

## February 2021 Newsletter

### Editor's Message

By Jess Young

Hi everyone,

Happy New Year! Here is the first edition for 2021. Mark the calendar— There are many upcoming SSMBA events, play groups and playdates. For a quick reference, see the calendar on this page and for more information on times etc, see *Upcoming Events*.

This month we also celebrate *Chinese New Year* on Friday 12th February 2021. Mai To, a SSMBA member, has kindly shared how her family celebrate this occasion, read more below.

Last year, SSMBA hosted an online nutrition webinar with a talk from *Erin Bailey, Naturopath & Holistic Nutritionist*. I personally found the information and tips helpful with meal times for my almost 2 year old girls. For meal planning and healthy recipes, see the links below:

[https://s3.membervaultcdn.com/erinbailey/1253747\\_fast-food-for-busy-mums-welcome.pdf?v=1600260053](https://s3.membervaultcdn.com/erinbailey/1253747_fast-food-for-busy-mums-welcome.pdf?v=1600260053)

[https://s3.membervaultcdn.com/erinbailey/1253697\\_Meal-Planning-Template.pdf?v=1600253168](https://s3.membervaultcdn.com/erinbailey/1253697_Meal-Planning-Template.pdf?v=1600253168)



*“Chinese New Year tradition for us is a lovely time of year, where we gather with extended family and friends. A celebration surrounding copious supply of food, receiving, and giving money in a red packet envelope to one another for good luck and prosperity and few traditional games (blackjack and bingo) played amongst children and adults. It’s great fun!*

*This is a time where we commemorate our ancestors. The eldest son of the ancestor usually hosts the party. A shrine is set up with offerings including special meals, fruit, and traditional treats which we can all eat once everyone has paid their respects. This is carried out by burning incense and bowing three times to the photos of our ancestors.” - Mai To*

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

<b>03/02 &amp; 17/02</b>	Mini Movers
<b>08/02</b>	Shire East/West Playdate
<b>09/02</b>	Committee Meeting (Online)
<b>09/02 &amp; 25/02</b>	Macarthur Playdate
<b>12/02 &amp; 26/02</b>	Parents 'n' Bubs
<b>14/02</b>	St George Playdate
<b>16/02</b>	HOM Playdate

#### What's on next month...

<b>03/03 &amp; 17/03</b>	Mini Movers
<b>06/03</b>	Dads Event
<b>09/03</b>	Macarthur Playdate & Committee Meeting (In Person)
<b>10/03</b>	Liverpool Playdate
<b>12/03 &amp; 26/03</b>	Parents 'n' Bubs
<b>13/03</b>	Multiple Birth Awareness Week Event
<b>25/03</b>	Macarthur Playdate
<b>27/03</b>	Shire East/West Playdate
<b>31/03</b>	Padstow/Milperra Playdate

## President's Report

By Danielle Hope

Hello,

I hope everyone had a fantastic Christmas & New Years, it was certainly very different this year but we made the best with what we were dealt with.

We spent the day at home eating seafood & it was relaxing not having anywhere else to be. The best part of course was watching the girls open their presents & actually being able to sit down & enjoy playing with them. We have since celebrated Christmas a few more times with family who were in the Northern Beaches & QLD - I have even been asked if Santa is coming again, so it's all very confusing for the little ones.

I hope everyone is having a wonderful break over the school holidays, I know we have been making the most of the great weather & council facilities we have around us like splash parks & bike tracks. It really makes me smile when I see lots of families making use of the discovery tickets & zoo passes that SSMBA has to offer.

We as a family have started 2021 off with a bang, my girls have been recently diagnosed as extremely farsighted. How did this all come about? The girls had their eyes checked after a few little things they have said here & there. What does this mean? It means they can see things far away but struggle to see things up close like books & TV. They will both need to wear glasses & we will find out more at our upcoming specialist appointments.

I felt terrible when we were told the news because I had no idea that the poor little things couldn't see, they didn't present with very many, if any symptoms. The girls aren't advanced in any way but they certainly aren't the clumsiest kids either, Tahlia loves books which now blows my mind. They also have both never said they can't see anything, there was only one time recently at Sydney Zoo on the Ferris wheel when Kyah said she seen nothing, which prompted us to take her to the GP.

