



support
education
research

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Every April, Multiple Birth Awareness Month offers a chance for families of multiples to step forward and raise awareness about living in a world where things come in twos, threes, or more. There are many ways for you and your local club to participate and celebrate during this special month.

The theme for this year is “Multiple Blessings – Multiple Lessons to Learn: ‘Lessons & Blessons” as we continue to raise awareness about the prevalence of families of multiples, the unique joys and challenges of parenting them, 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

This toolkit offers several resource documents with information to help you and your club in planning events or celebrations for the month:

- **“How to Get Started” Local Event/s Planning Guide** – Month-by-month planning guide for your local events.
- **Local Event/s Ideas** – A few ideas to help get started in planning your Multiple Birth Awareness event/s or celebration/s for your club or community.
- **Notification for Local Media Outlets** – Fill in your event/s information and send to local media outlets inviting them to report on them
- **Local and state government requests for recognition** – Find out if your city/town and state could declare April as Multiple Birth Awareness month. This toolkit includes two ready-to-mail letters, one for your city/town and the other for your state. For each of them, you can add a note from your club president, and with the state letter you could also add a note from your state’s organization president.
- **Fact Sheet, Incidence of Multiple Births, and Factors Affecting Twinning** – Information about multiple births to share with media outlets or other community organizations.
- **Press Releases** – Multiples of America’s press releases announcing the current board and the 2026 convention site to share with media outlets or other community organizations. (Additional press releases are available in the Members Only section of the website: <https://multiplesofamerica.org/pressreleases/>).

Multiples of America membership brochures and booklets are available in the Members Only section of the website. Feel free to download and print them off to distribute at your events.

Check recent issues of *Multiple Connections* and participate in member discussions on social media by going to Multiples of America’s Instagram and/or Facebook social media groups (*links below*), and either do a search for #MultipleLessons&Blessons or click on the pinned posts (*Facebook*) and/or “Lessons & Blessons” graphic (*Instagram*), and share your story to each thread posted about different experiences we, as parents of multiples, have faced with our children and ourselves.

Instagram: <https://www.instagram.com/multiplesofamerica/#>

Facebook: <https://www.facebook.com/groups/MultiplesofAmericaMembersOnly>

Special social media posts will also be shared with our partner organizations throughout the month to help raise awareness of Multiples of America and its work on the national, state, and local levels.



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CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES

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