

## December 2020 Newsletter

### Editor's Message

By Jess Young

Hi SSMBA Community,

This month's newsletter is packed full with so many great things happening that it needed a contents page!

Please check out this month's feature article, in recognition of TTTS Awareness Day, written by our very own VP Gai Patterson and SSMBA members.

Take a sneak peek at our Upcoming SSMBA Events for 2021 and for all Play Groups & Play Dates 2021 start back dates. Also, to bring in the festive season, there are colouring-in sheets and a family fun recipe to keep the kids busy!

The next newsletter will be in February 2021, so please keep an eye on the SSMBA Facebook page for upcoming events, updates or changes.

Until then, on behalf of the SSMBA Committee, we wish you all a Merry Christmas and Happy Holiday Season!

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#### What's on this month @ SSMBA...

<b>09/12</b>	Mini Movers (Xmas Theme)
<b>09/12</b>	SSMBA Committee Meeting
<b>11/12</b>	Parents 'n' Bubs

#### And in January 2021 @ SSMBA...

***All Play Groups & Play Dates will resume again in February 2021***

### Mums Night Out in the Shire!



It was so nice to get out, have a catch up and meet some lovely multi mums. We had 13 mums join us for dinner and drinks on *Friday 20th November at The Prince Hotel, Kirrawee*. The Prince kindly donated a bottle wine, which was used as a lucky door prize, and was won by Jess.

Thank you Jess for providing the bon bons and chocolates for the table.

Jess Mackay and Kate Alger look forward having another night out in the New Year!



## President's Report

By Danielle Hope

What a ride 2020 has been, I certainly have learnt lots this year but sort of glad it's winding up and Christmas is just around the corner. I'll be honest our Christmas tree has been up since mid October, why? Because it was something to do one rainy weekend and also something to look forward to.

This Christmas we tried to do something a little different. I decided to take Kyah to the shops to buy a present for Tahlia and then vice versa. It was great to have the one-on-one time and super exciting to be in a toy shop, although I'm pretty sure they have both told each other what is wrapped under the tree. Everyday I am asked if it's Christmas Day and whether they can open any of the presents. Also, due to Covid my girls are pretty happy that they don't have to sit on Santa's lap this year, so it's a win for them but I secretly like the photos to laugh and look back on.

We were fortunate enough to have preschool orientation which was fantastic as I have one who wants to attend and another who is a little bit anxious about the new changes ahead. This month my girls will dance in their very first

dance concert which will be exciting. I have no clue what their dance is or what they are suppose to be doing on stage because we can only drop off to class. I have told them just to go for it, have fun and do whatever dance they like so it could go either way on concert day.



The committee have been busy organising some great events both online and face-to-face for 2021. Checkout out our proposed playgroup and playdate flyers in your local area. As we are adhering to current NSW Health regulations please keep an eye out for any changes. We look forward to seeing you all face to face at an event sometime soon.

12 Days of Christmas will kick off today with daily prizes announced

on Facebook, so keep an eye out and good luck to all our families. Note, there is nothing you need to do for this event as it's an online raffle with all families automatically entered. There are some really cool prizes up for grabs and for all ages to enjoy!

**SAVE THE DATE!**

***Sunday 7th February 2021***

***Kids in Sport at Acrogym Engadine***

***\$5 per child bookings are essential***

***9:30am-10:15am;***

***18mth-4yrs (parental participation required)***

***10:30am-11:15am;***

***4yrs & over (parental supervision required)***

***[https://](https://kidsinsport2021.eventbrite.com.au)***

***[kidsinsport2021.eventbrite.com.au](https://kidsinsport2021.eventbrite.com.au)***

***Sunday 27th February 2021***

***Pinot & Picasso, \$59 per head***

***Private hire at studio Camden & Miranda***

***7pm start and the venue is BYO drinks***

***Bookings are essential so click on the links to register for your closest venue.***

***[https://](https://pinotpiccassocamden2021.eventbrite.com.au)***

***[pinotpiccassocamden2021.eventbrite.com.au](https://pinotpiccassocamden2021.eventbrite.com.au)***

## Feature Article: *World TTTS Awareness Day – December 7*

### *What is TTTS?*

Twin-to-Twin-Transfusion Syndrome (TTTS) affects identical twins (or higher order multiples) who share a placenta. The condition occurs when blood from one twin (commonly called “the donor”) is transfused into the other twin (commonly called “the recipient”) via blood vessels in the shared placenta.

