

March 2021 Newsletter

Editor's Message

By Jess Young

Hello all,

This month we celebrate **Multiple Birth Awareness Week, 21st—28th March**. The theme for MBAW is *"Identical or Fraternal? Testing for zygosity matters"*. For more information about types of twins and zygosity, check out [AMBA](#) and the ['Twins Research Australia' research study article](#)

SSMBA will also be hosting a MBAW event on *Saturday 13th March, 10am—2pm at Illawarra Light Rail Museum, Albion Park*. Tickets are \$15.00 per family. Tickets can be purchased [here](#)

In celebration of MBAW, we also have a Feature Article written by one of our members on Page 2.

The calendar is jam packed with upcoming SSMBA events, play dates and playgroups. Please take note of the Term 1 finish/Term 2 start dates over the Easter holiday period for Parents 'n' Bubs and Mini Movers.

Kids in Sport Event

By Amy Pappas

We had 15 SSMBA families join us for the *Kids in Sport* event at Engadine on *7th February 2021*. Kids and parents joined in for a combined warm up which was lots of fun. The kids were then divided into 4 groups based on age and taken through each station led by the fantastic Acro Gym staff. The different stations involved obstacle courses requiring kids to jump, climb, balance and tumble. After rotating through the stations, we finished with some free play on the equipment and a cool down song. It was a great morning to connect with other multiple families while the kids kept active and learnt new skills. Thanks to Acrogym and SSMBA for organising this great activity!



What's on this month @ SSMBA...

03/03 & 17/03	Mini Movers
06/03	Dads Event
09/03	Macarthur Playdate & Committee Meeting (In Person)
10/03	Liverpool Playdate
12/03 & 26/03	Parents 'n' Bubs
13/03	MBAW Event
25/03	Macarthur Playdate
27/03	Shire East/West Playdate
31/03	Padstow/Milperra Playdate

What's on next month...

20/04	Committee Meeting (Online)
23/04	Parents 'n' Bubs
24/04	HOM Picnic
29/04	Macarthur Playdate

Feature Article: *What it is like to have 2 sets of twins and 6 kiddies*

By Louise Buchtman

The first set are identical boys (now 12years) were a trial by fire and all I can say is there were some hairy moments. I really took it day by day, especially in the beginning after coming home from NICU. I seemed to check the mailbox 20 times a day- mostly needing a two minute time out for myself. Breastfeeding and pumping was relentless. I didn't find it easy and really only persisted to 12 months due to their medical conditions.

My next girl baby came when the boys were 4 years old. She was an absolute walk in the park compared to the boys. She was so easy that I took our family on an 8 week caravan trip through Central Australia when she was 10 weeks old. She mainly stayed in a moby wrap, as finally I could hold one baby at a time and spoil her and really enjoy the moments!

Baby boy number 4 came out with reflux (18months after number 3)- he pretty much screamed full time for the first four months and no one would hold him due to the imminent vomit that was going to happen. Thank goodness the reflux got under control and he was a happy baby, so Hubby and I took the twin boys to London and Europe for four weeks, leaving the other two home with family. Baby three and four were so much easier to deal with after the very difficult time with the eldest twins.

We had 3 boys (8,8,3) and a girl(4), however I felt our family was not complete. So Hubby and I thought we would try for number 5 (fingers crossed a little girl). Well, we didn't get one girl like we hoped, we got a bonus one (fraternal girls)!

Having the second set of twins was much easier than the first set. We were more

relaxed and had mostly seen it all before. We just let the little things slide. We mainly showered the baby girls as bathing took too long. We bathed them when we had time, to give them quiet time. We tried and rolled with what is happening. If the day was not going well and our 6 kiddies did not want to get moving, we became late and that's just it, we are late. No point yelling or getting worked up. If the washing was not done for a week, then oh well, that happens.



We have learnt to be minimalists. Clutter makes more mess and then ends with me getting frustrated. To counteract this we just don't have that much stuff. We have a minimal amount of toys, clothes, appliances and furniture. Our house often looks empty- however I prefer that than a cluttered mess. It allows me to feel the calmness I often crave with the six kiddies always wanting attention.

I have realised that alone time just does not happen anymore and I am ok with that. Soon the kiddies will not want to talk to me ALL the time. One-on-one time is difficult, so we just have to realise that it does not always happen. We plan our one-on-one time with the kiddies- sometimes it only happens once a year. The other times it is impromptu and I can have a cup of hot choc with just one kiddie and talk to them quietly. Our children love alone time with me, often

saying how much they love it and would like it more often. So those sneaky hot chocolates quietly are a time to treasure.

Due to so many kiddies, team sports just don't work for us. So we mountain bike ride (little ones in a bike trolley behind my bike), snow ski, wakeboard, hike, walk and go orienteering as a family. To keep the kiddies off technology, we are always on an adventure either bushwalking, camping or on a road trip.

