

June/July 2020 Newsletter

Editor's Message

By Jess Young

Hi everyone,

The last few months we have experienced a wave of new challenges as we have seen restrictions easing and suddenly some returning. As we navigate our way through the "new normal", it may feel isolating at times, but there is information and support to help you and your family.

I came across a website called **Emerging Minds** which focuses on child and family mental health. It has several factsheets about supporting and talking with children through the pandemic, but the article that caught my eye was about understanding adversity or 'tough times' and talking about it with your child.

"Parental adversity can take many shapes and affect parents in different ways. Just because you are a parent it doesn't mean you are unaffected by life's challenges. It is important to remember that your experience of adversity does not make you a bad parent. It is possible to have a great relationship with your child even when things are tough" Emerging Minds.

Its important that we continue to support and look out for one another, our families and communities. SSMBA is here to support you. If you're feeling overwhelmed and seeking support, or you would like to share tips and other things that you have found helpful, please reach out to our multiple families on the SSMBA Facebook Page or you can email Melissa Millar directly at president@ssmba.amba.org.au

For further information about communicating adversity with your child, go to:

<https://emergingminds.com.au/resources/communicating-with-your-primary-school-age-child-during-adversity-or-tough-times/>

You can also scroll down and click on the specific age group (baby, toddler, primary school age or teenager) for the relevant factsheet.



Mums Night Out!

By Danielle Hope

Thanks for a great night out and lots of laughs! 10 lovely ladies, 30 kids being watched at home, 8 bottles of wine, 4 pizzas & 2 pastas. Can't wait to do it all again sometime soon.

Annual General Meeting

By Melissa Millar

NOTICE OF SOUTHERN SYDNEY MULTIPLE BIRTH ASSOCIATION ANNUAL GENERAL MEETING - 2020

AGENDA

Southern Sydney Multiple Birth Association ANNUAL GENERAL MEETING
to be held at 8:00pm on Monday 17th August 2020, via GOTO Meeting Online.

SSMBA AGM 2020

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/626162957>

You can also dial in using your phone.
(For supported devices, tap a one-touch number below to join instantly.)

Australia (Toll Free): 1 800 193 385

- One-touch: tel:+611800193385,,626162957#

Australia: +61 2 9087 3604

- One-touch: tel:+61290873604,,626162957#

Access Code: 626-162-957

Join from a video-conferencing room or system.
Dial in or type: 67.217.95.2 or inroomlink.goto.com

Meeting ID: 626 162 957

Or dial directly: [626162957@67.217.95.2](tel:626162957@67.217.95.2) or [67.217.95.2###626162957](tel:67.217.95.2###626162957)

New to GoToMeeting? Get the app now and be ready when your first meeting starts: <https://global.gotomeeting.com/install/626162957>

1. Welcome
2. Roll Call of Delegates
3. Apologies
4. Appointment of Minutes Secretary, Timekeeper, Parliamentarian and Scrutineers
5. Minutes of the Annual General Meeting held at Revesby Workers Club 2B Brett St on Monday 19th August 2019
6. Amendments to the Minutes
7. Business Arising from the Minutes
8. Correspondence
9. Business Arising from Correspondence
10. Reports
 - President Report: Melissa Millar
 - Treasurer Report: Rebecca Soo
 - Membership Report: Gai Patterson
11. General Business
12. Presentation of the Volunteer of the Year Award
13. Election of SSMBA 2020/2021 Committee
14. Close of Meeting

AMBA Member Discounts & Benefits



Discount Code: BXAMBA2020



Discount Code: AMBA50



Discount Code: AMBA62020



No code. Just mention AMBA Club name



Discount Code: AMBA



Discount Code: AMBA10



Discount Code: AMBA20



Discount Code: amba20%off



Discount Code: Ambamember



Discount Code: TMUM\$10



Did you know?

You can watch an AMBA webinar on demand!
Available 24/7

<https://www.amba.org.au/families/resources/webinar-series>

SSMBA members can access these great resources for FREE simply by using the relevant discount codes below.