### *What do you need to do?*

Don't worry! TTTS is very rare (it only affects around 2% of twin pregnancies). BUT it is a potentially serious condition and can have life-threatening effects on either one or both of the twins so it is important to be aware that any pregnancy with babies SHARING A PLACENTA must be considered high risk and managed accordingly (e.g. fortnightly ultrasounds from 16wks onwards).

Find out more about TTTS [here](#).

### *Member Story: Gai & Jeff*



*Our big healthy boys Isaac (recipient twin) and Beau (donor twin) have just turned 5!*

Chronic TTTS usually develops during the second trimester. Ours was first hinted at in our obstetrician's office at our routine 16wk check by a size discrepancy between our MCDA twins. That alone is nothing to be concerned about, but she immediately referred me to a maternal fetal medicine (MFM) specialist at SUFW and his first comment was about my HUGE bump-size-for-gestation (I thought that was a bit rude, but have since found out that can be a sign of TTTS).

He diagnosed Stage 1 TTTS and we started having scans every few days at RPA. Our team included 3 MFM doctors who we saw every time with our 18mth old running around the room as well. Get used to crowds.

When the TTTS progressed to Stage 2 at 19wks we decided it was time for a [laser ablation](#). I will never forget lying on that operating table watching a TV screen of my babies. There is an amazing video on [YouTube](#) of what this looks like if you're interested in seeing twins in utero. The surgery is performed with local anaesthetic and Jeff was allowed in the room with us (I say “us” because the crowds kept getting bigger – so many interested to watch/learn from this fascinating procedure).

I then stayed overnight in the hospital to see if the surgery had worked – needless to say that was a stressful night. But thankfully all was OK!! We had a few extra scans the next few weeks to check everything was going OK, and then from around 24wks we went back to the routine fortnightly checks that every MCDA pregnancy has. Unfortunately, one side-effect of the laser surgery is that the average interval to PPROM is 8-10wks. We made it 8wks until my membranes ruptured and I went into labour, delivering the boys at 27wks. They were healthy for their gestation with only a 20g size difference which to me shows the success of the laser surgery.



## Feature Article: *Continued*

### Member Story: Lauren & Adam

At their routine fortnightly scan at 22wks concerns were raised so an urgent appointment with the MFM team at the Royal Hospital for Women was made and Stage 2 Chronic TTTS was diagnosed. Babies were in a perfect position with placenta, so they decided to operate that day to stop the transfusion.

When TTTS is involved everything happens fast! There is no research that explains why or when TTTS can occur, or how slow or fast it can progress. Sometimes it even regresses naturally. This is why it is so important for pregnancies sharing a placenta to maintain fortnightly scans (or more!). That urgent laser surgery on Lauren's placenta was a success and life went back to 'normal' with renovating and preparing their toddler for his new siblings, add in fortnightly scans and the ever-present threat of pre-term labour in the back of their minds.



After the laser, the doctors were aiming for a delivery week starting with a '3', and they did really well to get to 33wks, just over 10wks since the laser. However, in another twist in this pregnancy Acute TTTS developed, this time the transfusion happening in reverse order, and the babies needed to be delivered immediately in order to save their lives. Amelie had to be transferred to the NICU at the Royal to help her tiny lungs in that first week, while Harper stayed at St George in the SCN waiting to be reunited with her sister.

Amelie (first the recipient and later the donor twin) and Harper (first the donor and later the recipient twin) are now healthy 5mth olds and continue to have regular checks to monitor their development.

### Member Story: Casey & Aaron

You may have met Casey over the years when she ran PnB or Expectant Parent sessions. She also runs the SSMBA Facebook page (follow for some laughs [here](#)). But did you know that acute TTTS led to her girls being born unexpectedly at 32 weeks? Aaron wrote about their whirlwind TTTS journey from his perspective, check out their story [here](#).

