

February 2020 Newsletter

Editor's Message

By Jess Young



Welcome to the first newsletter for 2020 and Happy New Year!

I hope you had a lovely holiday season and a great start to the new decade.

For many of our multiple families it is back to school or transition to Kindergarten. A common topic for multiple families is whether to keep their twins (or more) in the same classroom or in separate classrooms. Twins Research Australia has conducted a study on this interesting topic and you can read the full article on Page 2.

Also, don't forget to check out the calendar and events in this newsletter for upcoming playgroups, playdates and other fun activities over this month and in March.

What's on this month...

03/02	Shire East/West Playdate
04/02 & 21/02	New Playgroup—Wollongong
11/02 & 25/02	Macarthur Playgroup
12/02	Padstow, Milperra, Liverpool & St George Playdate
13/02 & 27/02	Mini Movers Playgroup
15/02	Multiple Mums Night Out
16/02	Grandparents Playdate
17/02	SSMBA Committee Meeting
Every Friday	Parents 'n' Bubs
And in March 2020...	
10/03 & 24/03	Macarthur Playgroup
12/03 & 26/03	Mini Movers Playgroup
11/03	Padstow, Milperra, Liverpool & St George Playdate
13/03	Shire East/West Playdate
16/03	SSMBA Committee Meeting
Every Friday	Parents 'n' Bubs

Looking for a family fun event?... Check out what's happening in Sydney's South / West later this month and next month!

Kite Flying Festival	
Saturday 15th February	Don Lucas Reserve, Cronulla
From 10am	FREE ticket bookings on Eventbrite via Facebook
Make & Play!	
Wednesday 19th February & Wednesday 11th March	An Art Play session for children aged 2-5 years at Campbelltown Arts Centre. \$10 per session (parents/carers free)
10am—11am	Ticket bookings online: https://c-a-c.com.au/art-play/
My Kids Market NSW: Sutherland	
Sunday 8th March	Kids Market to buy, sell and recycle pre-loved baby and kids items
	For more information visit: https://www.mykidsmarketnsw.com.au/



Southern Sydney Multiple Birth Association

Website www.ssmba.amba.org.au

Contact 0416 108 499

Email contact@ssmba.amba.org.au

Facebook group www.facebook.com/groups/ssmba

Facebook page www.facebook.com/southernsydnymultiplebirthassociation



INSIGHTS FROM TWINS RESEARCH AUSTRALIA

TWINS IN SCHOOL - SHOULD THEY BE KEPT TOGETHER?

A big decision for many parents as their twins approach school age is whether to keep them in the same classroom or not.

Everyone seems to have an opinion about whether twins should be separated at school or not – but how do you know what decision is best for your twins?

Dr Karen Thorpe from the Queensland University of Technology conducted a study with twins from Twins Research Australia, looking at the experiences of twins starting school. She maintains that parents nearly always make the right decision, revealing that only 10% decide to separate their twins when starting school.

Current data from Twins Research Australia's health and lifestyle questionnaire supports this statistic with nearly 80% of respondents making the decision to keep their twins together for the first year of school.

Reasons why parents may prefer to keep their twins together are usually related to the comfort that the inter-twin relationship provides. Dr Thorpe reveals that "many parents believe the twin relationship provides emotional support and familiarity in the new environment of the school and the choice of keeping twins with their co-twin on transition to schooling was viewed as the least disruptive option".

Dr Thorpe's research aimed to address what rationale parents' use in making a decision regarding the class placement of their children and how this differs between children who are separated versus those who are kept together. She discovered that most parents made the decision to place their children in the same class at school entry, but often opted to separate as

the children grew older.

Our research supports this theory with 42% of TRA parents deciding to separate their twins for Grade 1, and over 50% of parents deciding on separate classes for their twins by Grade 3. Nearly 80% of TRA twins no longer share a class by Year 12.

There can be many reasons why parents do make the decision to separate – and this can be unique to each family. There may be co-dependency issues or unfair comparisons between the twins for example which the family feel may be helped by separation.

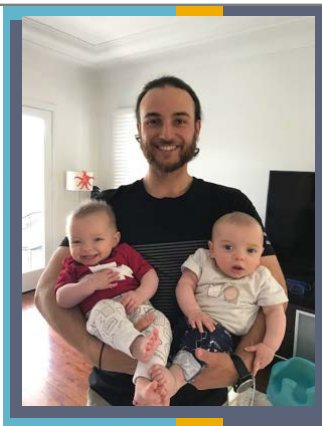
Professors David Hay and Pat Preedy from Curtin University of Technology have also researched the educational needs of multiple birth children and acknowledge that while many parents do not have a choice to separate or not, a school policy for multiples that is flexible is helpful. They maintain that while there is not yet any good evidence about the benefits or otherwise of separating multiples, it is clear that "separation is not a universal solution to issues that may arise with multiples".