 <p>Member Discount Code: (Not required)</p>	 <p>Member Discount Code: 20blissfulmembers</p>
 <p>Member Discount Code: DrEnglish2020</p>	 <p>Member Discount Code: 20blissfulroutine</p>
 <p>Member Discount Code: 20blissfulparenting</p>	 <p>Member Discount Code: 20AMBAPANDA</p>
 <p>Member Discount Code: 20mandytoddlers</p>	 <p>Member Discount Code: 20mandy2</p>

<https://www.amba.org.au/families/resources/webinar-series>

Keep an eye out for more webinars to come...



Southern Sydney Multiple Birth Association

MEMBER BENEFITS



1

FACEBOOK GROUP

A closed private Facebook group where you can ask for any advice, share your achievements or ask any question you need

2

NEWSLETTER

A monthly newsletter with plenty of interesting articles around the raising of multiple children

3

ZOO PASSES

Access to Taronga & Dubbo Zoo passes

4

DISCOUNTS

Local business discounts plus national AMBA benefits including: ABC card, formula discounts, Hello Fresh offer, Hire for Baby

5

INFORMATION SESSIONS

Free & discounted information sessions including:

- Expectant Parent Sessions
- Multiples Transition to School
- Sleep & Settling for Multiples
- First Aid
- AMBA Seminar and Convention

6

SUPPORT SERVICES

A range of support services including; feeding support, subsidised and discounted equipment hire and buddy program

7

PLAYGROUPS

- All Ages Playgroup in Caringbah
- Parents and Bubs Playgroup in Illawong
- TAFE run Playgroup in Campbelltown

8

PLAY DATES

Monthly play dates across our regions

9

SPECIAL EVENTS

- New Parents Lunch
- Multiple Birth Awareness Week
- Mums & Dads Nights Out
- Annual Christmas Party

10

FAMILY EVENTS

Family fun events and discounted activities including; Kids Disco, Kids in Sport day, Movie nights, school-aged multiple days out



Happy 1st Birthday

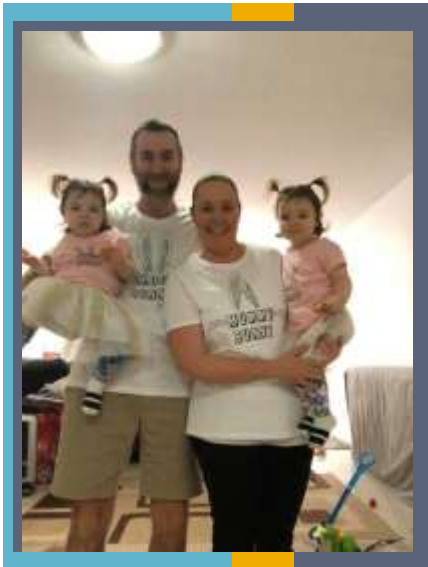
Addeline Fiore &

Merida Bella

Mitchell

Lots of love,

Dad, Mum and Sidney.



Happy 2nd Birthday to our cheeky girls, Eliza & Tayla

We have a whole family of birthday's this month! Dad's birthday is on the 6th June, Mum's birthday on the 9th June, and Eliza & Tayla on the 29th June.

Happy Birthday Jordan & Josiah!

Our once tiny little boys are 3! Nothing compares to the joy you have brought into our lives in the past 3 years.

Mama and Dada love you!



Happy 3rd Birthday Arthur & Oliver

Mummy and Daddy love you very much! You are cheeky, creative, loving, and caring.

We are excited to see you grow as Big Brothers to our new baby.

Love Mum and Dad xx



Happy Birthday to our double blessings, Melody & Asher

Thankyou for two wonderful years of fun and laughter.

We love watching you both grow up together.

Lots of love, Mummy and Daddy.



Upcoming Events



WE HAVE TEAMED UP WITH





LITTLE WELLINGTON CO.