Their girls Charli (donor twin) & Evie (recipient twin) have just turned 4!



### Happy 4th Birthday Oliver & Lincoln!

You are the best of friends, may it last forever.

Lots of love always—Mum, Dad & Joshua xx



### Happy 5th Birthday Elisabeth & Victoria

Wishing our beautiful girls Elisabeth and Victoria the happiest 5th birthday.  
Hope your birthday is everything you've wished for and more.

With love always — Dad, Mum & James xoxo



### Happy 2nd Birthday

#### Madeline & Isla!

Mummy and Daddy love you so much and are so proud  
of the beautiful girls you have grown into.

### Happy 2nd Birthday Eva & Conan!

*25th December*

Happy birthday to my Christmas blessings, we love you very much.  
Love Mama, Daddy & Coops xx





## Upcoming Events

**DEC 1ST - 12TH**  
**12 DAYS OF**  
**CHRISTMAS**  
**RAFFLE AND GIVEAWAY**

  
**SAVE THE DATES**

**FEB 7TH**  
**KIDS IN**  
**SPORT**  
**ACROGYM**  
**ENGADINE**

**FEB 27TH**  
**MUMS'**  
**NIGHT OUT**  
**PINOT & PICASSO**  
**CAMDEN & MIRANDA**

LAUNCHING OUR PROGRAM OF UPCOMING EVENTS.  
 PLEASE SEE FACEBOOK AND THE NEWSLETTER FOR UPDATES.  
 WE LOOK FORWARD TO SEEING YOU THERE!

  
**\$5 TICKETS**

  
**ADMIT ONE**

**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](mailto:DISCOVERY@SSMBA.AMBA.ORG.AU)





  
**ZOO PASS**

**"FREE ENTRY FOR TWO ADULTS"**  
**"KIDS UNDER 3 FREE"**  
**"CHECK CALENDARS FOR AVAILABILITY"**  
**"ROTATING PICK UP LOCATIONS"**

**BOOK HERE:** <http://ssmba.amba.org.au/zoo-pass-2020>

School Term	From	To	Location
Term 4 2020 (School Holiday Inclusive)	21/11/2020	28/01/2021	Milperra
Term 3 2021 (School Holiday Inclusive)	29/01/2021	18/04/2021	Carlton
Term 2 2020 (School Holiday Inclusive)	19/04/2021	11/07/2021	Leumeah
Term 3 2020 (School Holiday Inclusive)	12/07/2021	03/10/2021	Milperra
Term 4 2020 (School Holiday Inclusive)	04/10/2021	26/01/2022	Carlton

  
**EMAIL:**  
[zootickets@ssmba.amba.org.au](mailto:zootickets@ssmba.amba.org.au)  
 ^ Four adult passes available from Jan 1st

## Upcoming Events

### Covid-Safe Parents n' Bubs!

- COVID SAFE PLANS ARE IN PLACE BOTH FOR THE VENUE AND SSABA
- 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 SSABA KNOW IF DEEMED AT RISK.

**LOOKING FORWARD TO SEEING YOU!**



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



### SSMBA 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)




[Parentnububs@ssmba.amba.org.au](mailto:Parentnububs@ssmba.amba.org.au)  
 Spade Function Room, Spadewong Community Hall, 275 Fowler Rd, Adjacent to Mawong Shopping Village



## MINI MOVERS

TERM 4  
2020



MENAI INDOOR SPORTS CENTRE

2/2

**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
- 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 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



**It is essential to register in advance:**

<http://minimoversplaygroupt42020.eventbrite.com.au>



## Upcoming Events for 2021




# PLAYDATES TO RECOMMENCE IN 2021

**WE ARE EXCITED TO RELAUNCH OUR PLAYDATES IN 2021.**

**WE CONTINUE TO MONITOR ONGOING GOVERNMENT AND HEALTH ADVICE AND ALL BEING WELL OUR REGULAR PLAYGROUPS AND PLAYDATES WILL RECOMMENCE IN FEBRUARY.**


