

October 2020 Newsletter

Editor's Message

By Jess Young

Hi everyone,

Hope this finds you all safe and well?

In this month's newsletter edition, we focus on Mental Health Awareness, with a feature article written by one of our members about their personal journey and with information and links from 'R U OK?'. The Australian Mental Health Calendar has also been included too, see below.

Please check out the Upcoming Events and SSMBA Information on page 9 and 10 to keep up to date for all things happening at SSMBA, and also continue to keep an eye on the SSMBA Facebook page as well.

What's on this month @ SSMBA...

16/10 & 30/10	Parents 'n' Bubs
14/10	SSMBA Committee Meeting
14/10 & 28/10	Mini Movers
27/10	Nutrition & Naturopath Webinar

And next month @ SSMBA...

13/11 & 27/11	Parents 'n' Bubs
11/11	SSMBA Committee Meeting
11/11 & 25/11	Mini Movers

Mental Health Month

October 2020

Try these suggested activities to connect with others, have a bit of fun, and look after your mental health during October! #Lookafteryourmentalhealthaustralia

10 OCT
WORLD MENTAL HEALTH DAY

Mental Health Australia

"Look after your mental health, Australia"

MON	TUE	WED	THUR	FRI	SAT	SUN
05 Aim to be in bed at an early hour – challenge yourself to do this for the rest of the week	06 Hand write some cards and send them to people you care about	07 Call a friend or family member	01 Pick a fun book and read it throughout the month	02 Send a kind message to a friend or family member (challenge yourself to send one message a day!)	03 Bake something you've never tried to before	04 Go for a walk around your neighbourhood
12 Drop a note into your neighbour's letterbox, letting them know you're around if they need anything	13 Try a new exercise like yoga, running or HIIT – challenge yourself to do it three times this month	14 Put on your favourite song and sing along loudly – dance around!	08 Cook your favourite meal for dinner	09 Wear some odd socks and post a photo of them on social media #OCD2020	10 WORLD MENTAL HEALTH DAY Make a promise to look after your mental health	11 Take a break from social media and the news – challenge yourself to go the whole day
19 Watch your favourite movie	20 Clean up your bedroom, light some candles and read some of your book	21 Invite a friend over for a meal/video chat with them over a meal	15 Donate some clothes and/or items from around your house that could benefit others	16 Take a photo of something beautiful and send it to a friend with a kind message	17 Video chat a friend or family member, or have a cup of tea in person if you can	18 Go for a long walk and listen to a podcast you like, or try a new one
26 Get dressed in your favourite outfit	27 Sit outside for a little bit and soak up the sun	28 Watch an episode of your favourite TV show – recommend the show to a friend	22 Make an effort to compliment/thank the people you interact with	23 Leave a positive review for a local restaurant/shop or somewhere you frequent in your area	24 Do something creative, like drawing, colouring or writing a story – just for you!	25 Call a trusted friend and tell them how you've been going, and invite them to do the same
			29 Think of three people you are thankful for – then tell them!	30 Write down 5 things you are grateful for... then 5 more... then 5 more!	31 Make a list of the things you enjoyed doing this month – and do them again next month!	

Find out more at www.lookafteryourmentalhealthaustralia.org.au

President's Report

By Danielle Hope

Hi,

It's been a hectic year so far, with a roller coaster of emotions living through a pandemic. Feel like I blinked and September flew by so fast as we lead into a very busy period of the year.

Our committee have been super focused with lots of little projects going on behind the scenes. I want to give a massive shout to Gai Patterson (Vice President) for guiding myself and the team each month with her experience. We all volunteer our time however, Gai gives so much back to the club and we appreciate her knowledge.

In September, SSMBA re-launched our equipment hire service which is currently hospital grade breast pumps and feeding pillows. Pick up for these items are now offered in two different locations Shire & Macarthur. It makes sense to hire these quality items from us at a fraction of the price as it would be to purchase.

Please email for more information:
equipment@ssmba.amba.org.au

We are also very proud to launch the discounted Discovery Space tickets to all our members. These tickets are heavily discounted at \$5 each and they have been very popular with our families. These tickets are now back online, so don't forget to book your tickets to beat the school holiday rush.

