

November 2020 Newsletter

Editor's Message

By Jess Young

Hi everyone,

This month is *World Prematurity Day* on the 17th November and *Thank U NICU Day* on the 30th November. In recognition of these awareness days, a parent from our SSMBA community has shared her story which is featured on Page 2 of this edition.

This month also brings *PANDA Week*, 8th –14th November. PANDA raises awareness about perinatal anxiety and depression. This year's theme is '*Tell Someone Who Cares*'. For more information about PANDA and how to seek support please see the information below.

Don't forget to check out the calendar too for all upcoming events!

What's on this month @ SSMBA...

11/11 & 25/11	Mini Movers
12/11	SSMBA Committee Meeting
13/11 & 27/11	Parents 'n' Bubs
20/11	Shire Mum's Night Out

And next month @ SSMBA...

01/12	12 Days of Xmas (Online Event)
09/12	Mini Movers (Xmas Theme)
09/12	SSMBA Committee Meeting
11/12	Parents 'n' Bubs



Perinatal Anxiety & Depression Australia National Helpline 1300 726 306

PANDA's National Helpline provides specialist perinatal emotional and mental health support to anyone during pregnancy and early parenthood, including partners and family members.

Helpline hours | Mon to Fri, 9am - 7.30pm AEST/AEDT
panda.org.au | howisdadgoing.org.au



YOUR WELLBEING

Pregnancy and early parenthood is both an exciting and challenging time. For some it can feel overwhelming.

It can be hard to know when to reach out for support. If you're struggling, talking openly with your partner, trusted friend or relative, GP or MCH Nurse can be helpful.

PANDA can help too. You don't need a diagnosis of anxiety or depression to call our free National Helpline.

Remember: your wellbeing matters too! Everyone benefits when mums and dads are healthy.



ANTENATAL DEPRESSION
ONE IN TEN WOMEN | **ONE IN TWENTY MEN**
STRUGGLE WITH ANTENATAL DEPRESSION

POSTNATAL DEPRESSION
ONE IN SEVEN NEW MUMS | **ONE IN TEN DADS**
EXPERIENCE POSTNATAL DEPRESSION

PANDA National Helpline
1300 726 306
Mon - Fri 9am - 7.30pm AEST/AEDT
www.panda.org.au
www.howisdadgoing.org.au

Feature Article: *Kristie's Story*

By Kristie Dwight

It's happening! They cannot wait any longer. One push and tiny Ella is out weighing only 993 grams. 17 mins later tiny Chloe makes her appearance at just over 1 kilo. And just like that I've had my twins at only 27 weeks + 4 days.

Everything happened so fast, I didn't get to hold them or have time to look at them. The nurses and doctors rushed them up to the Neonatal ICU and that's where they stayed for 64 days.

Twin 1, Ella's water had broken which was the case of the twins being born so early. Twin 2, Chloe didn't want to budge so they had to break her waters to get her out. Even though everything happened so quickly and it was a blur, I can still remember like it was yesterday.

There were so many doctors and nurses. I can't even tell you how many there was in the room, maybe 11?! I think when you're faced with a tough situation you kind of block out everything and focus on what needs to be done. At that time, it was about getting my twins out alive and I did just that.

"They are so tiny" I said to my partner and he said "They are beautiful". I cried. We both cried. We were both in shock and so in love with them. They were so close to us, but yet so far away that we couldn't touch, hug or kiss them. They were both in a humidicrib with tubes, wires everywhere and with a C-PAP mask. All of this was to keep them alive!



Every day I went in twice a day, morning and night. It was hard mentally and emotionally for me as we also have another daughter at home. I felt guilty not being at home for her and I felt guilty not being at the hospital for the twins. I did manage well I believe.

Even though the twins were born so early they smashed their Neonatal ICU stay. I had my first twin cuddle the next day after they were born. It was the absolute best feeling! They were so tiny and fragile and I was scared to hold them.