Ultimately however, there is no right or wrong answer. It is up to your family and what will best suit your twins. Parents who responded to our questionnaire reported that their decision was primarily influenced by the twins themselves, with many also valuing the advice of teachers.

If you are interested in learning more about Twins Research Australia or joining in a study, please visit www.twins.org.au.

If you have not yet completed our Health and Lifestyle Questionnaire and would like to do so, you can learn more at our website.





Happy Birthday to
Our Superhero Dad
(Brendan)

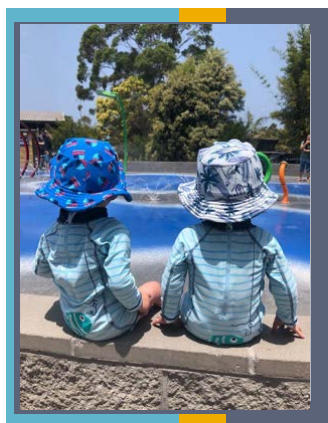
Love,

Kim, Ellie, Sam & Abby

Happy 3rd Birthday

Lincoln & Oliver

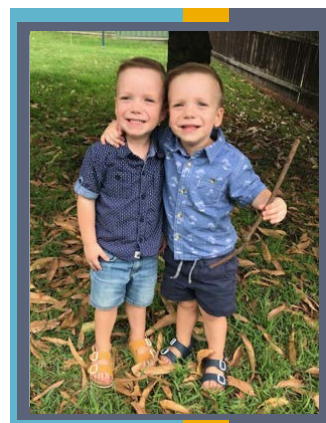
May your energy never run out.
Lots of love, Mum, Dad & Joshua xxx



Happy 2nd Birthday Callum & Fletcher

You light up our lives with your endless ability to love, laugh and cuddle. We are privileged to be your parents and brothers and watch in wonder at your bond with each other. Born at 31+1 weeks, as Paul Kelly says, from little things, big things grow!

Much love, Mumma, Daddy, Flynn & Hayden



Playgroups

Name	Ages	When	Location	Cost	Contact	Email
Mini Movers	All ages	Fortnightly, Thursdays, School Term Time	Kingsway Church Caringbah, 9 Resolution Drive, Caringbah	\$5 per session \$40 for 9 sessions	Amanda Adams Shayley Ennis Nikola Nohelova	minimovers@ssmba.amba.org.au
Parents n Bubs	Non walkers	Weekly Fridays., School Term Time	Illawong Community Hall, Main Hall. Illawong Shopping Village, 273 Fowler Rd, Illawong	\$5 per session \$40 for 9 sessions	Amy Seidel Lauren Freeman	parentsnbubs@ssmba.amba.org.au
Macarthur	All ages	Monthly, TAFE Term Time	TAFE SWSi—Campbelltown College, 181 Narellan Rd, Campbelltown	Free	Danielle Hope	macarthurrep@ssmba.amba.org.au

Playdates

Name	Ages	When	Location	Cost	Contact	Email
Macarthur	All ages	Monthly during school holidays	Various locations in area	Free (location dependent)	Danielle Hope	macarthurrep@ssmba.amba.org.au
Shire East	All ages	Monthly	Locations alternate between Shire West & Shire East	Free (location dependent)	Jessica Mackay	sutherlandshireeast@ssmba.amba.org.au
Shire West	All ages	Monthly	Locations alternate between Shire West & Shire East	Free (location dependent)	Kate Alger	sutherlandshirewest@ssmba.amba.org.au
Padstow/ Milperra	All ages	Monthly	Locations alternate between Padstow/Milperra, Liverpool and St George	Free (location dependent)	VACANT	padstownmilperrarep@ssmba.amba.org.au
St George	All ages	Monthly	Locations alternate between Padstow/Milperra, Liverpool and St George	Free (location dependent)	Lauren Freeman	stgeorgerep@ssmba.amba.org.au
Liverpool	All ages	Monthly	Locations alternate between Padstow/Milperra, Liverpool and St George	Free (location dependent)	Helena Sullivan	liverpoolrep@ssmba.amba.org.au

Upcoming Events



NEW PLAYGROUP 2020

EARLY START DISCOVERY SPACE




WE ARE EXCITED TO ANNOUNCE TWO NEW TRIAL PLAYGROUPS:

WHERE : EARLY START DISCOVERY SPACE, WOLLONGONG

WHEN: TUESDAY 4TH FEBRUARY & FRIDAY 21ST FEB 10AM-12PM

COST: \$10 PER FAMILY
INCLUDING ENTRY TO THE CENTRE FOR THE DAY.
FREE PARKING AVAILABLE IN THE CARPOOL AREA IF THERE ARE 3 OR MORE OF YOU!