Please use the booking link below:

www.discoveryspacetickets.eventbrite.com.au

On Thursday 17th September, SSMBA hosted an online mindfulness session. Kathryn from "A Mindful Start" ran the session which was very informative. I thank all the families for dialling in or listening to the recorded session, I hope you all gained some extra knowledge that we can bring into our daily routines.

On Wednesday 23rd September, SSMBA hosted an on-line transition to school forum, with school orientations possibly cancelled due to Covid. This was a very important information session for all families embarking on this journey next year. We had many professionals within SSMBA speak from their personal experience such as speech, early childhood & kindergarten teachers. This session was recorded and will be readily available for families to listen to if they weren't available on the night.

October is Mental Health Awareness month which encourages all of us to think about our mental health and wellbeing, regardless of whether we may have had our own experience of mental health or not. I know personally I have been keeping a gratitude journal since the start of Covid and it really does shift that mindset to appreciate all the little things.

October 15th is World Pregnancy & Infant Loss Remembrance Day. This day is a time to honour and grieve all forms of pregnancy & infant death including miscarriage, stillbirth & SIDS. Every loss in our lives is a painful one but suffering a miscarriage, stillbirth or infancy death is a special kind of heartache.

Lastly, October 25th is Grandparents Day. The day takes place on the last Sunday in October every year and it's dedicated to celebrating grandparents and all that they do for us. Keep any eye out for our Facebook post where we can share our favourite photos.

That's all from me this month, please take care and I'll leave you with one of my favourite quotes at the moment "remember tomorrow is a new day with no mistakes in it"

Feature Article: 'Checking In With My Mental Health BEFORE The Crisis Hit'

By Sarah Campbell

Age 30

I have 3 year old twins and a 2 month old. We planned the pregnancy just in time for my husband to finally graduate uni after 7 years of part time study. I enjoyed staying home full time with my boys, exploring the outdoors with them on the 5 acres we rent. But towards the end of last year, about 2 months into my pregnancy, I noticed myself not feeling excited for another baby. It wasn't just a feeling here and there, it was everyday for a few weeks. I was still functioning, but I didn't feel excited for another child, and that made me feel even more sad. I didn't want to bring an innocent being into the world and have it feel unwanted.

I had accessed Mental Health Plans in the past, so I chose to chat to my GP as I could tell even this early into the pregnancy that if I didn't act now I would be heading for post natal depression. My GP asked me some questions, I had a cry, and walked out with a mental health plan. I walked upstairs to the psychologist and booked an appointment. My husband works full time and my own mother lives 2 hours away, so I reached out for babysitters from my local support circle, my mother-in-law and women from church. Once my mum even travelled the 2 hours to come babysit so I could attend when no other babysitters were available. Sometimes my husband had to take a half day to accommodate appointments, and over the course of the next few months I attended appointments until COVID-19 hit and appointments moved to Telehealth sessions over the phone.

Some things the psychologist discussed resonated with me straight away. Other times I would question her reasoning and logic, or simply say I wasn't ready to let go of certain ways of thinking, even though those thoughts weren't serving me in this season of life as a wife and mother. But bit by bit I started to feel the worries and conflicts wash away, and by the end of the 10 sessions I felt comfortable and happy with where I was at in life and who I was becoming. I was even excited for our beautiful child on the way. Fast forward 9 months to holding that baby in my arms and those heavy feelings felt long ago.

1. *It's as simple as asking your GP for a mental health plan.*
2. *You don't have to wait for a crisis to hit before seeking help. It's called preventive care.*
3. *If you're anxious about appointments, bring a support person to sit outside and drive you home.*
4. *It's worth the effort to bend over backwards to find babysitters.*
5. *It's ok if you don't agree with everything the psychologist recommends. Ask them questions. Tell them if you don't plan on following a piece of advice, you have the right to collaborative discussion about your health.*
6. *Give it a few sessions, changes don't happen overnight.*
7. *If you're still not OK after the 10 sessions, your GP can renew your plan.*

Here is a link to walk you through step by step to a mental health plan:

<https://au.reachout.com/articles/part-1-getting-yourself-a-mental-health-care-plan>

Not quite ready to ask for help? Or perhaps you have someone in your life whom you want to support better?

Check out this link: https://headtohealth.gov.au/?fbclid=IwAR1S1kYOUO_LoLd8MiqTSvElhz0y1LgpNkzfxJ0mhADEmpO-wMGwBZpHE2kruok.org.au/signs



TRUST THE SIGNS

ASK R U OK?