We missed the standard blue book check at 3yrs because it was covid lockdown & everything was closed. It's been a crazy ride with appointments, 2nd opinions, organising health insurance etc, I'm still in a bit of shock but I feel we are ready to tackle this head on & just get on with it. My little champions have taken everything in their stride, they have been fantastic at each appointment we attend. I have learnt so much the last couple of weeks, glasses have been ordered so we are all set. I personally cannot wait until they get their glasses and can both see properly & much clearer.

Best of luck to all our school starter families who set out on their next adventure in the coming days. Many families joined the club when they were pregnant, so sharing in these special milestones is magical for all. SSMBA hopes you all enjoyed your little gift, which is just a small token from the club to wish you well.

Shout out to our fantastic Newsletter Editor, Jess who works tirelessly behind the scenes each month to bring our families this wonderful resource. We appreciate your hard work and flexibility each month to ensure everything is completed in a timely manner.

SSMBA & our awesome committee are very proud to be able to announce the return of our playgroups for 2021 - please keep an eye out for an event near you. We look forward to seeing everyone face to face, we know it's been a long time since our last catch up.

We have also been able to organise some really cool events for Autumn, these are all in line with current NSW Health Restrictions. Please keep an eye out for more details as these will be launched in the coming weeks. Thanks to everyone that also voted on the poll on Facebook. *Multiple Birth Awareness Week* is perfect timing to be hosting one of our face to face events. Please make sure that you save the date for *Saturday 13th March*, we looking forward to seeing everyone.



## Upcoming Events



**SSMBA Parents n' Bubs**  
Terms 1 & 2 2021

29TH JANUARY	23RD APRIL
♥ 12TH FEBRUARY ♥	7TH MAY
26TH FEBRUARY	21ST MAY
12TH MARCH	4TH JUNE
26TH MARCH	18TH JUNE

Don't forget to book your place  
REGISTER HERE:  
<http://Pnbplaygroup.eventbrite.com.au>



**SSMBA Parents n' Bubs**  
JOIN US ON ALTERNATE FRIDAYS  
10AM - 12PM (TERM TIME)

Parentsnubs@ssmba.amba.org.au Register here:  
<http://Pnbplaygroup.eventbrite.com.au>

Spada's Function Room, Illawong Community Hall  
273 Power Rd  
Adjacent to Clawson Shopping Village

- COVID plans are in place for both the venue and SSMBA
- Register all attendees to avoid disappointment
- Please stay at home if you, your babies or guests are unwell
- Follow 1.5m social distancing, utilise hand sanitizer provided & ensure good hygiene practice
- If anyone develops any symptoms please seek immediate medical attention and advise SSMBA if deemed a risk
- First session free, \$5 per family or buy a 9 session pass for \$40 (bank transfer preferred)
- Partners, nana, pops, carers, siblings welcome
- BYO playmat, toys and refreshments (no sharing please)
- Coffee shop, supermarket and chemist nearby
- Catering for newborns to newly mobile
- Connect with other families starting out on their multiples journey




**SSMBA**  
Southern Sydney Multiple Birth Association

**TERM 1 2021**  
**MINI MOVERS**

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

Wednesday 3rd February  
Wednesday 17th February  
Wednesday 3rd March  
Wednesday 17th March  
Wednesday 31st March

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

**10:30am - 12noon**

It is essential to register in advance:  
<http://minimoversplaygroup.eventbrite.com.au>

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**SSMBA**  
Southern Sydney Multiple Birth Association

**MINI MOVERS**

**TERM 1 2021**

**MENAI INDOOR SPORTS CENTRE**

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
- \$15 per family/per session or 3 stamps on playgroup card. (Buy a 9 session SSMBA playgroup card for \$40 - bank transfer preferred)
- Shops & Park nearby if you want to continue socialising

