

Perth and Districts Multiple Birth Association (Inc)

Information Booklet & Membership Application



*Pictured Above -
Beck & Jude Glasgow - 4 months old*

**Perth and Districts
Multiple Birth Association (Inc)**

A.B.N. 11 814 451 958

PO Box 410

West Perth

WA 6872

Telephone: (08) 9340 1536

E-mail: pdmba@hotmail.com

Web: www.mbawa.org.au

Rooms Opening Times:

Tuesdays 10.30am-12.30pm



*This booklet was prepared by The Perth and Districts
Multiple Birth Association (Inc) with selected articles
from the Australian Multiple Birth Association 1992.*

Revised and reprinted in April 2010

Congratulations!

We would like to extend to you our congratulations and best wishes on being or about to become 'multiple birth parents'.

The Perth & Districts Multiple Birth Association (Inc) was formed in May 1974 by a group of mothers who felt the need for the companionship and sharing of experiences with other parents of multiple birth children.

The Association is primarily a social club where families can meet and, through mutual exchange, help each other. Originally called "Twins Plus Club" and then the Multiple Birth Association of WA (Inc), it is one of many similar associations throughout Australia. Members live throughout the State. The Association is also a member of the Australian Multiple Birth Association.

Our Association aims to provide a means of communication for sharing information on the care and raising of multiple birth children, ie twins, triplets, quadruplets and quintuplets ... and to:

- * Provide social meetings and functions for our members;
- * Help families with multiple birth children should the need arise;
- * Be a non-profit and non-sectarian organisation, and
- * Cooperate with other groups with related interests, including childcare, development and related research.

Membership is open to all natural or adoptive parents and guardians of multiple birth children.



Pictured above Tiana Borbas (17 months) with her 17 wk old triplet baby brothers - Alex, Kai & Blake

Associate membership is available to all other interested persons/organisations. Expectant parents are especially welcome to make contact with the Association and join as prospective members until after the birth of their children, when they then become full members.

Fees

The fee on joining the Association is \$45 to full and prospective members (prospective membership entitles expectant parents to full membership benefits). For new members joining after 31 December, a half yearly fee of \$30 is payable. An application form can be found on the centre page of this booklet.

Annual renewal of membership is \$40 for a hardcopy newsletter and \$30 for an emailed PDF newsletter.

Association Services

The Association has a range of services which may be of help to you. Our Centre is located on the ground floor of Agnes Walsh House in the Centre for Women's Health building (next to King Edward Memorial Hospital), in Bagot Road, Subiaco.

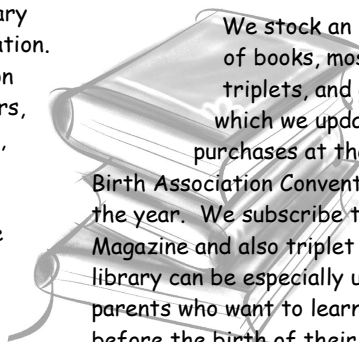
Our Centre is open on Tuesday mornings between 10.30am and 12.30pm for the pick-up and return of equipment, library books and also for joining the Association. Also available is a range of Association merchandise, including bumper stickers, photo magnet frames, stubby holders, pens, hats and t-shirts. A thrift box which provides articles of good used clothing at very low prices is available as well.

Social Meetings

The Association holds a number of events throughout the year, including a Christmas picnic, and Easter picnic and school holiday functions.

Each year functions are held to coincide with Multiple Birth Awareness Week, which is celebrated nationally in March. The Parents of the first set of multiples born in King Edward Memorial Hospital are presented with a gift basket as part of celebrations.

Library



We stock an informative selection of books, mostly on twins and triplets, and general child care, which we update with annual purchases at the Australian Multiple Birth Association Convention and throughout the year. We subscribe to a USA Twins Magazine and also triplet magazines. The library can be especially useful for expectant parents who want to learn as much as possible before the birth of their children. The library also contains a variety of literature for sale including booklets on Breastfeeding Twins, Parenting Twins, Twins in School etc.

