

May 2021 Newsletter

Editor's Message

By Jess Young

Did you know... 'Many Australian children **are not travelling in the safest restraint or safest position in the car** putting them at significant increased risk of injury or death in a crash?' ([RCH National Child Health Poll, May 2019](#))

I recently visited our local council for car restraints services (*at a much cheaper cost compared to NRMA*) and installed by authorised restraint fitters. My identical twin girls turned 2 in March and for the last couple months they have found car trips to be challenging, often resulting in crying and wanting to be out of the car.

During the visit, I learnt a lot about the importance of having the car seat belt indicators at the correct shoulder height level and also found out that the girls had almost outgrown their car seats. This came as quite a shock as the car seats are marketed as suitable from 6 months to 4 years! Since the visit, the girls are now front facing and they seem much more comfortable and enjoying their car trips.

For more information on correct child restraints, please read the [Kidsafe Child Restraint Guidelines](#).

Here are also a few of the upcoming council car seat fittings around South West Sydney:

[Bankstown/Canterbury](#)

[Sutherland Shire](#)

[Campbelltown City](#)



Road Safety: Transport NSW

What's on this month @ SSMBA...

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

What's on next month...

02/06 & 23/06	Mini Movers
04/06 & 18/06	Parents 'n' Bubs
06/06	Weekend Bicycle Playdate
07/06	Shire East/West Play Date
08/06 & 24/06	Macarthur Play Dates
09/06	Liverpool Play Date
15/06	Committee Meeting (Online)
19/06	First Aid Information Session
27/06	Skating Fun & Bouncing Fun Events for School Age Multiples

Wishing all our amazing multiple mums a
Happy Mother's Day!





Happy 2nd Birthday

Sam & Abby

You make us laugh everyday, we are
very blessed to have such funny,
happy kids.

Love Mum, Dad and Ellie



Happy Birthday

Elijah & Eden



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, Stewards Community Hall
273 Power Rd
Adjacent to Stewards 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




TERM 2 2021

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

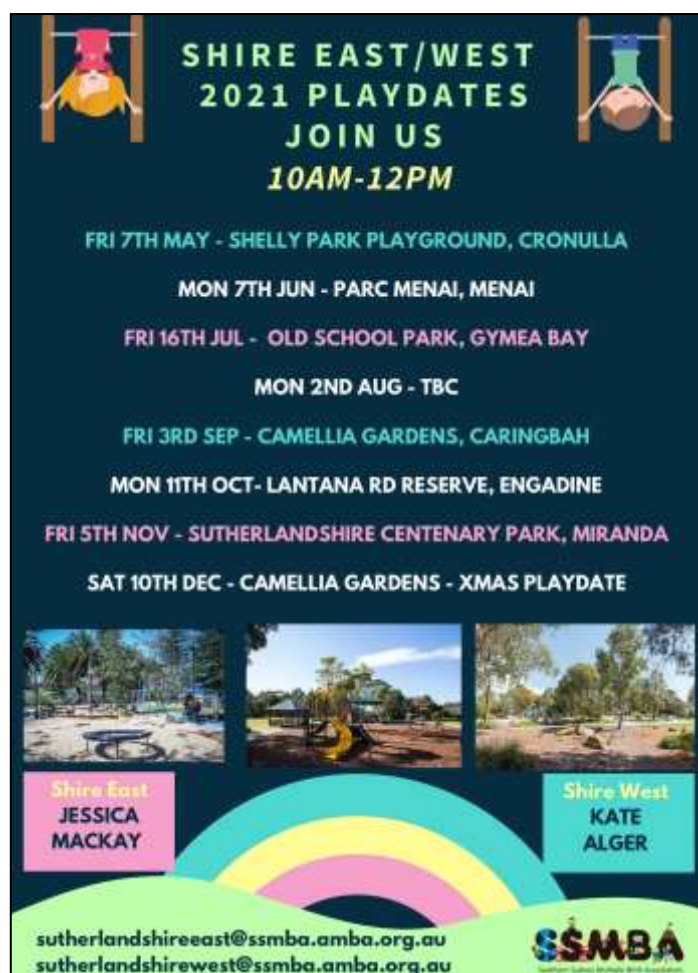
MENAI INDOOR SPORTS CENTRE
98-150 Allison Cres (behind Menai Marketplace)
Free parking available underneath the centre