We did however have one scare with Ella. At one point, her oxygen levels dropped dramatically, but the nurses and doctors were on to it quickly and she was fine after a couple of days.

The twins are 2 years old now and they're thriving. Both are healthy and absolutely cheeky girls who keep me busy. After 2 years I can still hear the beeping of the machines, feel the warmth of the Neonatal ICU room (the room is always set to a warm temperature for the babies) and remember the smiles from the neonatal nurses. The neonatal nurses are angels! The things they do to keep tiny babies alive, including my girls, is beyond incredible. I will forever be grateful for everything they did to keep my twins alive.



SSMBA Committee Positions



Southern Sydney Multiple Birth Association

Vacant Committee Positions 2020/2021

Playgroup Manager

Padstow & Milperra Area Rep

PLUS

**General Committee Members -
who can provide valuable help with
events, member support, fundraising
and other special projects and tasks**

**Drop Danielle a line if you would like to join
our fabulous committee team and would like
more information**

president@ssmba.amba.org.au





Southern Sydney Multiple Birth Association

COMMITTEE NEEDS YOU!

VOLUNTEERING ON THE SSMBA COMMITTEE IS MORE THAN JUST THE GIVING OF YOUR TIME, ITS ABOUT LIFE LONG FRIENDSHIPS, MANY LAUGHS AND SHARING OUR KNOWLEDGE WITH OTHERS

BENEFITS FOR YOU



Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

EXPAND YOUR CONNECTIONS

Volunteering can help you feel active, useful and productive. Knowing your skills, accomplishments, interests and values is the foundation of career success. Volunteer experience can be a good way to learn more about yourself and your potential to grow and develop. Joining the SSMBA committee will not only increase your connections with other multiple parents within the community but also increase your professional network, expand your community engagement, and provide greater interaction with varying cultures.



DISCOVER NEW SKILLS



Supercharge existing skills. Volunteering also offers a way to re-connect with the working world after a break, and an opportunity to supercharge your existing talents. Unlike paid work, the requirements for volunteering are more likely to be linked to your passions and interests, rather than extensive work experience. There are a huge range of skills you can acquire through volunteering, starting with:

- *Industry-related skills, *The ability to work in a team, *Leadership, *Problem solving and adaptability, *Communicating with clients and stakeholders, *The ability to plan and prioritise work, *Sales skills, *Time management and improved interpersonal skills.

COMMITTEE QUICK FACTS

- Most roles only require 1-5 hours of volunteer time per month
- Committee meeting 3rd Monday of each month (not compulsory)
- Specialist and General committee roles available
- Volunteer hours can be utilised for Childcare & Similar rebates



DON'T JUST TAKE OUR WORD FOR IT!

"I first joined SSMBA when I was 20 weeks pregnant with my boys and I attended an expectant parents session and was blown away with how helpful everyone was. That just got better and better once my boys were born. The early months were tough and there was never a limit to the amount of help the volunteers at SSMBA were willing to give.

Once life settled in to a routine I wanted to give back to this awesome family that helped us so much so it only made sense to join as committee member. Seeing what goes on in the background and being part of this group helping others had been so fulfilling and I love every moment of it."

Carmon Gouveia - Webmaster

ARE YOU READY TO JOIN THE SSMBA COMMITTEE IN 2020/2021?



**Happy 5th Birthday,
Jessica & Olivia!**
25th November



**Happy 2nd Birthday,
Eden & Noam**
12th November



Happy 5th Birthday, Arlen & Lewis!

We love you both so much & hope you enjoy your special day!

Love Mummy, Daddy & Isobel



Happy 7th Cake Day, Sierra & Capri!

We hope the day is as magical as you both are!

Lots of love - Mum, Dad & Henry



Upcoming Events





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)

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

Covid-Safe Parents n' Bubs!