Having a large family with 6 kids in 8 years does not hinder us, we just realise that our family is not like most families and that is ok. The people who understand us the most, are other large families (more than 4 kiddies) and other multiple birth families. They do not put pressure on us and are more understanding of when sometimes our life becomes chaos and other times when we all look calm, but under the surface we have just had to roll with whatever situation has come up. We find that if we are honest and keep it real with other people about what our life is like, then they are more accommodating.

We like to try and live our life to the fullest. With that comes planning, organising, chaos and learning to deal with change, saying no and being adventurous. Everyday when something unexpected happens, we try not to worry about it, to stay happy and calm, remembering that we are trying to create resilient children.

Tips for other multiple parents:

Don't sweat the small stuff and surround yourself with people who accept your family for who they are.



Happy Birthday Evelyn & Matilda

You're two-rrific kiddos!

Love Mummy, Daddy & Maisy Grey (woof!)



Happy 2nd Birthday to you,

Our Beautiful Princesses, Izzy & Abby!

We are so proud of the little girls you are growing up to be and can't wait for what the next year has in store for us all! We love you endlessly. Love Mum and Dad xx



Happy 2nd Birthday Ashley & Emily!

Happy 2nd Birthday my beautiful girls! Love you lots



HAPPY BIRTHDAY

Happy 6th Birthday Will & Sophia!

Wishing Will & Sophia a very happy 6th birthday with lots of love from Mummy and Daddy xxxx



Happy 1st Birthday Geoff & Byron!

9th January



Happy 1st Birthday Benny & Chris!

Mummy and Daddy love you very much Xxxxx



Happy 7th Birthday Sister!

Hip, Hip Hooray! Keep shining bright, we love you to the moon and back plus extra!

Love Mum, Dad, Zara, James, Hamlet & Princess Xo

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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Southern Sydney Multiple Birth Association

MINI MOVERS

TERM 1 2021

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:

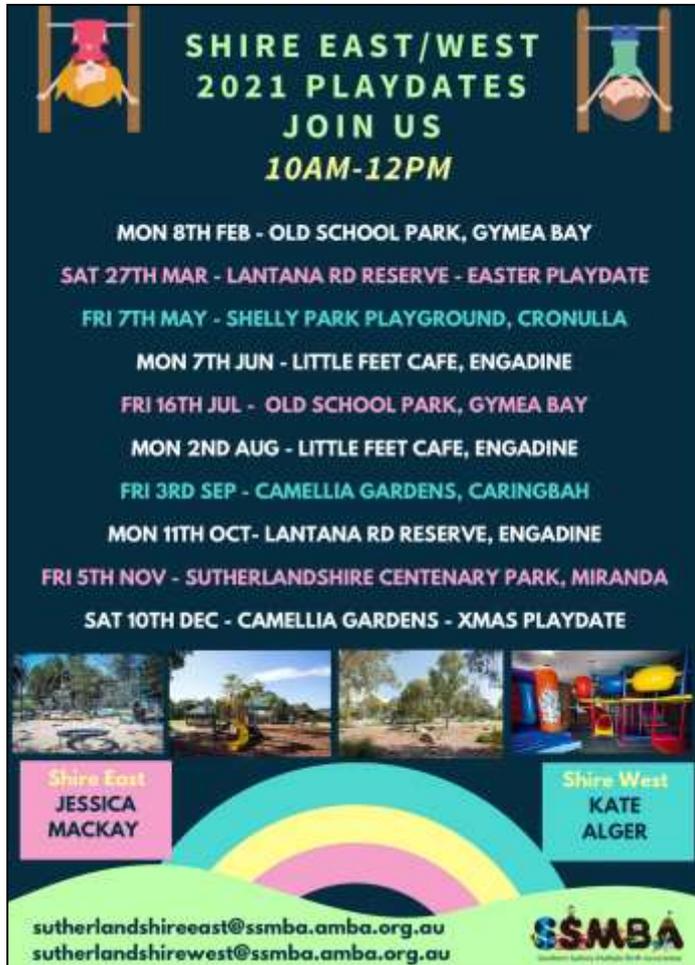
- Please stay at home if unwell
- Upon arrival, please sign in. You will be asked to review current Covid-19 locations & confirm you have not attended them
- Please use hand-sanitiser, follow good hygiene practices & remain 1.5m physical distance when possible
- If you develop symptoms after the event,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

HELP STOP SPREAD

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
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
 Padstow & Milperra: VACANT
Padstowmilperrarep@ssmba.amba.org.au
 St George: Amy Seidel
stgeorgerep@ssmba.amba.org.au




**AMBA NSW
HOM
STATE PICNIC**

TRIPLETS+

SATURDAY 24TH APRIL 2021
10am - 1pm

PANANIA DIGGERS
 28 Childs St Panania NSW 2213

PLEASE REGISTER AT
<https://ambanswhompicnic2021.eventbrite.com.au>

Games - Friendship - Prizes
FREE EVENT

For more info, contact
 Ally Buckley
homcontact@ssmba.amba.com.au

PRESENTED BY

 Southern Sydney Multiple Birth Association



Upcoming Events—Continued



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**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



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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 Saturday 15th - Mums Night Out 7pm at Revesby Workers Club
Sunday 30th - Picnic 10am at Currans Hill & Camellia Gardens

Upcoming Events—Continued



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!

