

More love, more challenges.

Navigating multiple births

"Having twins was the most beautiful surprise of my life—but it was also overwhelming. The sleepless nights, constant feeding, and pressure to stay positive took a toll on my mental health."

Every parent of multiples has a unique journey.

Whether you're managing triplets or twins, you don't have to navigate the emotional load alone.

Managing multiple

Finding out you are expecting multiples can be scary.

Discovering you're expecting more than one baby can be both surprising and overwhelming. It's completely normal to experience a mix of emotions, and it may take time to fully process the news. Early confirmation through an ultrasound scan—ideally within the first 12 weeks is important for understanding your pregnancy and beginning care with a qualified healthcare provider.

The pregnancy period

In the early stages, you may notice intensified pregnancy symptoms—such as increased nausea, breast tenderness, extreme fatigue, rapid weight gain, and heightened mood swings. These reactions are completely normal, especially in a multiple pregnancy. Your body is working harder, so finding strategies to manage these changes is important.

Your partner may also feel overwhelmed as you both adjust to the news. Starting open conversations early can help you navigate the emotional journey together.

While complications can occur in any pregnancy, multiple pregnancies are generally considered higher risk. That's why it's essential to have regular, high-quality antenatal care. Your healthcare provider will guide you through any concerns and help manage potential risks to support the health of both you and your babies.

Taking care of your body matters now more than ever. Eat as healthily as possible, rest when you can, and stay active with safe, low-impact exercises. Drink plenty of water and consider a pregnancy supplement recommended by your provider. Daily pelvic floor exercises can also help reduce long-term risks such as bladder control issues or uterine prolapse.



Perinatal mental health support is available

What to expect when you are expecting more than planned:

The birth

Most multiple pregnancies progress without major complications, but there is a higher chance of your babies being born early or having a low birth weight. Full-term for twins is typically around 37–38 weeks, while triplets are considered full-term at 35 weeks. For quadruplets or more, the full-term benchmark is even earlier.

Post-birth

The moment your twins, triplets or more arrive, everything changes. Every feed, every nap, every milestone happens twice or three times over. It's exhilarating, exhausting, and utterly unique.



AUSTRALIAN
MULTIPLE
BIRTH
ASSOCIATION

Australian Multiple Birth Association (AMBA) understands the exhaustion and the joy of having multiple babies. **AMBA** is here for your post-birth journey:

Practical guidance: Tips on sleep, feeding, and routines tailored for multiples.

Community connection: Talk to other parents who truly get the highs and the challenges.

Support for the whole family: Advice for partners, siblings, and extended family navigating life with multiples.

You're not doing this alone.

From the first days at home to the toddler years and beyond, AMBA helps you thrive as a multiple-birth family. Because every baby deserves your best, and so do you.

Resources

If you or someone you love shows signs of post-partum depression, seek urgent medical help and visit [PMHweek.org.au](https://www.pmhweek.org.au) for guidance.