There are scrap books with newspaper clippings on multiples to peruse. Books and magazines are available for hire for one month. We believe our library is the most comprehensive in Western Australia on all aspects of 'multiples'.

The library hire charge is \$2.00 per month for books, 50c per month for magazines and \$4 per month for DVDs (\$20 bond).

Country members can have library books mailed out to them, though the member has to pay for the return of the books. We do waive the \$2 hire charge in recognition of this added expense.

Association Services



Newsletter

Our monthly newsletter "Multiple Productions" is posted to all members. The newsletter contains articles of interest on multiple birth issues and general parenting and keeps you up to date with 'multiples' research. Information on Association activities, social functions, a 'For Sale/Wanted' section, Welcome and Birthday pages plus much more is included. This publication keeps you up to date with what is happening in your Association and is produced 11 times a year (every month except January).

Hospital Visits

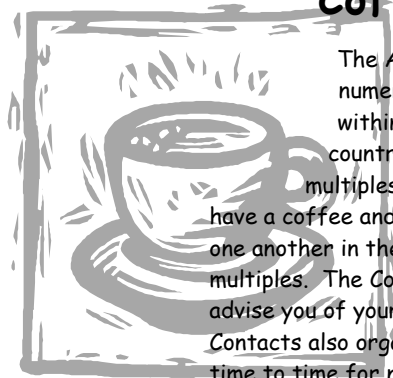
The Association can arrange for hospital visits to the new or expectant mother in most metropolitan and many country hospitals. The visitor is a member and has already delivered her multiples and can be a great source of information and comfort.

Parent Contacts

Our Parent Contacts are happy for you to telephone them if you have a problem or query you wish to talk over. They keep an updated 'help register' of members who have had experience in certain matters (eg sleep or feeding problems) and are willing to talk to new parents.

Expectant Parent Meetings

Parent Contacts also arrange expectant parent days providing information on multiple births and including a parent panel for questions and real-life experience! Our library is made available and information packs are distributed. Light refreshments are available afterwards and expectant parents are able to mingle and browse the information at hand.



Coffee Groups

The Association co-ordinates numerous coffee groups held within the metro area and some country towns. Parents of multiples meet on a regular basis to have a coffee and chat and generally support one another in the task of parenting multiples. The Coffee Group Contact can advise you of your nearest venue. The Parent Contacts also organise a coffee morning from time to time for new parents and their babies.

Association Services



Higher Order Multiples Contact

The Association has a person who specifically caters for parents of triplets, quadruplets and quintuplets. The library also has a good range of books on higher order multiples. The HOM Contact will help with any queries regarding higher order multiples.

Bereavement

We have a dedicated Bereavement Contact who can assist parents during difficult times and ensure that information is provided on professional organisations, literature available and other appropriate contacts. We also have personal stories written by bereaved families, available for multiple birth families who have suffered a similar loss of a baby or babies.

Help Register

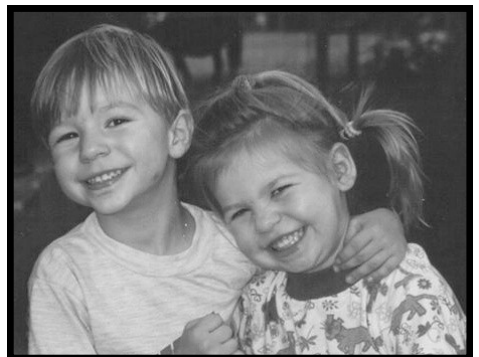
This special register lists names and phone numbers of people who have had experience in dealing with issues such as mastitis, projectile vomiting etc. Our Parent Contacts can put you in touch with someone who has been through it and survived!

Special Needs Register

This register records information on member families who have children with special needs. It can help put you in contact with people and families who face similar issues and may wish to exchange information and provide support. Examples of some special needs are heart disorders, asthma, vision, hearing, epilepsy, cerebral palsy, language and behavioural problems, intellectual and birth disabilities.

Web Site

The Association's website at www.mbawa.org.au provides a range of up to date information on social events, sale and hire items as well as a useful discussion forum.