Trust the Signs, Trust your Gut & Ask R U OK?

It's time to ask R U OK? if you notice a change, no matter how small.

WHAT ARE THEY SAYING?	WHAT ARE THEY DOING	WHAT'S GOING ON IN THEIR LIFE
<p>Do they seem:</p> <ul style="list-style-type: none"> ○ Confused or irrational ○ Moody ○ Unable to switch off ○ Concerned about the future ○ Concerned they're a burden ○ Lonely or lacking self-esteem ○ Concerned they're trapped or in pain 	<p>Are they:</p> <ul style="list-style-type: none"> ○ Experiencing mood swings ○ Becoming withdrawn ○ Changing their online behaviour ○ Losing interest in what they used to love ○ Unable to concentrate ○ Less interested in their appearance and personal hygiene ○ Behaving recklessly ○ Changing their sleep patterns 	<p>Are they experiencing:</p> <ul style="list-style-type: none"> ○ Relationship issues ○ Major health issues ○ Work pressure or constant stress ○ Financial difficulty ○ Loss of someone or something they care about



R U OK?

Starting a conversation



1. Ask R U OK?

- Pick the right time and place to start the conversation.
- Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"



2. Listen

- Take what they say seriously and don't interrupt or rush the conversation.
- Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"
- Show that you're listening by repeating back what you've heard (in your own words) and ask if you've understood them properly.



3. Encourage action

- Help them think of next steps they could take to help them manage their situation.
- If they've been down for more than two weeks, encourage them to see a health professional.
- Be positive about the role of professionals in getting through tough times.



4. Check in

- Schedule a reminder to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

Can you spot the changes?



Find the 6 differences between these two illustrations.



Useful contacts for someone who's not OK

Encourage them to connect with a trusted health professional, like their GP, or these Australian crisis lines and professionals:

Lifeline (24/7)

13 11 14
lifeline.org.au

Suicide Call Back Service (24/7)

1300 659 467
suicidecallbackservice.org.au

Beyond Blue (24/7)

1300 224 636
beyondblue.org.au

Kids Helpline (24/7)

1800 551 800
kidshelp.com.au

SANE Australia

1800 18 SANE (7263)
sane.org

More contacts

ruok.org.au/findhelp

RU OK?™

A conversation could change a life.

ruok.org.au

AMBA Update

Dear AMBA club members,

With the new financial year well underway, our AGM is nearly upon us and the AMBA Board are seeking nominations to join the board of directors.

In accordance with AMBA's Constitution:

- Joanne O'Keefe and Emma Godfrey will retire as directors appointed to fill a casual vacancy and, being eligible, will offer themselves for election

- Ashlee Tenberge (Chairperson), Cathryn Zischke (Finance Director) and Maria Critti-Schnaars will retire as directors upon their term ending at the end of this year's AGM and, being eligible, will offer themselves for election

This year, the AMBA Board will benefit from nominations by individuals who have an interest and/or skills in: partnership management, advocacy, fundraising, grants, PR, and sponsorship.

Please be aware that the AMBA Board is a purely voluntary position, with no directors' fees or other remuneration. AMBA requires directors to be able to commit to meetings outside of normal business hours (generally monthly at 8:30pm AEST on a Tuesday). In addition, it is expected that directors commit 10 - 15 hours per month minimum to their projects.

Any financial or life member of an AMBA-affiliated club is eligible to offer themselves for election to the AMBA Board of Directors. Interested individuals are to submit their nomination via the online form, <https://australianmba.typeform.com/to/KhzC7Q>, before the deadline of 5pm Friday 16 October 2020.

We look forward to reviewing your nomination.

AMBA Board of Directors

SSMBA Committee Positions



**Vacant Committee Positions
2020/2021**

Padstow & Milperra Area Rep
School Age Multiple Contact

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




THE SSMBA 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."

Carmen Gounia - Webmaster

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



Happy 1st Birthday Evie & Bowie!

It's been such a ONEderful year!



Happy 3rd Birthday Holly!

You're the best big sister.

Love your cheekiness & crazy personality!

Love Mum, Dad, Ashley, Emily & Roxy.



