

April 2020 Newsletter

Editor's Message

By Jess Young

Due to COVID-19 all SSMBA events, playgroups and playdates are suspended until 1st May 2020 pending ongoing government and health advice. For all of our families and communities this is a strange and unfamiliar time, but there are strategies to help you and your family to make it a more positive experience. For more information on protective hygiene and tips to help you and your family cope, please see Raisingchildren.net.au.

Fun tips for family time during physical distancing

Your family might have to do some things differently during physical distancing, but there are still many things you can do together. Here are some fun ways you can spend time together and build your relationships:

- Encourage your child to draw a picture for someone, then take a photo and send it to family or friends.
- Play family games together – you could try board games, 20 questions or charades.
- Have a picnic in the garden or living room.
- Start a chapter book, and read one chapter each day. Or tell a story together – you can take turns to add the next instalment.
- Turn on some music and have an indoor singing, lip sync or dance party.
- Follow along to some YouTube exercise videos.
- Make and edit a short video together.
- Take a virtual tour of a gallery or historic place together.
- Go for a walk or bike ride together if you can keep a responsible distance from other people.



To read the full article, please visit:

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/coronavirus-physical-distancing-and-family-wellbeing>

And remember don't forget to...



What's on this month...	
20/04	SSMBA Committee Meeting
And in May 2020...	
18/05	SSMBA Committee Meeting

President's Report

Hello SSMBA Family,

It sure has been a roller coaster ride for the last few weeks, as we try to navigate our way through these unprecedented times. Although life might feel a little different and more challenging at times, I know that the brighter days are coming.

I hope you're all keeping well and managing to stay sane. For those of you in the midst of the home schooling craziness, be kind to yourselves as this is uncharted waters and I firmly believe that at the end of the day as long as your children feel loved and nurtured, you are winning! If I had a magic wand I would certainly tap it and fast forward us all to September.

I would like to take the opportunity to wish all of you a safe and happy Easter, and even though the family get together can't happen in person, why not try to do a virtual Easter family lunch/dinner (I think they call it adapting!).

Don't forget the AMBA NSW Committee are running an online catch up/vent/debrief/wine/coffee/pj chat every Wednesday night at 8:30pm. You can dial in with your phone or log in over your computer or smart device and chat with other multiple parents from around the country. I think it's very important to stay connected in these times. So if you're free please join us: gotomeet.me/AMBANSW

If there is anything SSMBA can do to help you through these difficult times, please do not hesitate to reach out and we will endeavour to help you in any way we can:

president@ssmba.amba.org.au

Please also be mindful of any buy/swap/sell items you are listing on our Facebook page. Due to the current situation we would like to ensure that we are keeping everyone as safe and as healthy as possible. We are more than happy for these items to still be listed, but if we can ensure there is a contactless pick up or delivery on all of these items that would be greatly appreciated.

I read this quote the other day and think it is very poignant at this time, so I will finish with it....

"It suddenly feels like the weight of the world has fallen onto parents. Stay home, but still work. Lose your job, but stay positive for the kids. Become a teacher, but without a degree. Be every source of entertainment for your family, but don't forget to have time for you.

It is all so overwhelming!

I can't erase what is hard, the pressure so many are facing, or the guilt we take on when we feel like we aren't measuring up to every task that is being thrown at us. But I can tell you this:

You are doing enough.

Put that on repeat, write it on the bathroom mirror, take deep breaths and say it again: I am doing enough.

There is no way to perfectly master or balance everything that is being thrown at us right now so the best tool we have is EMPATHY & GRACE for OURSELVES.

Take it easy on yourself. You are navigating an unprecedented situation and it's hard. It's ok if the learning for the day doesn't work out, if the tv takes over, and if dinner comes from a box. It really is ok.

Whatever you are offering your family right now is enough. Whatever the plan for today is, it's enough. Whatever the plan for tomorrow is, it's enough. All your family needs is you and trust me you are doing enough."

Keep safe, stay strong.

Warmest regards,

Melissa Millar

President

Easter Colouring-in Competition Winners

Congratulations to the winners of the Easter colouring-in competition!

The winners will receive a delicious **Easter Chocolate Basket** for their hard work in making these wonderful pictures.

Thank you to everyone who entered the competition.



Under 1 Year Winners — Sam, Abby & Ellie Cook

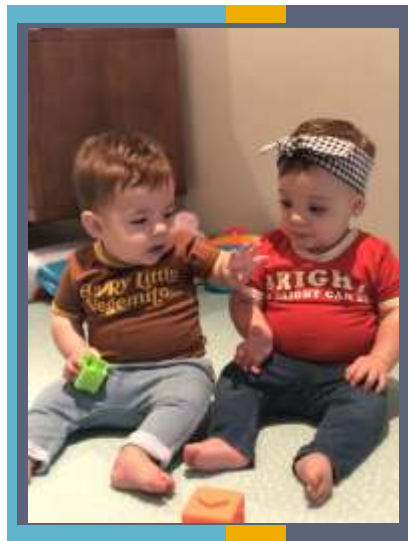


3 Years & Under — Tahlia & Kyah Hope



5 Years & Under — Sophia & Will Wright





Happy 1st Birthday my loves

What a ride it's been for the 3 of us getting to know each other this year— beautiful chaos.
Lenny & Etta, you are my everything.

Love, Mumma



Happy 1st Birthday to our younger cheeky monkey, Nathan

Thank you for cheekiness and giggles!

Love Ashi & Jay, Mum & Dad x



Happy 2nd Birthday Em & Seb!

You brighten up every one of our days!



Happy 2nd Birthday Zara & James!

2 years of loving 2 cheeky, adorable monkeys.

Mummy, Daddy & Sister love you lots xo

Happy Birthday Kyah & Tahlia!

Young, Wild & Free—we can't believe you're turning 3!
Wishing you both a very happy birthday.



Upcoming Events



ALL PLAYGROUPS AND PLAYDATES CANCELLED

DUE TO COVID-19 ALL PLAYGROUPS AND PLAYDATES ARE SUSPENDED UNTIL 1ST MAY 2020 PENDING ONGOING GOVERNMENT AND HEALTH ADVICE.

WE HOPE YOU CAN JOIN US AT YOUR NEXT LOCAL EVENT AFTER THIS TIME.

PLEASE CHECK FACEBOOK FOR UPDATES AS NEW INFORMATION BECOMES AVAILABLE.



Online get-together

Grab a tea/coffee/wine and connect with AMBA members in an online environment

Every Wednesday night 8:30pm

GoToMeeting
gotomeet.me/AMBANSW

SSMBA Information



EQUIPMENT HIRE

	<p>MEDELA SYMPHONY BREAST PUMPS \$15 PER WEEK \$100 DEPOSIT – YOU WILL NEED TO BUY A DOUBLE PUMP KIT</p>		<p>BABYBUMBLES TWIN FEEDING PILLOW \$10 PER MONTH \$40 DEPOSIT</p>
	<p>TWIN BREASTFEEDING PILLOW \$30 FOR 6 MONTHS \$40 DEPOSIT</p>		
	<p>UNIMOM BREAST PUMP \$10 PER WEEK \$100 DEPOSIT – YOU WILL NEED TO BUY A DOUBLE PUMP KIT</p>		

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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SSMBA Member Only Offers*

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

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*The promotion ends on 30/06/2020. **Additional cost could apply if session is outside of NSW/ACT/NT. Prices are subject to change without notice.



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