**PLEASE KEEP AN EYE ON FACEBOOK FOR UPDATES,**

**WE LOOK FORWARD TO WELCOMING YOU AT YOUR NEXT LOCAL EVENT.**



## SHIRE EAST/WEST 2021 PLAYDATES JOIN US 10AM-12PM


**MON 8TH FEB - OLD SCHOOL PARK, GYMEA BAY**  
**SAT 27TH MAR - LANTANA RD RESERVE - EASTER PLAYDATE**  
**FRI 7TH MAY - SHELLY PARK PLAYGROUND, CRONULLA**  
**MON 7TH JUN - LITTLE FEET CAFE, ENGADINE**  
**FRI 16TH JUL - OLD SCHOOL PARK, GYMEA BAY**  
**MON 2ND AUG - LITTLE FEET CAFE, ENGADINE**  
**FRI 3RD SEP - CAMELLIA GARDENS, CARINGBAH**  
**MON 11TH OCT - LANTANA RD RESERVE, ENGADINE**  
**FRI 5TH NOV - SUTHERLANDSHIRE CENTENARY PARK, MIRANDA**  
**SAT 10TH DEC - CAMELLIA GARDENS - XMAS PLAYDATE**



**Shire East**  
JESSICA  
MACKAY

**Shire West**  
KATE  
ALGER

[sutherlandshireeast@ssmba.amba.org.au](mailto:sutherlandshireeast@ssmba.amba.org.au)  
[sutherlandshirewest@ssmba.amba.org.au](mailto:sutherlandshirewest@ssmba.amba.org.au)




## Padstow & Milperra Liverpool, St George 2021 Playdates 10am-12pm

**Sun 14th Feb - Carss Bush Park**  
**Wed 10th Mar - Liverpool Catholic Club**  
**Wed 31st Mar - Panania Diggers (Easter)**  
**Sun 16th May - Carss Bush Park**  
**Wed 9th Jun - Liverpool Catholic Club**  
**Wed 21st Jul - Panania Diggers**  
**Wed 15th Aug - Morris Iemma Sports**  
**Wed 8th Sep - Liverpool Catholic Club**  
**Wed 13th Oct - Panania Diggers**  
**Sun 14th Nov - Carss Bush Park**  
**Wed 8th Dec - Location TBC**

**CONTACTS:**  
**Liverpool: Helena Sullivan**  
[Liverpoolrep@ssmba.amba.org.au](mailto:Liverpoolrep@ssmba.amba.org.au)  
**Padstow & Milperra: VACANT**  
[Padstowmilperrarep@ssmba.amba.org.au](mailto:Padstowmilperrarep@ssmba.amba.org.au)  
**St George: Amy Seidel**  
[stgeorgerep@ssmba.amba.org.au](mailto:stgeorgerep@ssmba.amba.org.au)





## Upcoming Events for 2021—Continued



**SSMBA**  
Southern Sydney Multiple Birth Association

**2021  
MACARTHUR PLAYDATES  
10AM-12PM**

CONTACT: SAM PUNCH & DEBORAH DUTTON  
[MACARTHURREP@SSMBA.AMBA.ORG.AU](mailto:MACARTHURREP@SSMBA.AMBA.ORG.AU)

TUESDAYS SEDWICK RESERVE CURRANS HILL	THURSDAYS MOUNT ANNAN BOTANICAL GARDENS
FEB 9TH	FEB 25TH
MAR 9TH	MAR 25TH
MAY 11TH	APR 29TH
JUN 8TH	MAY 27TH
	JUN 24TH



**SSMBA**  
Southern Sydney Multiple Birth Association

# HOM PLAYDATE

Higher Order Multiples: Triplets : Quads : and more...

**TUESDAY 16TH FEB 2021**

MOUNT ANNAN BOTANICAL GARDENS  
10AM-12PM

We look forward to welcoming  
all our HOM families - See you there!