10:45am - 12noon

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



Upcoming Events—Continued



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

FRI 7TH MAY - SHELLY PARK PLAYGROUND, CRONULLA

MON 7TH JUN - PARC MENAI, MENAI

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
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

Padstow & Milperra: Lisa Turner
Padstowmilperrarep@ssmba.amba.org.au

St George: Amy Seidel
stgeorgerep@ssmba.amba.org.au

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

CONTACT: SAM PUNCH & DEBORAH DUTTON
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**

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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



WINTER EVENTS 2021

JUNE Sunday 6th - Playdate 10am at Campbelltown Bicycle Education Centre
Saturday 19th - First Aid Session 10am at Revesby Workers Club
Sunday 27th - SAM Event 11am at Maximum Skating, Smeaton Grange
Sunday 27th - SAM Event 12:30pm at Inflatable World, Miranda

JULY Thursday 21st - School Forum 7pm at Revesby Workers Club
Saturday 31st - Mums Night Out 7pm at Beverly Hills Teppanyaki

AUGUST Friday 13th - New Parents Lunch 11am at Panania Diggers
Saturday 21st - Mess It Up HQ (3 sessions)

Upcoming Events—Continued



Mums NIGHT OUT

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

REVESBY WORKERS CLUB
28 Brett Street Revesby

Food & drink available for purchase in the bistro

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



AMBA NSW HOM STATE PICNIC

SATURDAY 29TH MAY 2021
3pm - 5pm

PANANIA DIGGERS
28 Childs St Panania NSW 2213

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

PRESENTED BY **SSMBA**
Southern Sydney Multiple Birth Association

For more info, contact Ally Buckley
bom@ssmba.amba.org.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



WEEKEND PLAYDATE

Campbelltown Bicycle Education Centre

— King Street Campbelltown —



Sunday 6th June 2021
10am - 12noon

All welcome!
BYO food & drinks
Free BBQ's available to use

PLEASE REGISTER
<http://thq.fyi/se/3JqQUCc>



DON'T FORGET YOUR
BIKE & HELMET!



Free Event



FIRST AID INFORMATION SESSION

Saturday 19th June | 10am - 12noon

Revesby Workers Club - 2B Brett St Revesby

Content will be aimed at adults but children are welcome

Places limited. Please register at:
<http://thq.fyi/se/Bobe6WA>

Upcoming Events—Continued



Macarthur area

School Aged Members SKATING FUN

Maximum Skating - 75 Anderson Rd Smeaton Grange

Pop on some TIE-DYE and join us for some fun!

Sunday
27th June
11am - 1pm

- Primary & Secondary students
- \$5 per child (subsidised event)
- 2hrs skating & skate hire included
- Siblings welcome!

For more info, contact Hannora Normoyle
schoolagedcontact@ssmba.amba.com.au
REGISTER AT >> <http://thq.fyi/se/BK77J3E>




Sutherland Shire

School Aged Members BOUNCING FUN

INFLATABLE WORLD - 8/2-4 Kumulla Rd, Miranda

Pop on some TIE-DYE and join us for some fun!

