

40 years of support for a high-risk minority

The [Australian Multiple Birth Association](#) (AMBA) is celebrating its 40th anniversary and 40 years of support for thousands of families with multiples.

Families with multiples represent 2% of the Australian population and they are at risk of

- High-risk pregnancies
- Premature birth
- Special needs
- Pre- and postnatal depression
- Social isolation
- Financial hardship
- Schooling issues
- Identity issues

“AMBA has always been an exceptional organisation, dealing with a multitude of issues concerning multiple births. I think we can safely say that no other self-help voluntary organisation embraced such a diverse range of issues”, said Jenny Noonan (*AMBA History*, Jennifer Noonan, 2010).

AMBA has grown to over 50 clubs around Australia with over 4,000 member-families. Our motto is AMBA CARES, which stands for - Community, Advocacy, Relationships, Education and Support.

Club support varies but as a base they provide information, community, equipment hire, expectant parent information sessions and events. Some clubs are expanding to assist families with volunteers in the house and to assist with swimming lessons.

Things have changed a lot over 40 years; here are some interesting insights that member families have shared with us about life with multiples 40 years ago.

- Medical teams attending a birth were often surprised by the arrival of a second or third baby
- Births were generally by vaginal delivery
- If a multiple birth pregnancy was suspected an X-ray was ordered
- Formula was around in 1970, but medical advice was that Carnation Milk was just as good
- There were no disposable nappies and tumble dryers were very expensive