HOM Family Contact : Ally Buckley : [hom@ssmba.amba.org.au](mailto:hom@ssmba.amba.org.au)

## SSMBA Information



**Vacant Committee Positions  
2020/2021**

- \*Playgroup Manager\*
- \*Padstow & Milperra Area Rep\*
- \*Fundraising\*

**PLUS**  
General Committee Members -  
*who can provide valuable help with  
events, member support, grant writing  
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](mailto:president@ssmba.amba.org.au)




**PLAYGROUP  
MANAGER  
POSITION  
VACANT**

- Are you excited about our great programme of playgroups and playdates?
- Are you a good communicator and relationship builder?

This may be the role you've been looking for!

Please get in touch with Danielle Hope or Victoria Cooper if you'd like to know more.



### This may be the role you've been looking for!

- Support and liaise with playdate and playgroup coordinators
- Coordinate with Playgroup and Playdate teams to create a comprehensive event schedule
- Main point of contact for venue leases
- Collate all event sign in sheets in Google drive and check playgroup payments
- Develop event Covid Risk Assessments (as required) with other committee members

Please get in touch with **Danielle Hope** or **Victoria Cooper** if you'd like to know more.



"I've been volunteering on the SSMBA committee for 3+ years. I've loved being able to give back to an organisation that has supported me and so many other multiple parents.

I started out as a back-up person for Mini Movers playgroup later moving into the Playgroup Manager role which has been very rewarding. I really enjoy the opportunity to work closely with a lovely team of playgroup coordinators and area reps who have a passion to bring fun and memorable events to our members and provide the behind-the-scenes support network to them.

My hours of commitment vary depending on what I'm working on and it's great to have the flexibility to work around my available time. There are so many opportunities to contribute to the committee in ways that you feel comfortable and suit your skill set or to learn something new without any pressure. What's more you'll meet a great team of people who make it really enjoyable."

**Victoria Cooper - Projects/General Committee (previously Playgroup Manager)**



## SSMBA Information



**SSMBA**  
Southern Sydney Multiple Birth Association

### MEMBERS BUSINESS DIRECTORY SHOUT OUT!

Do you have a business that could help out your fellow SSMBA members?

We are working to create a FREE simple directory listing to connect our members.

Please send your business name, business type and contact details to Sarah Weedon Campbell:  
[BUSINESSDIRECTORY@SSMBA.AMBA.ORG.AU](mailto:BUSINESSDIRECTORY@SSMBA.AMBA.ORG.AU)



**SSMBA**  
Southern Sydney Multiple Birth Association

### 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](mailto:advertising@ssmba.amba.org.au)

### **SSMBA Committee Meeting Minutes**

[http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO\\_gVnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj\\_BNBSEMsZwkkyT65U](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_gVnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U)

### ***Message from Amy Seidel, Membership Manager***

**Renewals:** Exciting changes are coming with our extended membership period coming to an end soon, keep an eye on your inbox for more details.



