization of Mothers of Twins Clubs, Inc., Multiples of America (www.multiplesofamerica.org), the premiere organization for parents of multiples is a nonprofit organization, was founded in 1960 and is comprised of local clubs and individual members dedicated to supporting families of multiple birth children (twins, triplets and higher-order multiples) through education, research, and networking. Multiples of America is headquartered in Franklin, Tenn. and serves nearly 14,000 members in more than 200 clubs in 44 states across the country. For more information contact our Executive Office, at info@MultiplesofAmerica.org

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News Release

FOR IMMEDIATE RELEASE

Multiple Birth Related National Organization Representing over 13,000 Members
Names a New President: Multiples of America (MOA)
Also known as the National Organization of Mothers of Twins Clubs, Inc. (NOMOTC)
Elects Kim England, President

(Franklin, Tenn.- August 1, 2018) – Multiples of America, also known as The National Organization of Mothers of Twins Clubs, Inc. (NOMOTC), is proud to have elected Kim England of Aiken, SC, to the position of president for the 2018-2019 term. Ms. England, a long-time volunteer to the organization, was confirmed as President at an installation banquet held during the organization's 58th annual convention. The convention was held in late July in Sonoma, CA, at the Embassy Suites.

Central to its mission, Multiples of America supports expectant and new parents cope with unique challenges and concerns pertaining to helping multiple birth babies survive and thrive, research in excess of 200 studies for the purpose of informing and educating parents and caregivers on conditions that may be more frequently experienced with multiple births, and resources to help parents and caregivers meet evolving needs as multiple get older and issues changes.

Ms. England assumes the presidency with a goal of marketing and membership to member clubs. Ms. England's message to the board and members at the installation ceremony was her vision of updating our education materials, marketing tools and social media platforms to increase awareness of what the organization has to offer its members. Involving all departments of the organization to one common goal: membership. Ms. England has challenged the board of directors to find new and exciting ways to assist member clubs with volunteering and membership retention challenges. By partnering with other successful non-profit and for-profit organizations that support multiple birth families, she envisions an increase of membership numbers, increased donations and sponsorships from outside sources, and partnerships with hospitals and researchers around the world. Ms. England sees for the future of the organization to include "emphasizing our uniqueness of being the premier group on all things multiples-related – providing our support to parents/caregivers of multiples, being the first-line educational source for information, and revitalizing the importance the organization plays *worldwide* in research, be it internal or through outside professional researchers. Multiples of America continues to be the organization with longevity and an eye to the future to continue to satisfy the unique needs of new and existing members...And this is what this great organization is about."

When asked why she volunteers for Multiples of America, Ms. England stated, "I volunteer to give back to an organization that has given me the knowledge and support needed to raise my multiples. If not for this organization, I would not have met such wonderful people that have become life- long friends, we are a family! I also feel passionately about the services Multiples of America provides to its members and to the public in general."

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Ms. England and her husband of 34 years have fraternal twin boys in their twenties and two granddaughters, ages three and one. Ms. England has worked in the marketing and public relations business for over 17 years. Ms. England has been a member of a several local clubs over 28 years in South and North Carolina. She is a member of the Palmetto State Parents of Multiples Club, SC. On the local and state level she has served as President, Vice President, Secretary, Convention Chairman and Newsletter Editor. Ms. England's history with Multiples of America involves over 20 years of service that includes 8 years of service on the Board of Directors and serving in many national worker positions.

For additional information about Multiples of America visit our website at www.multiplesofamerica.org and our social media platforms on Facebook and Twitter

Multiples of America (MOA) (www.multiplesofamerica.org), the premier organization for parents of multiples is a nonprofit organization, was founded in 1960 and is comprised of local clubs and individual members dedicated to supporting families of multiple birth children (twins, triplets and higher-order multiples) through education, research, and networking. MULTIPLES OF AMERICA is headquartered in Franklin, Tenn. and serves nearly 14,000 members in more than 200 clubs in 44 states across the country.

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