- COVID SAFE PLANS ARE IN PLACE BOTH FOR THE VENUE AND SSMBA
- PLEASE REGISTER YOUR ATTENDANCE, THE VENUE LIMIT IS 38 PEOPLE (INCLUDING BABIES AND GUESTS, CONTACT DETAILS MUST ALSO BE PROVIDED)
- YOU WILL BE ASKED TO REVIEW ALL THE COVID LOCATIONS AND CONFIRM THAT YOU HAVE NOT ATTENDED THEM
- FOLLOW SOCIAL DISTANCING AND REMAIN 1.5M APART; ON ARRIVAL, DURING THE SESSION AND ON DEPARTURE
- PLEASE UTILIZE THE HAND SANITISER PROVIDED ON ARRIVAL & 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 SEEING YOU!





16TH OCT
30TH OCT
13TH NOV
27TH NOV
11TH DEC

Upcoming Events (Continued)



SSMBA
Southern Sydney Multiple Birth Association

TERM 4
2020

MINI MOVERS

Join us for some fun gymnastics/free play with other multiple families!

- Mini Movers is aimed at confident walkers aged 1-5yrs
- Siblings, grandparents/helpers welcome
- It is essential to register in advance <http://minimoversplaygroup42020.eventbrite.com.au>
- No food or shoes in the gym please
- \$5 per family/per session or buy a 9 session SSMBA playgroup card for \$40 (bank transfer preferred)
- Shops & Park nearby if you want to continue socialising

Important:

- Please stay at home if unwell
- Upon arrival, please sign in. You will be asked to review current Covid-19 'Hot Spot' locations & confirm you have not attended them
- Please use hand sanitiser, follow good hygiene practices & remain 1.5m physical distance when possible
- If you develop symptoms after the event, please seek immediate medical advice & inform SSMBA if deemed at risk

MENAI INDOOR SPORTS CENTRE
98-150 Allison Crescent (behind Menai Marketplace)
Free parking available underneath the centre

Wednesday 14th October
Wed 28th Oct - Halloween Theme
Wednesday 11th November
Wednesday 25th November
Wed 9th Dec - Christmas Theme

HELP STOP SPREAD AND STAY HEALTHY



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PLAYDATES CONTINUE TO BE ON HOLD

DUE TO COVID-19, PLAYGROUPS - EXCEPT PARENTS N BUBS AND MINI MOVERS - 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
Southern Sydney Multiple Birth Association

FRIDAY 20TH NOV

MUMS
Night Out

7:15PM @ THE PRINCE
533 PRINCES HWY KIRRAWEE

DRINKS & MEALS AVAILABLE FROM THE BAR & BISTRO

BOOKING IS LIMITED TO 30, SO PLEASE REGISTER
<http://mumsnightoutnov2020.eventbrite.com.au>



SSMBA
Southern Sydney Multiple Birth Association

EARLY START DISCOVERY SPACE

\$5 TICKETS

PURCHASE YOUR TICKETS FOR THE SPECIAL PRICE OF \$5 PER PERSON
(UNDER 1YR FREE)

EARLY START DISCOVERY SPACE, WOLLONGONG

TUESDAYS - SUNDAYS
CHECK ONLINE FOR OPENING TIMES
(CLOSED PUBLIC HOLIDAYS)

BOOKINGS ARE ESSENTIAL

PURCHASE HERE
[HTTPS://DISCOVERYSPECETICKETS.EVENTBRITE.COM.AU](https://discoveryspacetickets.eventbrite.com.au)
EMAIL: DISCOVERY@SSMBA.AMBA.ORG.AU

SSMBA Information



MEMBERSHIP EXTENSION

SSMBA is extending all memberships by a further 2 months, meaning a total of 6 months free membership to everyone.

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 Amy membership@ssmba.amba.org.au



LOOKING TO **ADVERTISE YOUR BUSINESS?** OR KNOW SOMEONE WHO IS?