## MEMBERSHIP EXTENSION

**SSMBA has extended all memberships by a total of 6 months for free.**

**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](mailto:membership@ssmba.amba.org.au)**

## SSMBA Information



**SSMBA**  
Southern Sydney Multiple Birth Association

# EQUIPMENT HIRE

**Contact** [equipment@ssmba.amba.org.au](mailto:equipment@ssmba.amba.org.au)

**Collection Locations** Woronora Heights (Sutherland Shire) & Mount Annan (MacArthur)

 <p><b>Twin Breastfeeding Pillow</b> \$30 for 6months</p>	 <p><b>Medela Symphony Breast Pump*</b> \$15 per week (\$100 deposit)</p> <p><small>*We supply pump only. You will need to buy your own attachments (usually available from your hospital)</small></p>	 <p><b>Baby Bumbles Twin Feeding Pillow</b> \$30 for 6months</p>
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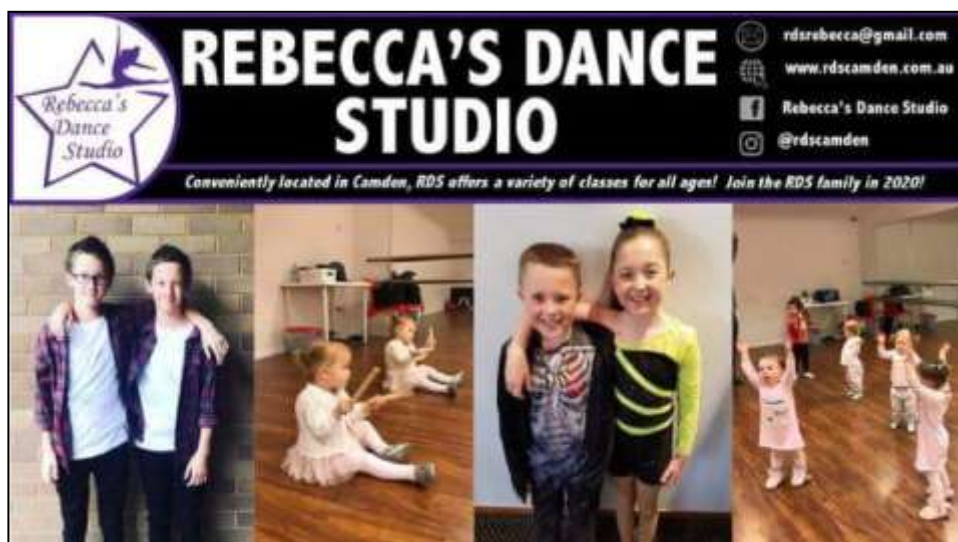
**Free!** Watch an AMBA webinar in the comfort of your home

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

SCHOOL READINESS schoolmembers	SUPPORTING HEALTHY RELATIONSHIPS & IDENTITY IN MULTIPLES identity20
SLEEP, BEHAVIOUR & FOOD (DISABILITIES & SPECIAL NEEDS) 20mandy2	SLEEP, BEHAVIOUR & FOOD (TODDLER & PRESCHOOL) 20mandytoddlers
EMOTIONAL WELLBEING 20AMBAPANDA	FEEDING, SLEEPING & ROUTINES (BABIES 6-12MTHS) 20blissfulparenting
FAMILY-FRIENDLY ROUTINES (BABIES 3-6MTHS) 20blissfulroutine	HOME-BASED SCHOOLING DrEnglish2020
MANAGING REALITIES OF PARENTING (0-3MTHS) 20blissfulmembers	THE UNEXPECTED TEACHER: REMOTE LEARNING TIPS (No code required)

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







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BY AMYE



[www.photographybyamye.com.au](http://www.photographybyamye.com.au)




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# Gingerbread

Run as fast as you can...



## Gingerbread

125 gram unsalted butter, softened  
 1/2 cup (110g) firmly packed dark brown sugar  
 1 egg yolk  
 2 1/2 cup (375g) plain flour  
 1 teaspoon bicarbonate of soda  
 3 teaspoon ground ginger  
 1/2 cup (175g) golden syrup  
 1 tablespoon pink round sprinkles  
 1 egg white  
 1 1/2 cup (240g) pure icing sugar  
 4 drops lemon juice  
 yellow and pink food colouring

## Gingerbread

- 1** Preheat oven to 180°C. Line oven trays with baking paper.
- 2** Beat butter, sugar and egg yolk in small bowl with electric mixer until smooth. Transfer to a large bowl. In two batches, stir in sifted dry ingredients and syrup.
- 3** On a lightly-floured surface, knead dough gently until smooth. Divide dough in half; roll each half between sheets of baking paper to 5mm thickness. Cut dough into 6 x 12cm girl shapes, 6 x 12cm boy shapes and 12 x 6cm flower shapes; place on trays 2.5cm apart. Bake about 10 minutes. Cool on trays.
- 4** Meanwhile, make royal icing by beating egg white in small bowl with electric mixer; gradually beating in sifted icing sugar. When mixture reaches piping consistency, beat in juice. Divide icing between three bowls. Tint one bowl with yellow colouring and another with pink colouring; leave the remaining bowl plain.
- 5** Using picture as a guide, pipe icing onto biscuits using the three different colours; sprinkle centres of flowers with pink sprinkles. Set at room temperature.

Source: <https://www.womensweeklyfood.com.au/recipes/gingerbread-8906>