Pictured above—James & Meghan Bakota -

3 years & 2 months.

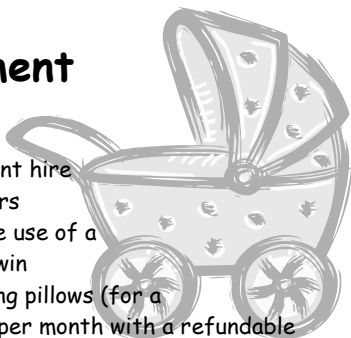
Equipment Hire

Our equipment hire service offers members the use of a number of twin breastfeeding pillows (for a cost of \$15 per month with a refundable bond of \$50 payable) and Twin Mountain Buggy Bassinettes (for \$15 per month and a refundable bond of \$150.00).

Please contact the Centre on 9340 1536 if you wish to place your name on the equipment waiting list. Equipment can be collected from or returned to the Centre on Tuesdays between 10.30am and 12:30pm (or by prior arrangement).

Unfortunately, at present, P&DMBA is unable to hire out prams to members. On July 1, new safety standards for prams and strollers (AS:NZS 2088:2000) were introduced. This means that we need to upgrade our existing fleet of twin and triplet prams to comply with the requirements for red brakes and tether straps. This situation may change as we plan to purchase some new prams in the future.

Please direct any enquiries regarding equipment hire to the committee on 9340 1536.



Multiples in School Forum

A forum is held at Agnes Walsh House in September, for parents whose multiples will be starting their schooling in the following year. These evenings provide a useful exchange and gathering of information which may be helpful in making decisions regarding the placement of multiples into same or separate classes, repeating a year etc. At this forum, an experienced teacher addresses the group, followed by a panel of parents who have faced particular issues with their multiples. There is a Multiples in School Contact who will be happy to discuss any problems you may be experiencing. The contact number can be found in the newsletter.



Pictured above—Karen & Megan Adams on their first day of school

Association Services

Multi-Merchandise

We have many items for sale to members and non-members.

★ Bumper Stickers - a large variety including

- ◆ Twindividuals
- ◆ Twins Are Terrific
- ◆ Double Delight
- ◆ Exhaustion Is Having Twins
- ◆ Multiples in Motion
- ◆ Triple Treat
- ◆ Exhaustion Is Having Triplets
- ◆ Multiple Madness
- ◆ Quads on Board

★ Shopping and library bags

★ Photo frame fridge magnets

★ Pens- "Multi-Mum" and "Multi-Loved"

★ Note pads

★ Stubby Drink Holders

★ Lanyards

★ T-shirts:- 0 - adults in a variety of colours and print styles

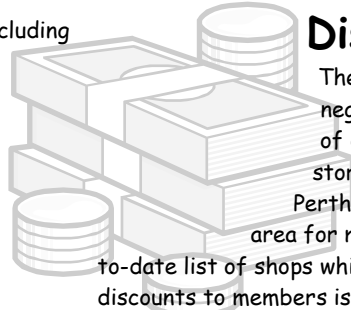
★ Multiples' party invitation pads

★ Hats with a variety of multiple logos

★ Windcheaters and track pants: size 0-adults in a variety of colours and print styles.

★ **Thrift Box:** 50c per item of pre-loved clothing.

To view the latest sale items visit
www.mbawa.org.au



Discounts

The Association has negotiated a number of discounts at stores across the Perth Metropolitan area for members. An up-to-date list of shops which offer discounts to members is regularly published in our newsletter or available from our Rooms. Members also receive access to the Shoprite discount and benefits scheme, including year round access to FAL stores. For details visit www.shoprite.com.au

Fundraising

Fundraising is an integral and necessary part of our Association. It helps us pay for events during the year and keeps our membership fees down. A number of fundraising initiatives are held throughout the year and we encourage our members and their extended families and friends to participate.

We do our utmost to ensure that our fundraising activities are affordable, good quality and in a lot of cases help out fellow multiple parents!

