

## April 2021 Newsletter

### Celebrating Multiple Birth Awareness Week

By Danielle Hope

What a way to kick start Multiple Birth Awareness Week 2021 after having to cancel last year due to COVID!

60 families took over Illawarra Light Railway Museum for a day of unlimited train rides. The BBQ was fired up, the ice creams were flowing and most of all the big smiles and waves from everyone as they rode the trains were priceless. The bond multiple families have is very unique because you get to share special events like this with others that just 'get it'!

Once again, thank you to everyone that came and helped celebrate, hope you had a fantastic day.

Special thanks to our amazing committee that made the event such a success because without you the event couldn't have run.

I look forward to seeing you all at the next event.



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

<b>20/04</b>	Committee Meeting (Online)
<b>21/04</b>	Mini Movers
<b>23/04</b>	Parents 'n' Bubs
<b>29/04</b>	Macarthur Playdate

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

<b>05/05</b>	Mini Movers
<b>07/05 &amp; 21/05</b>	Parents 'n' Bubs
<b>07/05</b>	Shire/East West Playdate
<b>11/05 &amp; 27/05</b>	Macarthur Playdates
<b>15/05</b>	Mum's Night Out
<b>16/05</b>	St George Playdate
<b>18/05</b>	Committee Meeting (In Person)
<b>19/05</b>	Mini Movers
<b>29/05</b>	HOM State Picnic
<b>30/05</b>	Family Picnic Day

## Mums Night Out!



### *Pinot & Picasso Miranda*

*By Kate Alger*

Shire East/West mums had a fun night out in February.

We had 12 lovely twin mums attend Pinot and Picasso Miranda, painting our twin sunflowers.

It was a fun night out to meet new twin ladies, relax, laugh and test our creative side.

Looking forward to another night out in May at Revesby Workers.



### *Pinot & Picasso Camden*

*By Sam Punch*

What a wonderful night that was! We don't see each other often but when we do it's full of laughter and chats. The snacks and wine were flowing and our beautiful sunflowers emerged.

Some of us even came home with a souvenir!

We would love to see you at our next night out.

## Dad's Night Out!

### *Sunday Road Brewing Kirrawee*

By Luis Dal Ballo

Multiple Dads Unite!

Thanks for all the dads that showed up for a few beers.

Great to meet everyone.





## President's Report

By Danielle Hope

Wow here we are at the 1st of April already!

I'm not going to lie, I am in some sort of denial that our little ladies will be turning 4 this month. Where did those 4 years go? We have just moved the girls into a big double bed and they are now finally sleeping through the night. The girls have always been shocking sleepers and we have always survived on the motto "sleep is for the weak".

Preschool drop off for us is slowly getting easier as it's been a crazy first term. We have been sick for a couple of weeks shortly after starting and their favourite teacher has since left. We have chosen to do one pink and one purple which I think the preschool appreciated, however the girls are still getting upset when they are called the wrong name - which is completely understandable. This week we also switched it up and swapped shirts to trick the teachers (I feel they should know their little personalities by now). Both girls have continued to amaze me each day with popping their glasses on every morning before leaving their bedroom and even cleaning them throughout the day.

We have since attended a few more specialist appointments to make sure our care plan is on track. We have accepted that they will always wear glasses, this isn't something we are trying to correct. We now have to change the script on their current glasses which means also purchasing a spare pair after only being in them for a few short weeks - we are just trying to embrace the chaos!

Last year, I was diagnosed with an auto-immune disease Hashimoto, along with low iron and low vitamin D. With the help of my naturopath I have been on all sorts of herbs and supplements to try and bring my levels back into the normal range. My aim is to not be medicated on a thyroid supplement for the rest of my life, so I'm trying to put in the hard work where I can. I have also started eating gluten free and dairy free where possible, I'm not as strict as I should be but I can certainly notice a difference in the way I feel.

Since trying to make my health a number one priority I have been taking the time to schedule in some self care. This can be in the form of a massage, getting my hair done, pedicure although sometimes these things start to feel like tasks. I have also been getting back into and enjoying listening to various podcasts and audiobooks. I always have at least one ear pod in so I can listen to various episodes during the day - especially in the car when running errands or doing stuff around the house.

My favourite podcast at the moment is 'Too Peas in a Podcast'. Two twin mamas who both have met through multiple birth playgroups and both sets of their twins have additional needs. I find both ladies very honest, funny and relatable, have a listen and I hope you can laugh and cry along with them.

