



NEWS RELEASE
FOR IMMEDIATE RELEASE
April 1, 2026

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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 to 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 supports 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.

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. Check out our [website](#) for information on how to further the work of supporting the unique needs of multiple birth parents,