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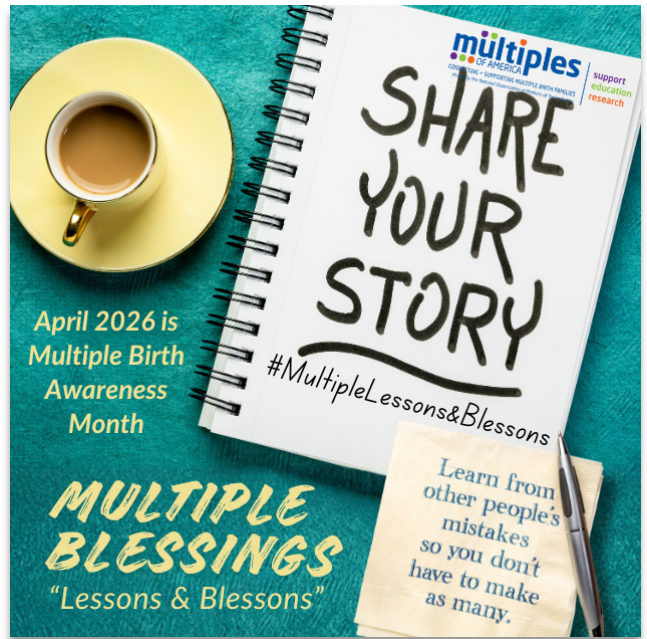
Multiples of America, also known as The National Organization of Mothers of Twins Clubs, Inc., is pleased to announce the **18<sup>th</sup> Annual National Multiple Birth Awareness Month** this April. During this month, we will be working with our local chapters from across the country to spread awareness 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 face while celebrating the joys they bring to our multiple birth families.

The theme for this year is “Multiple Blessings – Multiple Lessons to Learn.”

We are requesting that local leaders across the country help us by supporting the events planned by your local multiple birth chapters by officially proclaiming April 2026 as **National Multiple Birth Awareness Month** in your state.

Please refer to the attached press release for more information about the National Multiple Birth Awareness month activities, and review the additional press releases on our website at: <https://www.multiplesofamerica.org/pressreleases> for details regarding other organizational events and activities throughout the year.



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

Sincerely,

*Mary Prigel Adcock*

Mary Prigel Adcock, President  
Multiples of America  
aka National Organization of Mothers of Twins Clubs, Inc.

**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 3,500 members in more than 100 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)*

**Executive Office:** 2000 Mallory Lane, Suite 290, #1312, Franklin, TN 37067-8231  
**E-Mail:** [info@multiplesofamerica.org](mailto:info@multiplesofamerica.org) **Web Site:** [www.multiplesofamerica.org](http://www.multiplesofamerica.org)

**CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES**

*(Also known as the National Organization of Mothers of Twins Clubs)*



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**NEWS RELEASE**  
FOR IMMEDIATE RELEASE  
April 1, 2026

Contact: Dawn Keller, Executive Director  
[info@multiplesofamerica.org](mailto:info@multiplesofamerica.org)

## Multiple Birth Awareness Month Celebrates the “Multiple Blessings” of Parenting Twins, Triplets, or More

**Franklin, TN** - April means it's time for Multiple Birth Awareness Month, 30 days of celebrating families raising multiples. This year, Multiples of America is celebrating with the theme “Multiple Blessings – Multiple Lessons to Learn,” along with a focus on encouraging members to share all the “Lessons and Blessons” that come with that parenting journey. It's a theme well-fitted for an organization that has been helping parents navigate that journey for 66 years.

“Multiples are special - not because they're the same, but because they get to grow up side-by-side, learning the art of compromise, negotiation, and love in its most complex and beautiful form,” shared Smadar Zmirin, a twin specialist with over 15 years working with twins.

Being a part of Multiples of America as a direct member or through a local parents of multiples chapter gives parents tools and support specific to the unique needs of growing multiples. In fact, according to Mary Prigel Adcock, President of Multiples of America, the national organization offers parents a range of events, both live and online, quality educational information, and a base of multiple-specific research.

“Multiples of America provides parents of twins, triplets or more with valuable connections. In today's world, so many of our connections are short or fleeting: a comment on Facebook, an answer found on a web browser. The connections made through our local chapters and our national organization go deeper. They provide a bridge to understanding, information, and support, plus personal connections that can span a lifetime,” she said.

Nationwide celebrations for this year's Multiple Birth Awareness month will range from sharing tales of “Lessons and Blessons” to an online seminar centered on honoring connection and individuality in twins. Local clubs will celebrate with community or chapter events, and by continuing the work they do every day, every month: meal trains for expectant and new parents of multiples, preemie clothing closets, answers to questions concerning classroom placement of multiples, support during times of special need or bereavement. Each celebration will be aimed at building up parents and increasing awareness about the needs of multiple birth families.

“My twins were 22 months old when my husband and I bought a home across the street from a lovely lady named Ruthie. Ruthie and I drove together to club meetings for 13 years,” recalled Priscilla McGaughey, a mom of twins. “During those rides in the car, we talked about raising boy/girl twins. Hers were already out of the house and she had lots of experience and wisdom to share. I believe in-person sharing is important. I hope we can always be there for each other.”

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