SPACES ARE LIMITED SO PLEASE BOOK YOUR PLACES HERE
[HTTP://DISCOVERYSPEACEPLAYGROUP.EVENTBRITE.COM.AU](http://DISCOVERYSPEACEPLAYGROUP.EVENTBRITE.COM.AU)



MINI MOVERS

10am-midday

Join other multiple families for our all ages playgroup

Kingsway Community Church
9 Resolution Drive, Caringbah




- Safe indoor & outdoor areas
- Loads of toys & play equipment
- \$5 per session or \$40 for 9, first visit free
- Coffee Van on site



Macarthur PlayGroup 2020 DATES

PLEASE JOIN US!

NEW TIME : 9.30-11.30am

TUESDAY 11TH FEBRUARY - CAMPBELLTOWN SWSI TAFE

TUESDAY 25TH FEBRUARY - CAMPBELLTOWN SWSI TAFE

TUESDAY 10TH MARCH - CAMPBELLTOWN SWSI TAFE

TUESDAY 24TH MARCH - CAMPBELLTOWN SWSI TAFE

TUESDAY 7TH APRIL - CAMPBELLTOWN SWSI TAFE

TUESDAY 28TH APRIL - CAMPBELLTOWN SWSI TAFE

TUESDAY 12TH MAY - CAMPBELLTOWN SWSI TAFE








CONTACT: DANIELLE HOPE
MACARTHURREP@SSMBA.AMBA.ORG.AU



Parents n' Bubs

JOIN US WEEKLY ON FRIDAYS IN TERM TIME FROM 10AM - MIDDAY





- First session is free, \$5 per family or buy a 9 session pass for \$40
- Connect with multiple families
- Partners, Nans, Pops, carers and siblings... welcome
- BYO Playmat and toys
- Coffee shop, supermarket and chemist nearby
- Catering for newborns to newly mobile (playpen and outdoor equipment for the new walkers)
- Please keep your little ones at home if unwell...

Parentsnbubs@ssmba.amba.org.au
Spada Function Room, Illawong Community Hall,
273 Fowler Rd. (Adjacent to Illawong Shopping Village)

Upcoming Events



**SHIRE EAST/WEST
2020 PLAYDATES
JOIN US
10AM-12PM**

MON 3RD FEB - OLD SCHOOL PARK, GYMEA BAY
FRI 13TH MAR - CAMELLIA GARDENS, CARINGBAH
SAT 4TH APRIL - LANTANA RD RESERVE - EASTER PLAYDATE
FRI 1ST MAY - SHELLY PARK PLAYGROUND, CRONULLA
MON 1ST JUN - LITTLE FEET CAFE, ENGADINE
FRI 3RD JUL - OLD SCHOOL PARK, GYMEA BAY
MON 3RD AUG - LOLLIPOPS, MENAI
FRI 4TH SEP - CAMELLIA GARDENS, CARINGBAH
MON 12TH OCT - LANTANA RD RESERVE, ENGADINE
FRI 9TH NOV - SUTHERLANDSHIRE CENTENARY PARK, MIRANDA
SAT 12TH DEC - CAMELLIA GARDENS - XMAS PLAYDATE

Shire East
JESSICA
MACKAY

Shire West
KATE
ALGER

sutherlandshireeast@ssmba.amba.org.au
sutherlandshirewest@ssmba.amba.org.au

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**Padstow & Milperra
Liverpool, St George
2020 Playdates 10am-12pm**

Wed 12th Feb - Carss Bush Park
Wed 11th Mar - Liverpool Catholic Club
Wed 8th Apr - Panania Diggers (Easter)
Wed 13th May - Carss Bush Park
Wed 10th Jun - Liverpool Catholic Club
Wed 22nd Jul - Panania Diggers
Wed 12th Aug - Morris Iemma Sports
Wed 9th Sep - Liverpool Catholic Club
Wed 14th Oct - Panania Diggers
Wed 11th Nov - Carss Park
Wed 9th Dec - Location TBC

CONTACTS:
Liverpool: Helena Sullivan
Liverpoolrep@ssmba.amba.org.au
Padstow & Milperra: VACANT
Padstowmilperrarep@ssmba.amba.org.au
St George: Lauren Freeman
stgeorgerep@ssmba.amba.org.au

SSMBA
Southern Sydney Multiple Birth Association



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MULTIPLE MUMS' NIGHT OUT!