ADVERTISING IS NOW AVAILABLE IN OUR MONTHLY NEWSLETTER & IN OUR FACEBOOK GROUP

For more information, please contact advertising@ssmba.amba.org.au



EQUIPMENT HIRE

Contact equipment@ssmba.amba.org.au

Collection Locations Waranora Heights (Sutherland Shire) & Mount Annan (MacArthur)

		
Twin Breastfeeding Pillow \$30 for 6months	Medela Symphony Breast Pump* \$15 per week (incl GST)	Baby Bumbles Twin Feeding Pillow \$30 for 6months

*New supply pump only. You will need to buy your own attachments (usually available from your hospital)



Free! Watch an AMBA webinar in the comfort of your home

AVAILABLE TO SSMBA MEMBERS **ON DEMAND** 24/7
Simply use the relevant Discount Codes below

SCHOOL READINESS schoolmembers	SUPPORTING HEALTHY BIRTHS & IDENTITY IN MULTIPLES identity20
SLEEP BEHAVIOUR & FOOD (BIBARLITES & SPECIAL NEEDS) 20mandy2	SLEEP BEHAVIOUR & FOOD (TODDLER & PRESCHOOL) 20mandytoddlers
EMOTIONAL WELLBEING 20AMBAPANDA	FEEDING, SLEEPING & ROUTINES (BABIES 4-12MTHS) 20bbaishelping
FAMILY-FRIENDLY ROUTINES (BABIES 1-6MTHS) 20bbaifuroutine	HOME-BASED SCHOOLING 20English2020
MANAGING REALITIES OF PARENTING (6-8MTHS) 20bbaifullmembers	THE UNEXPECTED TEACHER: REMOTE LEARNING TIPS (No code required)

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

SSMBA Committee Meeting Minutes

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



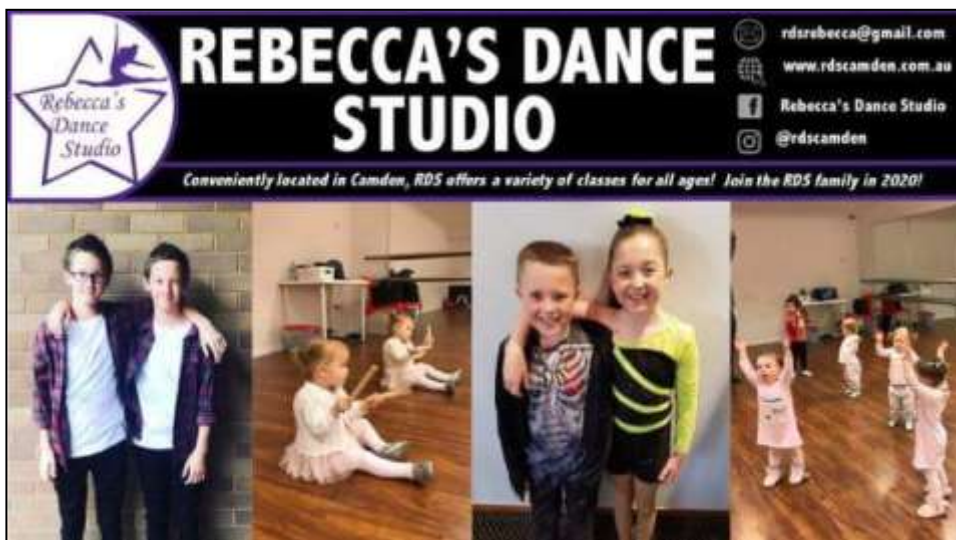
APPLY NOW FOR CARE IN 2020

Fun | Nurturing | Educational | Safe

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



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10% off
For SSMBA members

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Southern Sydney Multiple Birth Association

Website www.ssmba.amba.org.au

Email contact@ssmba.amba.org.au

Facebook group www.facebook.com/groups/ssmba

Facebook page www.facebook.com/southernsydneymultiplebirthassociation



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