Prospective Membership Application

For *Expectant Parents*



Please complete this form if you are expecting and return it with your membership fees:

- \$70.00 1 Jan–30 June following year (18months)
- \$45.00 1 July–30 June (12months)
- \$30.00 1 Jan–30 June (6months)

Post to:
Perth and Districts Multiple
Birth Association (Inc)
PO Box 410
West Perth, WA 6872

Name of Parent 1: _____

Name of Parent 2: _____

Address: _____

Post Code: _____

Telephone: _____ Mobile: _____

E-Mail: _____ Date: _____

Are you expecting Twins Triplets Quadruplets

How many weeks pregnant are you? _____ Expected date of delivery? _____

Which hospital are you booked into? _____

Details of any other children (include surname):

Name: _____ Gender: _____ Date of Birth: _____

Name: _____ Gender: _____ Date of Birth: _____

Name: _____ Gender: _____ Date of Birth: _____

Name: _____ Gender: _____ Date of Birth: _____

Name: _____ Gender: _____ Date of Birth: _____

How did you find out about us? Friends Family Doctor Other _____

Continued on next page...

Do you wish to be notified of any upcoming events via the above email address? Yes No

Does your child have any specific issues (e.g., asthma, reflux, cerebral palsy etc)
If yes please describe _____ Yes No

**Want to get
the AMBA
magazine?**



Would you like us to forward your details to AMBA to be added you to the mailing list for their magazine? Yes No

Would you like us to register your name with Shoprite to take part in their discount scheme (at no extra cost) and to receive their membership card?
For details regarding this scheme visit www.shoprite.com.au Yes No

Payment Options...

- Cheque made out to:
Perth & Districts Multiple Birth Association (Inc)
- Direct Deposit:

Account Name	Perth & Districts Multiple Birth Assoc (Westpac)
BSB	036-302
Account Number	187 047
Your Reference	Parents' Full Name (please note here)

Please remember to **RETURN THIS FORM** even if you pay via direct deposit

POST TO...

Perth & Districts Multiple Birth Association (Inc)
PO BOX 410
WEST PERTH WA 6872

Mail Received _____	OFFICE USE ONLY		
Payment Cited _____	M/ship Received _____	Processed _____	
<input type="checkbox"/> Cheque	<input type="checkbox"/> Money Order	<input type="checkbox"/> Main DB	<input type="checkbox"/> Birthday List <input type="checkbox"/> Newsletter
<input type="checkbox"/> Cash	<input type="checkbox"/> Electronic	<input type="checkbox"/> Shoprite	<input type="checkbox"/> M/ship Card # _____
Amount	Receipt #	<input type="checkbox"/> New	<input type="checkbox"/> Expectant sent _____



Membership Application

Please complete this form and return it with your membership fees:

- \$70.00 1 Jan—30 June following year (18months)
- \$45.00 1 July—30 June (12months)
- \$30.00 1 Jan—30 June (6months)

Post to:
 Perth & Districts
 Multiple Birth
 Association (Inc)
 PO Box 410
 West Perth, WA

Name of Parent 1: _____

Name of Parent 2: _____

Address: _____

_____ Post Code: _____

Telephone: _____ Mobile: _____

E-Mail: _____ Date: _____

- Do you have Twins Boy/Girl Boy/Boy Girl/Girl Identical?
 Triplets B/B/B G/G/G B/B/G G/G/B

Date of Birth _____ Number of pregnancy? _____ Term of pregnancy? _____ weeks

Is mother/father a multiple? Yes No Identical?

Other multiples in the family? _____

Baby 1 Full Name: _____ Weight: _____

Baby 2 Full Name: _____ Weight: _____

Baby 3 Full Name: _____ Weight: _____

Details of any other children (including surname):

Name: _____ Gender: _____ Date of Birth: _____

Name: _____ Gender: _____ Date of Birth: _____

Name: _____ Gender: _____ Date of Birth: _____

Name: _____ Gender: _____ Date of Birth: _____

How did you find out about us? Friends Family Doctor Other _____

Do you give permission for your details to be sent to the:

- WA Twins Registry? (They will forward info to you) Yes No
- Australian Twin Registry? (They will forward info to you) Yes No

Continued on next page.....

