

Abstract

Original Article

Supporting Multiple Birth Families at Home

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Abstract

Background Literature review shows there is no study of this subject and phenomenon is strange how professionals work in multiple birth families home.

Objective The aim of this study is to describe family care workers' experiences of supporting multiple birth families with twins under five and to contribute to the understanding of working with such families.

Methodology The phenomenological hermeneutic study using van Manen's method and the concept of lifeworld. The data consist of interviews, the document sent in writing thereafter, and the researcher's notes.

Results The phenomena consist of three core essential themes. "Support with coping" had two essential themes, strengthening parenthood and arranging rest time. "Making use of special information" comprised care guidance, taking into account the special challenges of having twins, and guidance on spending. "Bringing security" had easing the burden of daily life, trust to share responsibility, and effective support network, as components.

Conclusions Multiple birth families have a special status with special needs. It is evident that the ideal location for the care worker's meeting with parents is the latter's home because it gives these workers an overview of everyday life in such families. It would be interesting to explore how professionals prepare multiple birth parents for parenting, how they use evidence-based research practice and how they plan their teamwork and how they disseminate existing knowledge in multiprofessional teams.

Keywords phenomenology, hermeneutic, van Manen, lifeworld, multiple birth offspring, family nursing