**Important:**

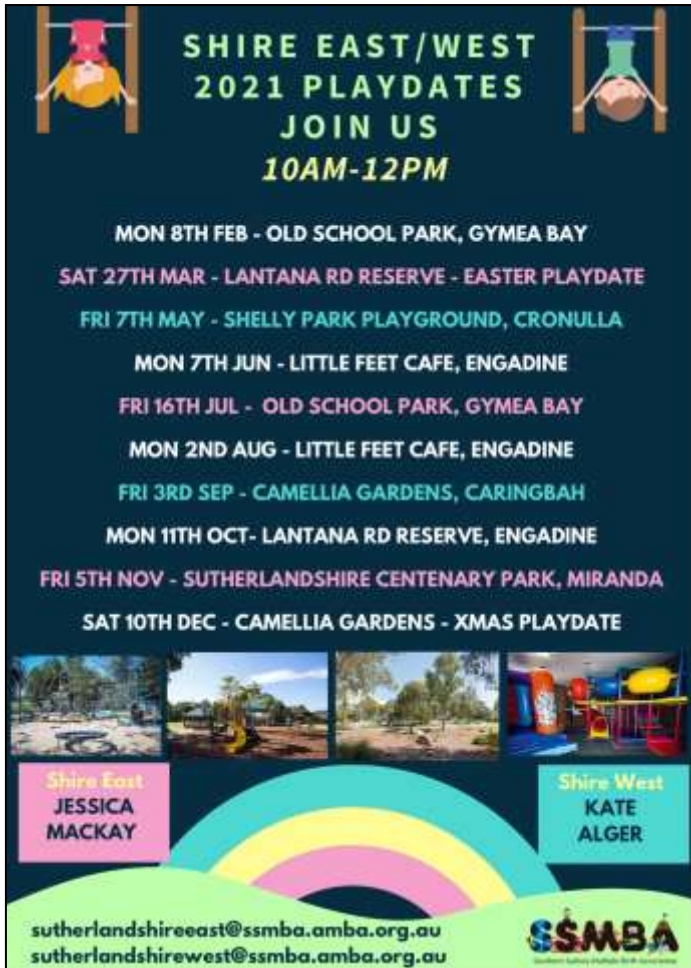
- Please stay at home if unwell
- Upon arrival, please sign in. You will be asked to review current Covid-19 locations & confirm you have not attended them
- Please use hand-sanitiser, follow good hygiene practices & remain 1.5m physical distance when possible
- If you develop symptoms after the event,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

It is essential to register in advance:  
<http://minimoversplaygroup.eventbrite.com.au>

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## Upcoming Events—Continued




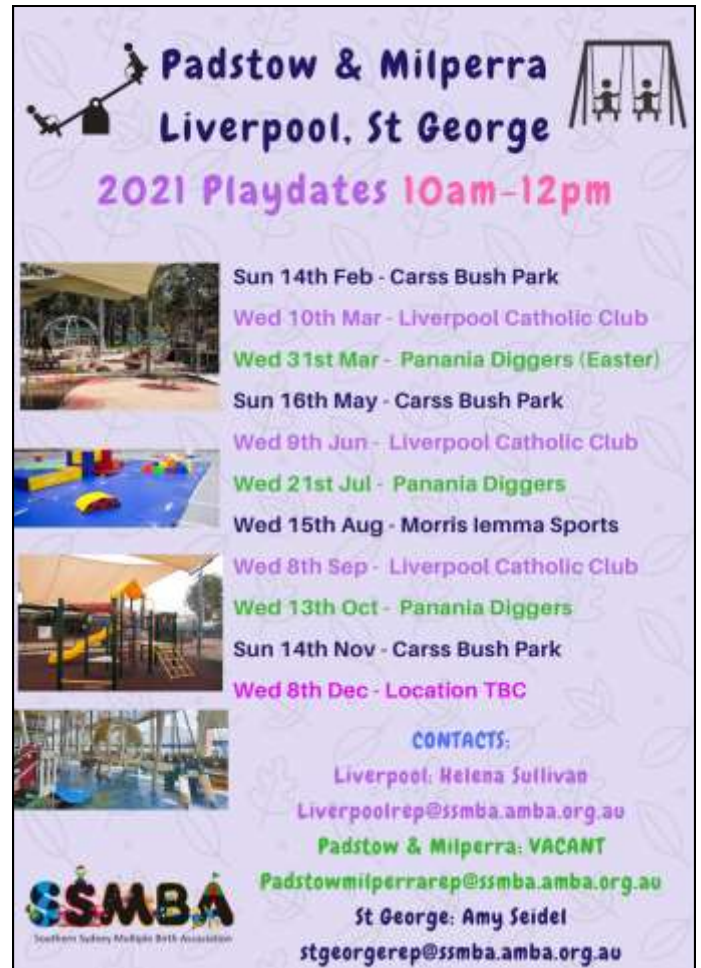
**SHIRE EAST/WEST  
2021 PLAYDATES  
JOIN US  
10AM-12PM**

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)