Note from the Editor: Sorry Holly & Lumley Family for forgetting to put this in the last newsletter. Hope you had the best day and three big cheers for Holly!

Happy 5th Birthday Isaac & Beau!

Wow! From tiny 1.2kg babies who we could hardly hear crying to big tall 5yo kids who we can always hear from a mile away, Isaac and Beau you continue to amaze us.



Happy Birthday

Chelsea & Ava (29/10/2019)

2020 will be their first birthday.

Ava in the pink shirt and dress,
Chelsea in the pink shirt and white dress.



Upcoming Events



Southern Sydney Multiple Birth Association

Nutritionist & Naturopath Webinar

27th October at 8pm

Join us for helpful hints and tips for busy families presented by Naturopath & Holistic Nutritionist Erin Bailey:

- Stress-free mealtimes
- Meal prepping
- Fussy eaters

Zoom link below:
https://us02web.zoom.us/join/register/W_N_6d4QbuKPRFG4cgXTdGEFzQ



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

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!

SSMBA

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



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)

Patrons must support the event by bringing a donation to the event.



PLAYDATES CONTINUE TO BE ON HOLD

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.

SSMBA Information



MEMBERSHIP EXTENSION

Southern Sydney Multiple Birth Association

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 Woronora Heights (Sutherland Shire) & Mount Arman (MacArthur)



Twin Breastfeeding Pillow
\$30 for 6 months



Medela Symphony Breast Pump*
\$15 per week (if not agreed)



Baby Bumbles Twin Feeding Pillow
\$30 for 6 months

*We 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

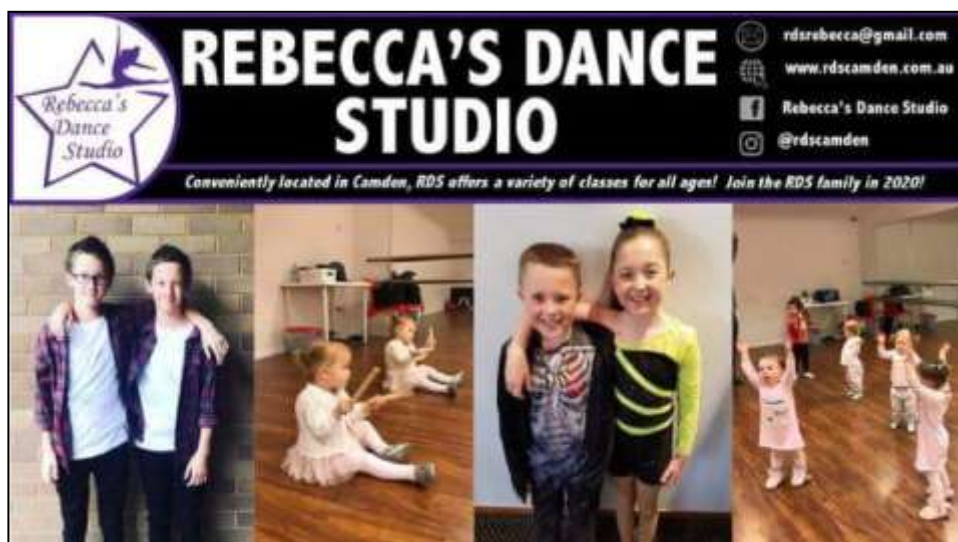
AVAILABLE TO SSMBA MEMBERS **ON DEMAND** 24/7
 Simply use the relevant Discount Codes below

SCHOOL READINESS schoolmembers	SUPPORTING HEALTHY RELATIONSHIPS & IDENTITY IN MULTIPLE BIRTHS identity20
SLEEP, BEHAVIOUR & FOOD (BISAKUTES & SPECIAL NEEDS) 20mandy2	SLEEP, BEHAVIOUR & FOOD (TODDLER & PRESCHOOL) 20mandytoddlers
EMOTIONAL WELLBEING 20AMBAFANDA	FEEDING, SLEEPING & ROUTINES (BABIES 4-12 MONTHS) 20blushparenting
FAMILY-FRIENDLY ROUTINES (BABIES 1-6 MONTHS) 20blushroutines	HOME-BASED SCHOOLING 20English2020
MANAGING REALITIES OF PARENTING (6-8 MONTHS) 20blushmembers	THE UNEXPECTED TEACHER: READING 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





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