Do you wish to be notified of any upcoming events via the above email address? Yes No

Does your child have any specific issues (e.g., asthma, reflux, cerebral palsy etc)
If yes please describe Yes No

Want to get
the AMBA
magazine?

Would you like us to forward your details to AMBA to be added you to the mailing list for their magazine? Yes No

Would you like us to register your name with Shoprite to take part in their discount scheme (at no extra cost) and to receive their membership card? Yes No

For details regarding this scheme visit www.shoprite.com.au

Payment Options...

- Cheque made out to:
Perth & Districts Multiple Birth Association (Inc)
- Direct Deposit:
Account Name Perth & Districts Multiple Birth Assoc
(Westpac)
BSB 036-302
Account Number 187 047
Your Reference Parents' Full Name (please note here)

Please remember to
RETURN THIS FORM
even if you pay via
direct deposit

POST TO...

Perth & Districts Multiple Birth
Association (Inc)
PO BOX 410
WEST PERTH WA 6872

Mail Received _____

OFFICE USE ONLY

Payment Cited _____

M/ship Received _____ Processed _____

Cheque Money Order

Main DB Birthday List Newsletter

Cash Electronic

Shoprite M/ship Card # _____

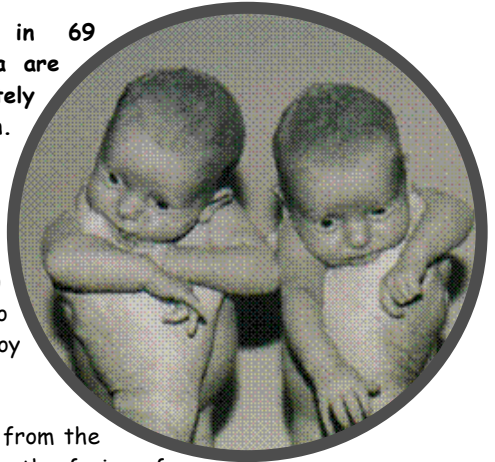
Amount _____ Receipt # _____

New Expectant sent _____

Multiple Birth Information

Each year, approximately 1 in 69 confinements in Western Australia are multiple (1.45%) with approximately 10 to 15 sets of triplets being born.

Approximately two thirds of twins are fraternal (unlike) and one third identical. Fraternal (Dizygotic) twins develop from two separate ova (eggs) fertilized by two separate sperm, so twins can be 2 boys, 2 girls or 1 boy and 1 girl.



Identical (Monozygotic) twins result from the splitting of a fertilized egg (ie after the fusion of the egg and the sperm) and twins must therefore be of the same sex and genetically are identical. Diagnosis of zygosity (mono or di) cannot generally be made on the basis of the placenta. One placenta does not necessarily mean Monozygotic twins (identical), two placenta do not necessarily mean Dizygotic twins (fraternal). A fair guide as to whether the same sex twins are identical is to compare them for blood grouping and physical similarity of the face as they grow older. There are now special zygosity tests available at reasonable rates.

Watching two or more babies of the same age developing side by side is a very interesting and rewarding experience. It is quite a challenge for both mother and father to care for two or more babies and perhaps other young children. Careful planning will help you cope with the expected and the unexpected and you will discover the many joys of multiple birth children.

We would like to offer you some useful ideas on management within the family prior to confinement and following your multiple birth on the following pages.

Pictured above Rohan & Dylan Annear - 2 weeks old

Preparations

Birth

Discuss with your doctor his/her and your own ideas on how your multiple birth delivery will be managed and remember that you won't have to go through two labors to produce two or more babies! If a Caesarean birth is necessary, your stay in hospital may be longer. Some multiple births are premature so it may mean that one or both of your babies have an extended stay in hospital. You may go home with neither baby or just one of them and then have to visit the hospital daily. Remember babies lose weight for a few days after birth.