SSMBA have been fortunate enough to be very busy with lots of events in February and March, please note that there are no scheduled events for April because of Easter and of course more importantly school holidays. I hope everyone stays safe over the holiday break and enjoys eating lots of chocolate over Easter. I know our house is very excited for the Easter bunny to arrive, I have even overheard a little plan to stay up late and capture the Easter bunny to get some more chocolates.





### Happy 3rd Birthday

#### Zara & James!

Zara, you are wild and wonderful.  
James, you are gentle and snuggly.  
Have the best day our little possums.  
We love you!

Love Mummy, Daddy & Sister



### Happy 4th Birthday to these little legends!

Shine bright big girls, we are so proud of you both!

Love Mumma & Dadda



### Happy 4th Birthday Sofia & Alivia!

*12th April*

### Happy 4th Birthday Emma & Brooklyn!

*26th April*

Keep being your crazy selves. Love Mum, Dad & Red xxx



### Happy 2nd Birthday to my two favourite humans!

You make me proud every single day. Lenny and Etta you're the best!  
Love always Mummy



## Upcoming Events



### 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>



### Parents n' Bubs

JOIN US ON ALTERNATE FRIDAYS  
10AM - 12PM (TERM TIME)

Parentsnbubs@ssmba.amba.org.au  
Spots Function Room, Stewong Community Hall  
273 Ipswich Rd  
Adjacent to Stewong Shopping Village

Register here:  
<http://Pnbplaygroup.eventbrite.com.au>

- 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




### MINI MOVERS

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

**Wednesday 21st April**  
**Wednesday 5th May**  
**Wednesday 19th May**  
**Wednesday 2nd June**  
**Wednesday 23rd June**

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

**10:45am - 12noon**

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



### 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
- 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>



## Upcoming Events—Continued



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

MON 8TH FEB - OLD SCHOOL PARK, GYMEA BAY  
SUN 28TH 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 - TBC  
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)

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**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 lemma 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: Lisa Turner  
[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)

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**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**

FEB 9TH  
MAR 9TH  
MAY 11TH  
JUN 8TH

**THURSDAYS  
MOUNT ANNAN  
BOTANICAL GARDENS**

FEB 25TH  
MAR 25TH  
APR 29TH  
MAY 27TH  
JUN 24TH



## Upcoming Events—Continued



# AUTUMN EVENTS 2021

**MARCH** Saturday 6th - Dads Event 2:30pm at Sunday Road Brewing, Kirrawee  
Saturday 13th - MBAW 10am at Illawarra Light Rail Museum, Albion Park

**APRIL** No events planned

**MAY** Saturday 15th - Mums Night Out 7pm at Revesby Workers Club  
Saturday 29th - NSW HOM (triplets+) State Picnic 3pm Panania Diggers  
Sunday 30th - Family Picnics 10am at Currans Hill & Camellia Gardens



