

PRESS RELEASE
Australian Multiple Birth Association
Multiple Birth Awareness Week – 9-16 March 2014
“You’re not alone”

Multiple Birth Awareness Week (MBAW), 9-16 March 2014, aims to raise awareness of the important work done by the Australian Multiple Birth Association (AMBA) and local clubs around Australia in supporting families and the community.

In 2014 our theme is “You’re not alone”.

There is growing evidence that getting involved in a support group such as AMBA can have real benefits to the mental health and coping skills of parents. Many people are unaware of the wellbeing benefits of joining a support group; support groups can be a great place to find services, practical tips, resources and social events with like-minded people.

“Knowing that ‘you’re not alone’ when you find out that you’re expecting twins, triplets or more is very important for families to help them thrive, not just survive the journey”, says Ali Mountifield, mother of triplets and AMBA Communications Director. “Most parents will tell you bringing home a new baby is life changing, but two babies, or three or even four babies at a time, well, that can be really tough.”

“The Australian Bureau of Statistics figures released in October 2012 show that during 2012, there were 4” ,480 sets of multiples born in Australia, including 59 sets of triplets or higher order multiples. Whether you live in a big city or out of town, you can connect with AMBA for wonderful publications, support and information. Local clubs around Australia form great communities providing support and events. Clubs run expectant parent information nights to help prepare expectant parents, introducing them to other local parents in the same situation, as well as support in their local area; while the support varies between clubs, it covers everything from where to hire a twin-feeding pillow to being able to borrow premmie clothing and other equipment.”

“Support can be in person, via the phone or via social media like AMBA’s Facebook page which received more than 3,500 requests for advice from parents of multiples last year, and our national online forum has seen more than 400,000 posts.”

“AMBA is celebrating its 40th anniversary this year and it is amazing to see that AMBA has grown to 55 clubs across Australia, representing more than 4,000 member-families. It is an amazing milestone for a volunteer-run organisation”, said Ms Mountifield.

“AMBA has a growing list of [events](#) for MBAW around Australia; we invite you to contact us or go to www.amba.org.au/clubfinder to find a contact for your local AMBA club or to organise a photo of a local family with twins, triplets or more.”

AMBA is a volunteer-run, not-for-profit organisation comprising of multiple birth families. The organisation provides support, resources and education to multiple birth families from “those who know”.

Ali Mountifield, AMBA Communications Director
communications@amba.org.au
Mobile: 0411 250 758
www.amba.org.au