Parents

Discuss what you are going to do and the ways you can share the work load. It is most important that you both take care of your health, maintain a nutritious diet, exercise and for the mother to also have plenty of rest. Remember to keep up your ante-natal program. A father of multiple birth children is undoubtedly a very important father, the greatest opportunity to give support, love and understanding. Offer any help, no matter how small, it will be appreciated! Meanwhile, go out together occasionally as a couple, it's well worth the effort, quite enjoyable and may well be your key to sanity!

Feeding

Breast or Bottle?

The decision is yours. Plan your feeding place (eg babies room, lounge room) with pillows to support mother and babies. The 'v' shaped pillow can be especially useful. Feeding will initially govern your daily pattern and it may seem at first as though you do nothing but feed babies. It is especially time consuming if the babies are slow feeders, or have different feeding patterns. It is often difficult to have as much physical contact as you would like with each baby. You could try to make the 'after feeding' time the special time for 'cuddles'. While feeding, ensure your other children are in the same room as you are, with the door closed so they can't come to harm (an ideal time for a story or two!).

Breastfeeding

Don't think that because you have more than one baby you can't breastfeed. Both babies can be fed together or separately. This facilitates bonding between you and your babies. Besides the usual advantages of protection against a number of illnesses it will also save you time and money.

There are several positions in which to place the babies for a feed together. One is to lay the babies' heads together at the front of the mother with their bodies and legs under their mother's arms, the babies forming a 'v' with the mother in between (which is why the 'v' shaped pillow may be useful). To burp a baby, hold him/



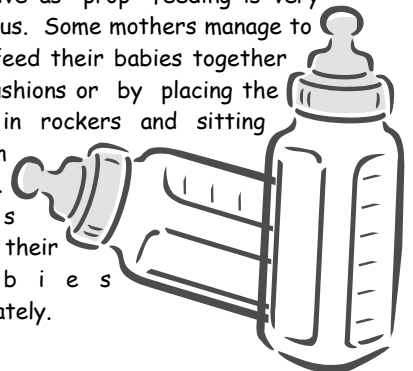
Pictured above- Oscar and Layla Bingham, 4 days old

her over the shoulder. There are many mothers in the Association who have successfully breast-fed twins until their babies were well over 12 months.

Bottle Feeding

If you choose to bottle feed, decide on whether to store the feeds in bulk or in bottles ready for use. Bottle feeds can be made at any time during a 24 hour period, however, storage in a refrigerator is essential. You can make up double-strength formula and put half the required quantity into each bottle, and then dilute it to the correct strength with boiling water at feed time. Never give babies formula that is not of the stated strength. When it comes to actually bottle feeding your babies, supervision is imperative as "prop" feeding is very dangerous. Some mothers manage to bottle feed their babies together using cushions or by placing the babies in rockers and sitting between them.

Others feed their babies separately.



Multiple Birth Information

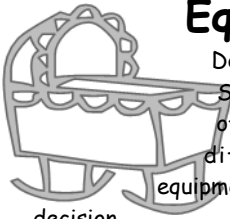
Babies

Babies basically need

- ◆ Something to eat
- ◆ Somewhere to sleep
- ◆ Something to wear

Babies' Room

Have only the bare essentials in the babies' room. A solid, yet movable change table if it will fit in the room. It can also be used for either bathing or storing extra clothes, equipment, nappies, etc and can be wheeled to each bassinette where baby can be changed.



Equipment

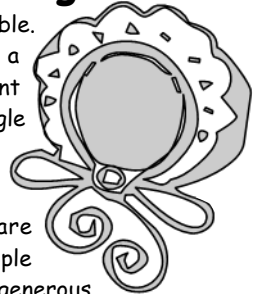
Don't rush out and buy! Speak to other parents of multiples about the different types of equipment before making your decision.

A visit to one of the coffee groups can be a valuable source of information. Sometimes small babies will settle better if placed together, so it is possible for them to share a bassinette or cot in the early weeks. Bassinettes on wheels are helpful. You may prefer to hire or borrow equipment for the babies.

When it comes to pram selection, choose wisely because you will be lifting it in and out of your car often and need to fit through small doorways.

