



# RESOURCEFUL MULTIPLE BIRTH PARENTHOOD

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A great start to multiple birth parenthood





# GROWING INTO THE MULTIPLE BIRTH PARENTHOOD

- An individual journey where stumbling is allowed.
- Differs from the growth process of a one child parenthood.





# CHALLENGES OF A MULTIPLE BIRTH PARENTHOOD

- Challenges and worries during pregnancy
- Concerns of the babies health
- A change in the life situation
- Increase of household chores and decrease of me- time
- Reconciliation of working -and family life
- Committing and coping with the care for the children
- Coping of the parents





# OPPORTUNITIES

- Equal, shared parenthood
- Children's company to each other
- Witnessing the miracle of growing up in double or triple
- The close mutual relationship among the children
- Multiple smiles, kisses and hugs





# COPING AS A PARENT

- A good support network helps you to cope, map it already during pregnancy
- Allow yourself me- time, take a rest whenever you can
- Make time for your relationship
- Focus on the essential!

