



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

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

### **Multiples of America Increases Supports, Resources for NICU Families**

**Franklin, TN** - When parents get the news they're expecting twins, triplets or more, they begin a journey filled with both added joy and increased stress.

The added joy is evident; as celebrated recently during Multiple Birth Awareness Month, twins or triplets bring "Multiple Blessings- Multiple Lessons to Learn."

The increased stress begins with a pregnancy labeled as high risk. Indeed, data shows that 60% of twin pregnancies and nearly all of higher order multiple pregnancies result in preterm birth with a significant portion of those requiring a stay in a Neonatal Intensive Care Unit (NICU).

With that in mind, over the past year, Multiples of America embarked in an effort to build additional supports for families with multiples in the NICU. The project, called Great Expectations Multiplied, was accomplished through a mix of small group and person-to-person opportunities along with additional resources.

Monthly seminars offered opportunities for small group interaction around topics specific to parenting in the early years, including the NICU experience. Led by experts in their fields, the seminars addressed topics such as: Pregnancy and Preparation, In the NICU, Transitioning Home, Breastfeeding, Sleep, Nutrition, Early Learning, and Managing Behavior.

A "Multiple Match" program added on a layer of person-to-person support. This program gave members the chance to be matched with another member who is living the same parenting challenges. Many local chapters also added to that with personalized supports like care baskets, meal trains, childcare assistance and more.

Additional resources helped build the organization's informational storehouse for NICU parents and for members looking for guidance on how to best support them. For instance, a featured report, *Building Support for NICU Families*, was just one of several articles on the NICU experience published in the member publication, *Multiple Connections*. Additionally, a powerpoint presentation on "In the NICU" was added to the organization's Zoom Connect Cafe, which allows 24/7 viewing access. And a spotlight section on "Partnership Power" was added to each issue of the *Club Helpline* publication, detailing the services to NICU families provided through our organizational partners.

All expanded services and supports for NICU families are offered free to members of Multiples of America. Check the [Multiples of America website](https://www.multiplesofamerica.org) for information on membership or on how the organization supports members at all ages and stage of parenting.

*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 108 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)*