TO BRING YOU 10% DISCOUNT ON ALL PURCHASES*

LITTLEWELLINGTONCO.COM.AU
ALL ORDERS MUST BE PLACED BY 16TH AUGUST 2020**
FLAT DELIVERY FEE \$8.95

*Discount excludes delivery costs
**All orders are the responsibility of Little Wellington Co.

LOOKING FOR SOME UNIQUE PRESENT IDEAS?

Father's Day Fundraiser

FOR EVERY ORDER PLACED LITTLE WELLINGTON CO. WILL KINDLY DONATE 20% TO SSMBA

TO PLACE AN ORDER PLEASE VISIT THEIR WEBSITE AND USE THE FOLLOWING CODE*

SSMBA

*Code valid until 16/08/2020



Parents n' Bubs

JOIN US ON ALTERNATE FRIDAYS
10AM - 12PM (TERM TIME)

REGISTER HERE:
<http://Pnbplaygroup.eventbrite.com.au>

- Please stay at home if you, your babies or guests are unwell
- Register to avoid disappointment
- Follow 1.5m social distancing
- Utilise hand sanitizer provided on arrival
- First session is free. \$5 per family or buy a 9 session pass for \$40 (bank transfer preferred)
- Connect with other multiple families
- Partners, Nans, Pops, carers, siblings welcome
- BYO Playmat and toys and refreshments (no sharing please)
- Coffee shop, supermarket and chemist nearby
- Catering for newborns to newly mobile (playpen and outdoor equipment for the new walkers)

Parents n' Bubs is a not-for-profit organisation
2000s Funderlin Street, Hawking Community Hall, 215 Pacific Hill
Abandon to Hawking Shopping Village



We are Delighted to Announce
the Return of Parents n' Bubs!

HOWEVER, THINGS WILL BE A LITTLE DIFFERENT TO ALLOW US TO BE COVID-SAFE

- YOU WILL NOW NEED TO REGISTER YOUR ATTENDANCE. THE VENUE LIMIT IS 38 PEOPLE (INCLUDING BABIES AND GUESTS. CONTACT DETAILS MUST ALSO BE PROVIDED)
- PLEASE FOLLOW SOCIAL DISTANCING AND REMAIN 1.5M APART
- UTILISE THE HAND SANITISER PROVIDED ON ARRIVAL AND ENSURE GOOD HYGIENE PRACTICES THROUGHOUT
- PLEASE STAY AT HOME IF YOU, YOUR BABIES OR GUESTS ARE UNWELL OR EXPERIENCING ANY SYMPTOMS
- PLEASE DO NOT SHARE FOOD, DRINKS AND TOYS
- IF YOU DEVELOP ANY SYMPTOMS AFTER THE EVENT, PLEASE SEEK IMMEDIATE MEDICAL ADVICE AND LET SSMBA KNOW IF DEEMED AT RISK.

LOOKING FORWARD TO WELCOMING YOU BACK.



24TH JULY
7TH AUGUST
21ST AUGUST
4TH SEPTEMBER
18TH SEPTEMBER



ALL PLAYGROUPS AND PLAYDATES CANCELLED

DUE TO COVID-19 ALL PLAYGROUPS - EXCEPT PARENTS N BUBS - AS WELL AS PLAYDATES ARE SUSPENDED UNTIL FURTHER NOTICE 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.

Upcoming Events (Continued)



SSMBA Committee Meetings

Monday 20th July 2020, 7:30pm.

Monday 17th August, 7:30pm.

SSMBA Information



SSMBA MEMBERSHIP EXTENSION
 Southern Sydney Multiple Birth Association
SSMBA is extending all memberships by 4 months
 An email has been sent to everyone.
 Please check your junk mail if you haven't seen it yet.
 If you have not received it, please contact Gai
membership@ssmba.amba.org.au



SSMBA 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>	<p>Contact equipment@ssmba.amba.org.au to hire or for more information</p>	

SSMBA Committee Meeting Minutes

[http://ssmba.amba.org.au/committee-meeting-mins?](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkyT65U)

[fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkyT65U](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkyT65U)



APPLY NOW FOR CARE IN 2020

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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
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 Rebecca's Dance Studio
 @rdscamden



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