



NEWS RELEASE

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Multiple Birth Awareness Month Shines Spotlight on Mental Wellbeing for Parents of Twins, Triplets, and More

Franklin, TN - April means it's time for Multiple Birth Awareness Month, 31 days of celebration of families raising twins, triplets, and more. This year, Multiples of America is using the month to shine a spotlight on the theme - "It's a Balancing Act: Mental Wellbeing for Parents of Multiples." It's a theme well-fitted to an organization that has been helping parents navigate the journey of raising multiples (twins, triplets, and other higher order multiples) for 64 years.

The focus of "It's a Balancing Act" highlights the story of families who are raising multiple birth children. While each family experiences joys, parents of multiples also travel through many of the same challenges as they support the specific needs of their multiples, across the years.

"As a parent quickly discovers, raising twins is a very difficult, complicated, and emotionally and physically consuming process," advises Margot Lewis, affiliate member of Multiples of America and Twinsight Therapy founder.

Research confirms the difficulties that can occur. For one, mothers of multiple births have greater odds of having moderate-to-severe postpartum depression compared with mothers of singletons. Three out of four parents of multiples reported feeling isolated during those first month's home, and families with multiples have an increased rate of separation. And that's just a few of the statistics.

"Research has shown that multiple parents are less likely to seek psychological support," added Lewis, "but those who do or who find a multiple parent community will find relief and recover faster from mental health issues."

Indeed, being a part of a local parents of multiples chapter gives parents many of the tools and supports they need to answer those needs, according to Mary Adcock, President of Multiples of America.

"Multiples of America provides parents of twins, triplets or more with valuable, lasting connections. Sure, social media provides a quick link, but the connections made through our local chapters and national organization go deeper. It's understanding, information, and support offered in-person, virtually, or through email. It's strength that stays with you though every stage of the parenting journey," she said.

On some days, celebrations for this year's Multiple Birth Awareness month will just be a continuation of the work many chapters do every day, every month: meal trains for expectant and new parents of multiples, premie clothing closets, answers to questions concerning classroom placement of multiples, support during times of special need or bereavement. At other times, celebrations will be specialized to the "It's a Balancing Act" theme: special yoga relaxation gatherings, mental wellness panels, and a nationwide "15 Minutes of YOU time" social media challenge. Each celebration will be aimed at building up parents and increasing awareness about the needs of multiple birth families.

"Sometimes, just knowing you are not alone is enough," concluded Lewis.

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 4,500 members in more than 125 clubs across the country. Check out our website for information on how to further the work of supporting the unique needs of multiple birth parents, <https://multiplesofamerica.org/donations/>.