Babies' Clothing

Buy as few as possible. Approximately one and a half times the amount required for a single baby is sufficient.

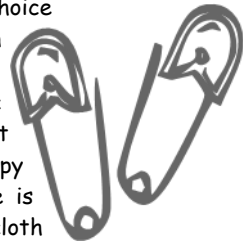


Consider season, summer rompers are wasted in winter! People are also extremely generous with gifts around the birth of children and you may wish to 'take stock' of what you need when you return home from hospital.

Wraps and bunny rugs are very useful in the early stages and it seems one can never have enough!

Nappy Changing

Cloth or disposable, the choice is yours, however bear in mind that early days with multiples can be hectic and many people do opt for disposables. A nappy service for a short time is very helpful. If using cloth nappies, you will need about four dozen.



Change once, preferably before feeds, unless soiled during feeding. Less handling after feeding often helps babies to settle. It is important to change the babies regularly, and to make sure their bottoms are cleaned at every nappy change, even if they are just wet, not soiled.

Multiple Birth Information

Sleep

In the first few weeks after birth, babies sleep much of the day and night. Most wake two or three times during the night for feeds.

By three months, many babies will have settled into a pattern of longer times awake during the day, and longer sleep times (perhaps 4 - 5 hours) at night. Most will still be waking once or twice during the night for feeds.



Pictured above, Gabriel, Cezera and Sebastian Critti-Schnaars, aged 6 weeks.

Bathing

Only one bath is necessary as you can only bath one baby at a time. Avoid bathing immediately after feeding. Depending on weather, bathing can be cut down to every second day. You might like to bath one baby one day and the other the next. Be sure to keep face, hands and bottoms clean at all times. If someone is there to help, they can dry and dress the first baby whilst you bath the second etc. Some babies settle a lot easier if they first have their bath and then a feed.

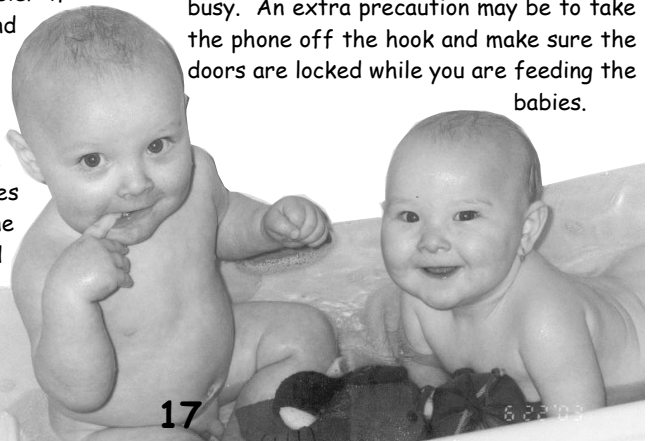
Travelling

Safety capsules are manufactured for young babies which fit into the space of one car seat. They are required by law to be used in all

cars. From about six months to four years, babies will fit into special car restraints. All restraints must be fitted into a lap/sash seatbelt and into a special anchorage point in the car. Keep a babies bag packed in readiness for outings. Repack when you return home. Carry spare nappies in the car at all times.

Safety

Examine your home, you may need to cupboard locks etc, particularly if you have other young children. Make sure they can't come to any harm when you are busy. An extra precaution may be to take the phone off the hook and make sure the doors are locked while you are feeding the babies.



Pictured right, Jarryd & Aleisha Bain in the bath aged 9 months.

Multiple Birth Information

Home

Put away all items that clutter the house. Clean less frequently or room by room. Remember, you and the family are the important issue for now, not the state of the house! Work out your priorities and try to finish this task before going onto the next. Reduce tasks as much as possible.