## AMBA NSW HOM STATE PICNIC

TRIPLETS+

**FREE EVENT**  
Games • Friendship • Prizes

**SATURDAY 29TH MAY 2021**  
**3pm - 5pm**

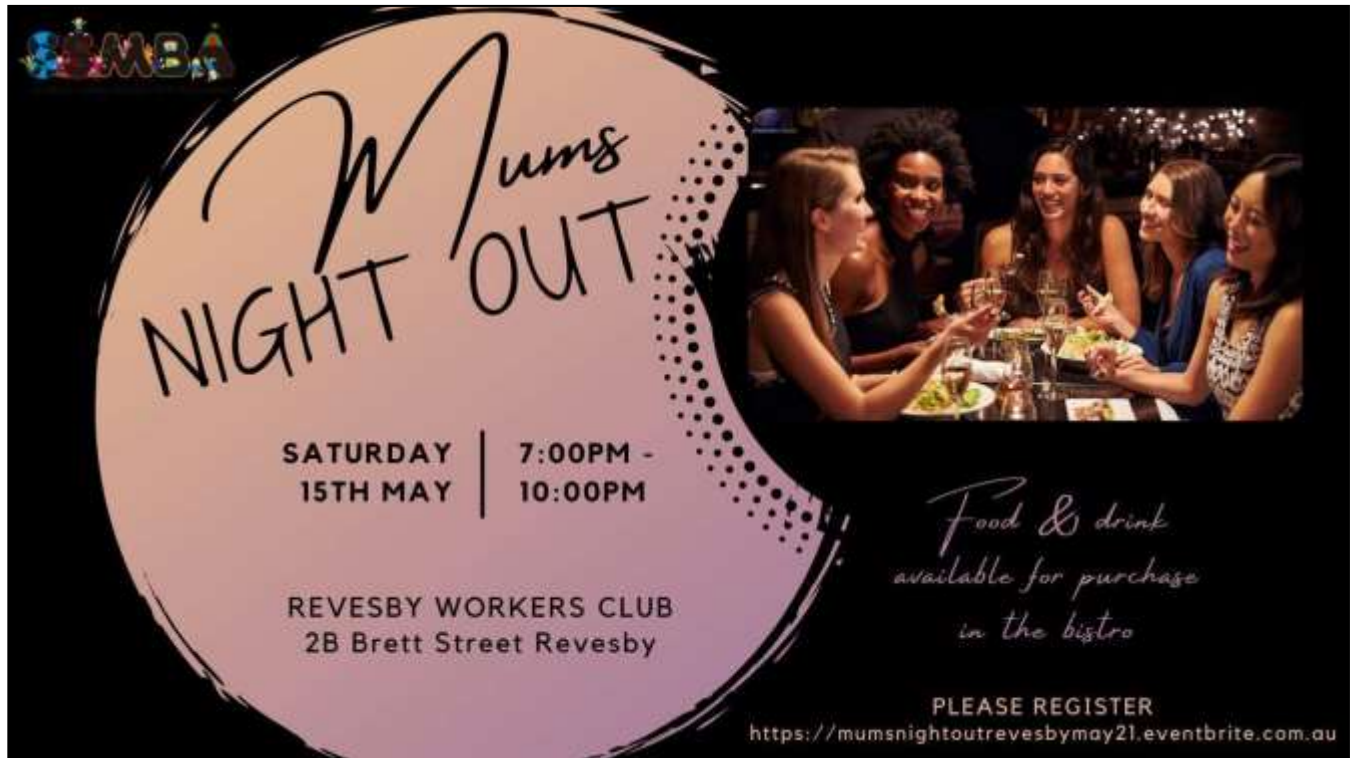
**PANANIA DIGGERS**  
28 Childs St Panania NSW 2213

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

For more info, contact  
Ally Buckley  
[hom@ssmba.amba.com.au](mailto:hom@ssmba.amba.com.au)