# 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)

## Upcoming Events—Continued



**SSMBA**  
Southern Sydney Multiple Birth Association

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

CONTACT: SAM PUNCH & DEBORAH DUTTON  
MACARTHURREP@SSMBA.AMBA.ORG.AU

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



**SSMBA**  
Southern Sydney Multiple Birth Association

# AUTUMN EVENTS 2021

**MARCH** Saturday 6th - Dads Event 3pm at Sunday Road Brewing, Kirrawee  
Saturday 13th - MBAW 10am at Illawarra Light Rail Museum, Albion Park

**APRIL** Saturday 24th - HOM NSW Picnic 10am at Panania Diggers

**MAY** Sunday 2nd - SAM Catch-Up 12pm at Mount Annan Botanical Gardens  
Saturday 15th - Mums Night Out 7pm at Revesby Workers Club  
Sunday 30th - Picnic 10am at Currans Hill & Camellia Gardens

## Upcoming Events—Continued



**SSMBA**  
Southern Sydney Multiple Birth Association

### 2021 Committee Meetings

#### Tuesdays 8pm

Committee meetings will now alternate between "GoTo" meetings and a face-to-face at Revesby Workers Club. Dial in details will be provided in the meeting agenda.

**Everyone Welcome!**

<b>JAN - NO MEETING</b>	<b>TUES 18TH MAY - IN PERSON</b>
<b>TUES 9TH FEB - ONLINE</b>	<b>TUES 15TH JUN - ONLINE</b>
<b>TUES 9TH MAR - IN PERSON</b>	<b>TUES 13TH JUL - IN PERSON</b>
<b>TUES 20TH APR - ONLINE</b>	<b>TUES 10TH AUG - AGM</b>



**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://discoveryspaces.tickets.eventbrite.com.au)  
EMAIL: [DISCOVERY@SSMBA.AMBA.ORG.AU](mailto:DISCOVERY@SSMBA.AMBA.ORG.AU)



**SSMBA**  
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### 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 1 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

## SSMBA Information



Southern Sydney Multiple Birth Association

### 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—Continued

Our SSMBA  
12 days of Christmas Giveaways  
was a huge success!

SSMBA was able to give prizes to 27 different families,  
thanks to the very generous donations from:

<b>Things for Twins</b>	<b>Revesby Workers Club</b>
<b>Bunnings Gregory Hills</b>	<b>The Prince, Kirrawee</b>
<b>Bunnings Narellan</b>	<b>Early Start Discovery Space</b>
<b>Little Fox Kits</b>	<b>AcroGym</b>
<b>Little Fox Grazing Box</b>	<b>Photography By Taryn</b>
<b>Mess It Up</b>	<b>Coles Illawong</b>
<b>Maximum Skating</b>	<b>Baby Safe Narellan</b>
<b>Amy Seidel &amp; Family</b>	

 **Thank You!** 



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)



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\\_gVnUvSOyEeTlaNIDD3cY5TR8EafLTbKkWMxj\\_BNBSEMsZwkkyT65U](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_gVnUvSOyEeTlaNIDD3cY5TR8EafLTbKkWMxj_BNBSEMsZwkkyT65U)



## SSMBA Information—Continued



**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>*We supply pump only. You will need to buy your own attachments (usually available from your hospital)</p>	
<p><b>Twin Breastfeeding Pillow</b> \$30 for 6months</p>	<p><b>Medela Symphony Breast Pump*</b> \$15 per week (\$100 deposit)</p>	<p><b>Baby Bumbles Twin Feeding Pillow</b> \$30 for 6months</p>



**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*

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

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





Southern Sydney Multiple Birth Association

Website [www.ssmba.amba.org.au](http://www.ssmba.amba.org.au)

Email [contact@ssmba.amba.org.au](mailto:contact@ssmba.amba.org.au)

Facebook group [www.facebook.com/groups/ssmba](http://www.facebook.com/groups/ssmba)

Facebook page [www.facebook.com/southernsydneymultiplebirthassociation](http://www.facebook.com/southernsydneymultiplebirthassociation)

**REBECCA'S DANCE STUDIO**

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](mailto:rdsrebecca@gmail.com)  
[www.rdscamden.com.au](http://www.rdscamden.com.au)  
 Rebecca's Dance Studio  
 @rdscamden



Photography  
BY AMYE



Wedding & Family Photographer  
[www.photographybyamy.com.au](http://www.photographybyamy.com.au)



ACROGYM  
MINI-GYM  
ENGADINE & MENAI  
[WWW.ACROGYM.COM.AU](http://WWW.ACROGYM.COM.AU)