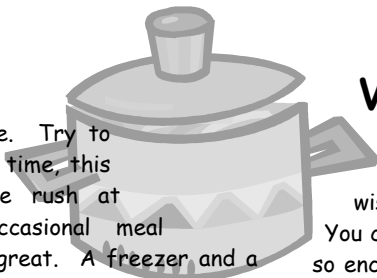
Have as much help as possible. Plan to reduce the number of things you have to do. Think of each day and spread the work to be done evenly over the whole day. It is often wise to get dressed and have a 'cuppa' before you start your work, and something to eat as well, as it may be a long morning before you get the opportunity to do this.

Shopping

Make use of home delivery services, the internet, kind neighbours and friends. Accept offers of help.

Cooking

Keep meals simple. Try to prepare ahead of time, this helps reduce the rush at night. The occasional meal brought home is great. A freezer and a microwave oven are great time savers. It is very important to make sure you eat regularly and keep your fluids up.



Washing

Do this any time. There will always be lots of it. Late afternoons is a good time, then it is ready to be hung out the next morning. Fold nappies into the shape you require to save double folding, or just put them directly into a basket to be used as required, a tall laundry basket is ideal. Even younger siblings can help with this task. The best time to fold nappies might be when you are having a 'cuppa' with someone who just 'dropped in'.

Ironing

Reduce this. Many household items don't really need ironing and careful folding can eliminate most ironing. An ironing service is helpful if you can afford it. It is also helpful to keep aside one presentable easy care outfit for yourself and for others in the family.



Visitors

Well meaning visitors can upset the household routine. Sometimes it is wise to consider some restrictions. You can't always stop what you are doing, so encourage visitors to assist you. Most will be happy to help.

Family

Mother

You will wonder how you will get the time to put your feet up, but you must, even for half an hour, while the babies are sleeping. Don't be tempted to do 'just one more thing'. Ease off after dinner and spend this time with your partner and family. Remember there is the late night feed ahead of you. Try to have someone mind the children occasionally. A break from routine is very refreshing. Be sure to do some post-natal exercises. If you can't continue your favourite sport, try taking a daily walk. If you are feeling down, dress yourself and your babies for an outing and all go for a walk. The fresh air will do you all good.

Father

Fathers of multiples play a very special role. You often have to juggle your time between work and home. You too, must find time to put your feet up. Help out as much as possible with your multiple birth family, but make sure you and your partner have some time alone together. An outing will be of great benefit to you both.

Other children

The other children, be it one or more, will need special attention because of the interest multiple birth children attract, and the time involved in caring for them. Always include the children and try to continue their favourite times with you (e.g. story time). Encourage older children to help, it makes them feel important.

Finally...

It is not unusual for parents of multiple birth children to become very tired. 'There just never seem to be enough hours in the day'. So, don't be afraid to ask for help. It is not intended that you will continue this way of life for ever. Gradually you will settle into a pattern of life that suits you and your family. Take time to enjoy your children. No matter how many children you have, remember that they are each separate individuals and each one needs special attention.

We hope you will find that
your multiple birth children
are not double trouble but

twice as nice!

Other Information



Australian
multiple birth
Association Inc

Most multiple birth associations in Australia belong to the national organisation AMBA, which facilitates interaction between groups, provides a national newsletter on multiple birth issues and allows communication and the exchange of ideas between these groups. Its Annual Convention is held at various venues across Australia and allows members to participate in the Association. Western Australia has representation on the AMBA Council.



Australian
Breastfeeding Association

The Australian Breastfeeding Association (ABA) is an organisation of people interested in the promotion and protection of breastfeeding. Amongst these are breastfeeding women and their partners and health professionals such as doctors, lactation consultants and midwives. ABA was founded with the primary aim of giving mother-to-mother support to breastfeeding women. They can be contacted on the telephone as listed in the telephone book and also hire out breast pumps and related equipment.

www.breastfeeding.asn.au

WATCH Study

Western Australia has one of the most comprehensive databases in the world for the study of multiples. The Western Australia Twin Child Health study (WATCH) has compiled data on all multiples born in the state since 1981, including 476 perinatal deaths. Their mortality rate is 4-6 fold that of singletons. Parents with multiples are more likely to experience the joy of a newborn simultaneous with the grief of a death. Little is known, through systematic studies, about the psychological impact of these special losses on families.