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research

Kim Simonich
Events Vice President
events@multiplesofamerica.org
Dawn Keller
Executive Director
info@multiplesofamerica.org

Fact Sheet for National Multiple Birth Awareness Month

What is the purpose?

The challenges associated with multiple births remain constant year after year:

- Medical complications, both pre- and post-term births
- Financial hardships
- Other unique issues that impact multiple birth children and their families

Multiples of America (also known as The National Organization of Mothers of Twins Clubs, Inc.), along with its local chapters and other national sponsors, focuses on awareness of these challenges and offers resources and support to meet them.

What is the theme?

The theme/focus for this year is “Multiple Blessings – Multiple Lessons to Learn: ‘*Lessons & Blessings*’” as we continue to educate our communities about the prevalence of families of multiples, the unique joys and challenges of parenting multiples, and the support that is offered through our local chapters and national organization. The hashtags to support Multiple Birth Awareness Month are *#MultipleLessons&Blessons*, *#MOAJoinsintheJourney*, and *#MBAawareness2026*

What is planned for 2026?

On the National level, Multiples of America will focus on:

- Gaining media attention
- Running social media discussion threads related to this year’s “Multiple Lessons to Learn” theme
- Partnering with other service organizations to increase community awareness

Our efforts also include media releases, as well as articles in our publications and other communications.

In addition, Multiples of America will assist local chapters to plan events in their local communities by providing a Multiple Birth Awareness Media toolkit that includes event ideas, promotional materials, and communication materials on multiple birth awareness.

What role can member chapters play?

Local and state multiple birth groups can team up to hold informative and fun events for parents of multiples, educators, medical professionals, and the media. The media and local municipalities can show their support via media coverage, proclamations, and attendance at events. Medical professionals, researchers, and educators can participate at events or provide information to share with attendees.

Who can assist with additional questions?

Multiples of America’s Events team is here to help. Contact Events Vice President, Kim Simonich, at events@multiplesofamerica.org for more information and contacts.

Executive Office: 2000 Mallory Lane, Suite 290, #1312, Franklin, TN 37067-8231
E-Mail: info@multiplesofamerica.org **Web Site:** www.multiplesofamerica.org

CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES

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