WHERE: GOLDEN TRIANGLE SYDNEY
GLEDSDOOD HILLS

WHEN: SATURDAY 15TH FEBRUARY AT
7PM

COST: SET MENU \$38
PLUS BOOKING FEE
(GF & VEG OPTIONS AVAILABLE)

RSVP: BY 8TH FEB
[HTTP://MUMSNIGHTOUT.EVENTBRITE.COM](http://mumsnighout.eventbrite.com)

JOIN US FOR A FUN NIGHT OUT - EVERYONE WELCOME!

UNIT 15B, GREGORY HILLS DRIVE, GLEDSDOOD HILLS 2557



**Grandparents'
Playdate**

WHERE: GREGORY HILLS BUNNINGS, 2 RODEO RD

WHEN : SUNDAY 16TH FEBRUARY 10AM-12PM

IN CELEBRATION OF OUR GRANDPARENTS
PLEASE JOIN US FOR A FREE FUN MORNING OF
CRAFT AND MORNING TEA FOR ALL AGES!

LIMITED PLACES, PLEASE BOOK HERE:
[HTTPS://BUNNINGSPLAYDATE.EVENTBRITE.COM.AU](https://bunningsplaydate.eventbrite.com.au)

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Southern Sydney Multiple Birth Association

SSMBA Information



Southern Sydney Multiple Birth Association

MERLIN & ZOO PASSES

***\$10 BOOKING FEE**

***CHECK CALENDARS FOR AVAILABILITIES**

***ROTATING PICK UP LOCATIONS:**

DATES	MERLIN PASS	ZOO PASS
28 JAN 2020 - 25 MAR	Macarthur/Liverpool Denham Court pick up	Padstow/Milperra Milperra pick up
26 MAR - 26 APR	TBA	Padstow/Milperra Milperra pick up
27 APR - 19 JUL	TBA	Shire/St George Carlton pick up
20 JUL - 11 OCT	TBA	Macarthur/Liverpool Denham Court pick up
12 OCT-26 JAN (2021)	TBA	Padstow/Milperra Milperra pick up

ZOO PASS
 FREE ENTRY FOR FOUR PEOPLE PLUS KIDS UNDER 4 FREE
 BOOKING PASSWORD: Ssmbazoo
 EMAIL: zootickets@ssmba.amba.org.au

MERLIN PASS
 FREE ENTRY TO ABOVE ATTRACTIONS FOR FOUR PEOPLE PLUS KIDS UNDER 3 FREE
 BOOKING PASSWORD: Ssmbamer
 EMAIL: merlinpass@ssmba.amba.org.au

BOOK HERE:
<http://ssmba.amba.org.au/images/ssmba/merlinpass.php>
<http://ssmba.amba.org.au/images/ssmba/zoopass.php>



SSMBA EQUIPMENT HIRE

MEDELA SYMPHONY BREAST PUMPS
\$15 PER WEEK
 \$100 DEPOSIT – YOU WILL NEED TO BUY A DOUBLE PUMP KIT

TWIN BREASTFEEDING PILLOW
\$30 FOR 6 MONTHS
 \$40 DEPOSIT

UNIMOM BREAST PUMP
\$10 PER WEEK
 \$100 DEPOSIT – YOU WILL NEED TO BUY A DOUBLE PUMP KIT

BABYBUMBLES TWIN FEEDING PILLOW
\$10 PER MONTH
 \$40 DEPOSIT

Contact
equipment@ssmba.amba.org.au
 to hire or for more information

SSMBA Committee Meeting Minutes

[http://ssmba.amba.org.au/committee-meeting-mins?](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U)

[fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U)



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sutherlandshire.nsw.gov.au/Childcare

CHILDREN'S SERVICES

T 02 9710 0466



REBECCA'S DANCE STUDIO

Conveniently located in Camden, RDS offers a variety of classes for all ages! Join the RDS family in 2020!

rdsrebecca@gmail.com
www.rdscamden.com.au
 Rebecca's Dance Studio
[@rdscamden](https://www.instagram.com/rdscamden)



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0470 010 728



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ENGADINE & MENAI

WWW.ACROGYM.COM.AU



Don't let those precious moments in life pass you by. Capture them now and treasure them forever.

SSMBA Member Only Offers*

Family Portrait Sessions \$200 (save \$100) 1 Hour Session in location of your choice** 10 High Resolution Images on USB One 12x18 Print of own choice	Mini Family Sessions \$100 (save \$50) 30 mins session in location of your choice** 5 High Resolution Images on USB
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To book & secure your session contact Amye
E: amy@panoramicphoto.com.au
M: 0421 571 568
f facebook.com/panoramicphoto

*Panoramic
photography*

*The promotion you are a SSMBA member at time of booking. **Additional Local Costs may apply if session is outside of Sydney and Blue Mountains. Always check local prices in your area. Prices correct as time of print.



**things for
twins**

Passionate about providing practical, innovative and fun products to make raising multiples that little bit easier.

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