

Support for twins, triplets and more; from pregnancy to school age for families in the Southern Trust.

Are you expecting, or do you have twins or triplets?

Being a family with multiples is a unique experience in both positive and challenging ways. Having twins or triplets in a family can bring great excitement, joy and a special bond, but at times can feel overwhelming, emotionally demanding or exhausting. In the Southern Trust the Health Visiting Service and Twins Trust charity work together to provide the support, care and understanding that families need to thrive.



What is the Health Visiting Service?

Health Visitors are registered Nurses or Midwives with an additional qualification in child and family health and they offer a family centred service to all families. They provide information and advice on matters such as; preparing for parenthood, breastfeeding, bottle feeding, health and wellbeing, bonding with your babies, child safety, community services and family support.

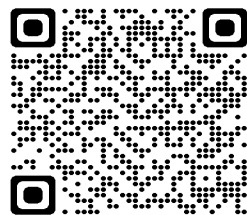


How will a Health Visitor help me as a parent of multiples?

Your Health Visitor is aware of the possible challenges you may be facing as a parent of twins or triplets. They will take you through all the usual topics of parenting, childcare and your own health, all with the understanding of your individual situation as a parent of multiples. They are also a wealth of knowledge about local services and can discuss any additional support or services you might find useful. Your Health Visitor will aim to get in touch during your pregnancy, to offer an antenatal visit.

What other support is there?

Twins Trust is a national charity providing support to families with twins, triplets and more for over 40 years. Their website is a fantastic source of information for families of multiples, with topics from pregnancy right through to adulthood and leaving home. They have a helpline service called Twinline, online courses, online community groups and much more. Scan the QR code to access the website.



SCAN ME!



Twins Trust Specialist Health Visitor

A dedicated advisory Health Visitor is also available to provide extra information and support to families with twins or multiple births. This is in addition to the routine Health Visiting Service. The Twins Trust Specialist Health Visitor can also provide advice and support to other healthcare professionals working with families of multiples.

You can contact the Twins Trust Specialist Health Visitor directly or ask your Midwife or Health Visitor to get in touch on your behalf. To contact the Twins Trust Specialist Health Visitor email Twins.HealthVisitor@southerntrust.hscni.net or call **07979 164920.**