



NEWS RELEASE

FOR IMMEDIATE RELEASE

October 1, 2024

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New Research Study to Explore the Challenges of Growing Up with Twins, Triplets or More

Franklin, TN - It's not always smiles and sharing between brothers and sisters. In fact, managing sibling relationships can be quite a balancing act. It's tricky for parents to juggle the care and support necessary to help each child tap into their unique talents and personality. Add twins, triplets or more into the mix and family dynamics can become quite a trick, especially for single siblings in a multiple household.

What's the biggest challenge for a single birth child growing up with siblings who are twins or triplets? Does the distinction of having twins overshadow needs of the other children in the household?

Those are the questions Multiples of America will explore in its newest research study, *Challenges that Singletons Experience when Raised with Multiple-Birth Siblings*. The qualitative study focuses on the experiences of singletons with multiple-birth siblings. Adults who grew up with twins, triplets or more will be interviewed using a set protocol and questions. The results, which will be released in 2025, may assist parents of multiples and singletons in identifying effective parenting strategies to proactively address potential challenges singletons may experience while being raised in a multiple-birth family. The results may also contribute to social change by providing parents and families strategies to effectively manage the balance in raising multiples and singletons.

"I cannot even tell you how many times my singleton has said in a tantrum 'I hate the twins; I wished you had only one more baby, not two' and breaks my heart every time, so any tools that we can share with others or mistakes to avoid as a result of this study would be useful," shared one mother of three boys, a set of twins and a singleton.

This study of the singleton experience is just one of nearly 100 studies Multiples of America has conducted. Topics range from pregnancy and postpartum depression to education of multiples and competition between twins. Several research surveys have also addressed topics relevant to the management of local chapters, including leadership roles, support services, and club tag sales.

Multiples of America also assists researchers, physicians, and education professionals in completing their research studies. The organization's latest research partnership is gathering information concerning parental stress in families who have children with autism.

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 6,000 members in more than 130 clubs across the country. For more information about the organization, its services, and benefits, contact our Executive Office, at info@multiplesofamerica.org.*