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



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

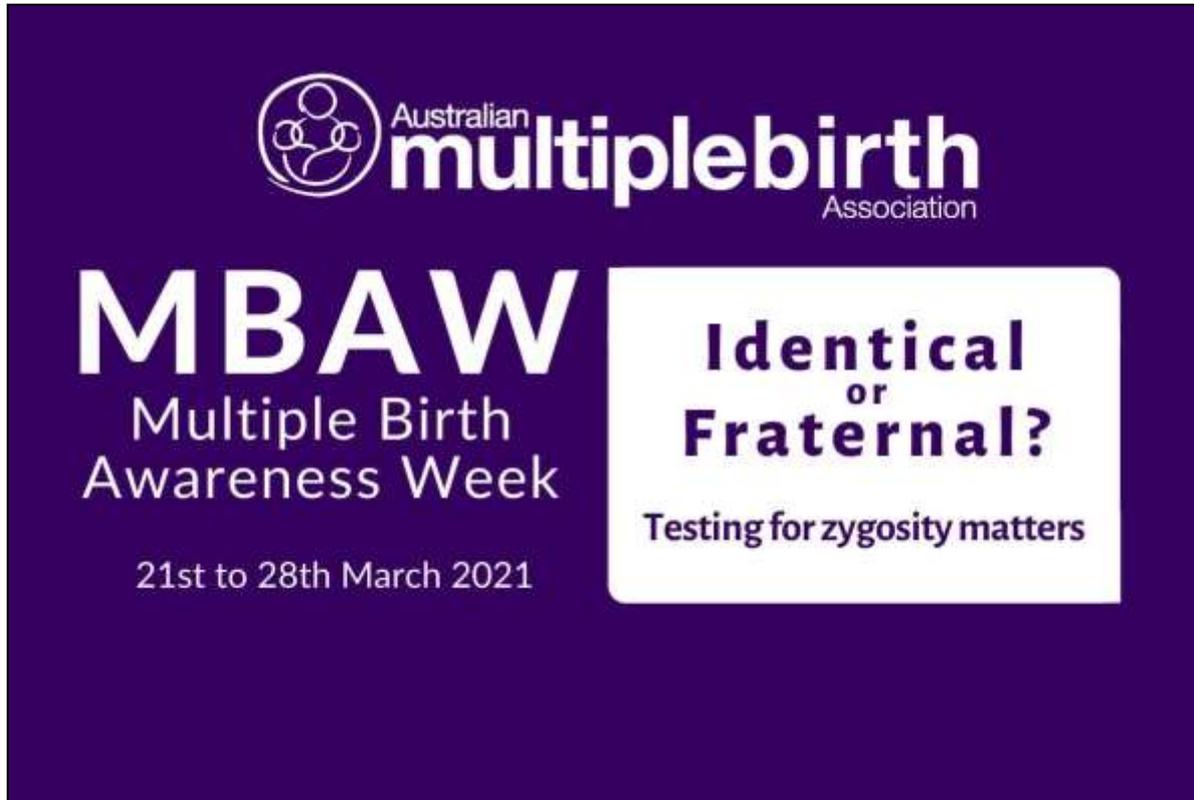
TUESDAYS - SUNDAYS
CHECK ONLINE FOR OPENING TIMES
(CLOSED PUBLIC HOLIDAYS)

BOOKINGS ARE ESSENTIAL

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



SSMBA Information



Australian multiplebirth Association

MBAW
Multiple Birth Awareness Week
21st to 28th March 2021

Identical or Fraternal?
Testing for zygosity matters



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



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

SSMBA Committee Meeting Minutes

[http://ssmba.amba.org.au/committee-meeting-mins?
fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8EafLTbKkWMxj_BNBSEMsZwkkyT65U](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8EafLTbKkWMxj_BNBSEMsZwkkyT65U)

SSMBA Information—Continued



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EQUIPMENT HIRE

Contact equipment@ssmba.amba.org.au

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

	 <p><small>*We supply pump only. You will need to buy your own attachments (usually available from your hospital)</small></p>	
<p>Twin Breastfeeding Pillow \$30 for 6months</p>	<p>Medela Symphony Breast Pump* \$15 per week (\$100 deposit)</p>	<p>Baby Bumbles Twin Feeding Pillow \$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 & IDENTITY IN MULTIPLES identity20</p>
<p>SLEEP, BEHAVIOUR & FOOD (DISABILITIES & SPECIAL NEEDS) 20mandy2</p>	<p>SLEEP, BEHAVIOUR & FOOD (TODDLER & PRESCHOOL) 20mandytoddlers</p>
<p>EMOTIONAL WELLBEING 20AMBAPANDA</p>	<p>FEEDING, SLEEPING & 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

Email contact@ssmba.amba.org.au

Facebook group www.facebook.com/groups/ssmba

Facebook page 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
www.rdscamden.com.au
 Rebecca's Dance Studio
 @rdscamden



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