



## NEWS RELEASE

FOR IMMEDIATE RELEASE

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### **Multiples of America Releases New Edition of *Your Multiples & You***

**Franklin, TN** - *Your Multiples & You*, a long-established publication from Multiples of America, has a new look. Like previous editions, the publication is filled with information specific to expectant parents of multiples and parents of newborns. But a new e-design sets this version apart, providing details in bite-sized pieces, complete with photos for added emphasis.

According to the Center for Disease Control and Prevention (CDC), there were 114,161 twin deliveries in 2021. That equates to a 2021 twin birth rate (twins per 1,000 total births) of 31.2 per 1,000, a very slight increase from the 2020 rate of 31.1.

Experts consider all those multiple pregnancies to be high-risk. Sure, every multiple pregnancy doesn't come with problems, but all afford a higher probability of developing complications.

"Don't hesitate to ask for help when you need it," the *Your Multiples & You* publication advises. "Recognize that taking care of yourself is just as important as caring for your children."

To that end, *Your Multiples & You* offers tips for the expectant parent of multiples, facts about twinning, hints about feeding newborn multiples and selecting a stroller, research statistics, and more.

Parents of multiples are also encouraged to surround themselves with support. That support system can come from medical care providers, family, and friends. Plus, a parents of multiples club can give the opportunity for valuable connections, resulting in support, learning, and life-long friendships.

The *Your Multiples & You* e-publication is one piece of a larger "Toolkit for Expectant Parents" that Multiples of America is developing to help their local clubs in reaching out to parents beginning their journeys into the world of multiple parenting.

Electronic copies of *Your Multiples & You* are available free to expectant parents of multiples and parents of newborns upon request at: <https://multiplesofamerica.org/find-club/>

For more information on Multiples of America, visit [www.multiplesofamerica.org](http://www.multiplesofamerica.org)

**Multiples of America (also known as the National Organization of Mothers of Twins Clubs, Inc.)** is a 501 (c) 3, non-profit organization dedicated to supporting families of multiple birth children (*twins, triplets and higher-order multiples*) through support, education, and research. *Founded in 1960, the organization serves nearly 7,000 members in more than 150 clubs across the country. For more information about the organization, its services, and benefits, contact our Executive Office, at [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org)*