PRESENTED BY  
  
Southern Sydney Multiple Birth Association

## Upcoming Events—Continued



**Mums NIGHT OUT**

**SATURDAY 15TH MAY | 7:00PM - 10:00PM**

**REVESBY WORKERS CLUB  
2B Brett Street Revesby**

*Food & drink available for purchase in the bistro*

**PLEASE REGISTER**  
<https://mumsnightoutrevesbymay21.eventbrite.com.au>



**Family Picnic Day**

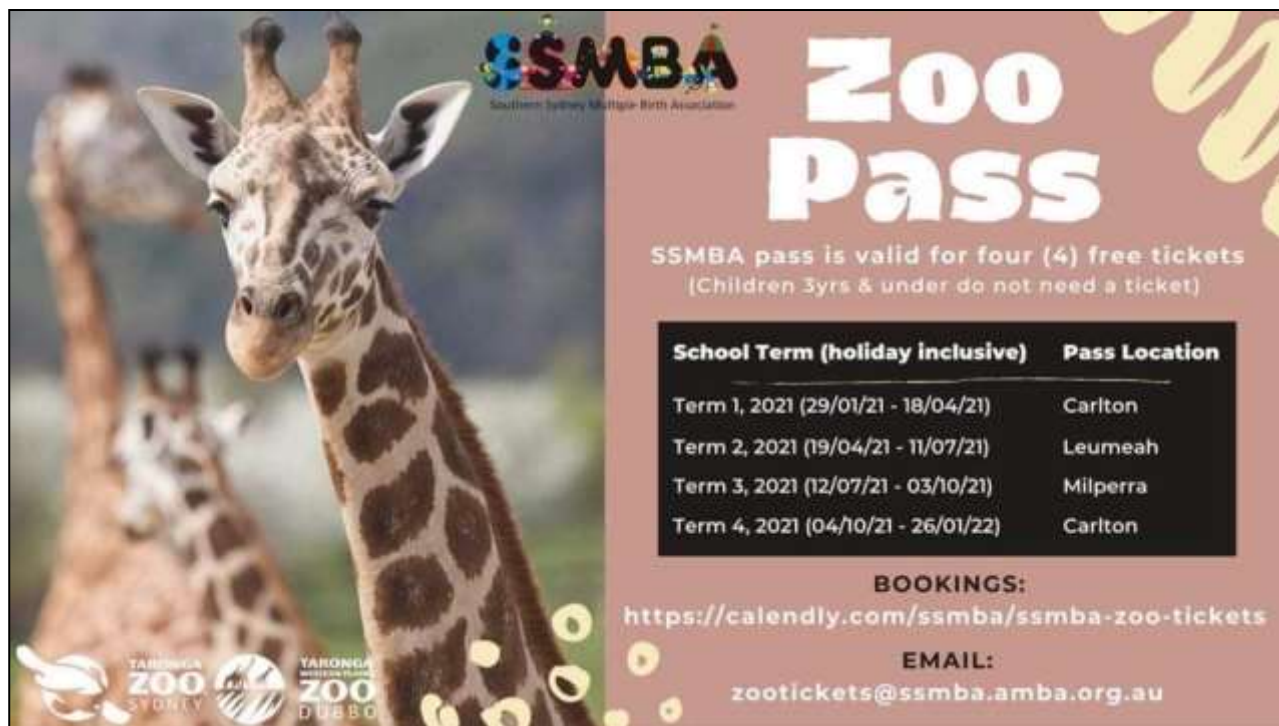
**SUNDAY 30TH MAY 2021  
10am - 2pm**

**CURRANS HILL - SEDGEWICK RESERVE** <https://curranshillmay21.eventbrite.com.au>

**CARINGBAH - CAMELLIA GARDENS** <https://camilliagardensmay21.eventbrite.com.au>



## Upcoming Events—Continued



**SSMBA**  
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# Zoo Pass

SSMBA pass is valid for four (4) free tickets  
(Children 3yrs & under do not need a ticket)

School Term (holiday inclusive)	Pass Location
Term 1, 2021 (29/01/21 - 18/04/21)	Carlton
Term 2, 2021 (19/04/21 - 11/07/21)	Leumeah
Term 3, 2021 (12/07/21 - 03/10/21)	Milperra
Term 4, 2021 (04/10/21 - 26/01/22)	Carlton

**BOOKINGS:**  
<https://calendly.com/ssmba/ssmba-zoo-tickets>

**EMAIL:**  
[zootickets@ssmba.amba.org.au](mailto:zootickets@ssmba.amba.org.au)

TAMEROGA ZOO SYDNEY  
YARONGA ZOO DUBBO



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

## SSMBA Information



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 Committee Meeting Minutes***

[http://ssmba.amba.org.au/committee-meeting-mins?](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_gVnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwukyT65U)  
[fbclid=IwAR2fO\\_gVnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj\\_BNBSEMsZwukyT65U](http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_gVnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwukyT65U)



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 Information—Continued



**SSMBA**  
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# 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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# REBECCA'S DANCE STUDIO


Conveniently located in Camden, RDS offers a variety of classes for all ages! Join the RDS family in 2020!



[rdrebecca@gmail.com](mailto:rdrebecca@gmail.com)

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

Rebecca's Dance Studio

@rdscamden









## APPLY NOW FOR CHILDCARE VACANCIES

Early Education Centres: 2-5 years  
Family Day Care: birth-5 years

Tours and enquiries welcome!

W [sutherlandshire.nsw.gov.au/childcare](http://sutherlandshire.nsw.gov.au/childcare)  
T 02 9710 0466



### SMOKE DETECTOR AWARENESS

# SSMBA SPECIAL

DO YOU NEED YOUR EXISTING SMOKE ALARM REPLACED?

240V HARDWIRED + 9V BACK UP BATTERY 5 YEAR WARRANTY RRP \$180	240V HARDWIRED + 10 YEAR LITHIUM BATTERY 5 YEAR WARRANTY RRP \$220
<b>SSMBA \$150*</b>	<b>SSMBA \$185*</b>
*EXCLUDES GST	*EXCLUDES GST

AT&CS APPLY



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[info@airelectrixaustralia.com.au](mailto:info@airelectrixaustralia.com.au)



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