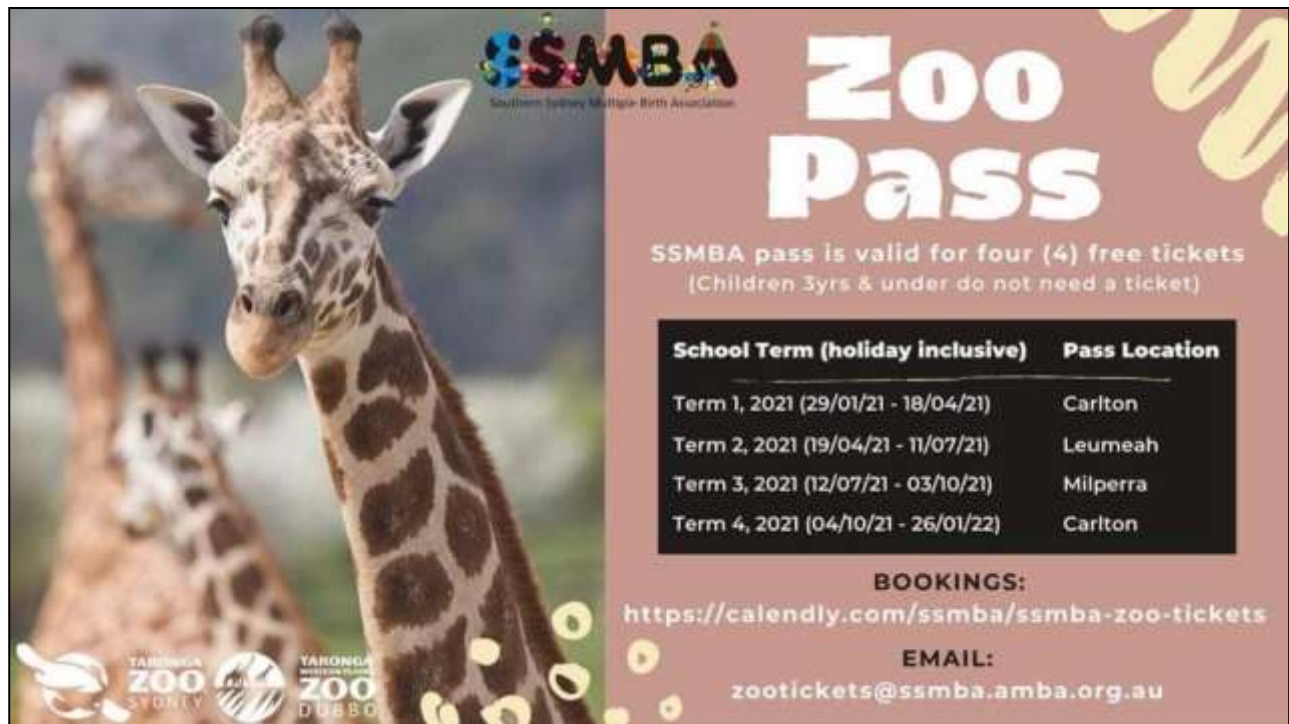
Sunday
27th June
12:30pm - 2:30pm

- Primary & Secondary students
- \$5 per child (subsidised event)
- 2hrs bouncing & pizza included
- Siblings welcome!

For more info, contact Hannora Normoyle
schoolagedcontact@ssmba.amba.com.au
REGISTER AT >> <http://thq.fyi/se/149c76999d7b>



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

TARRAGGA ZOO SYDNEY
YARONGA WILDLIFE SANCTUARY DUBBO



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University of Wollongong

EARLY START DISCOVERY SPACE

Special SSMBA price: \$4 per ticket
(Children under 1yr do not need a ticket)

Simply:

1. Log in to your TidyHQ account to purchase ESDS tickets
2. Wait for your SSMBA email containing your codes
3. Follow the email instructions to book your visit directly with Early Start Discovery Space

TICKETS:
<https://ssmba.tidyhq.com/public/shop/products>

EMAIL/INFORMATION:
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!

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

SSMBA Committee Meeting Minutes

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



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



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 Information—Continued



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EQUIPMENT HIRE

Contact equipment@ssmba.amba.org.au

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

 <p>Twin Breastfeeding Pillow \$30 for 6months</p>	 <p>Medela Symphony Breast Pump* \$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>Baby Bumbles Twin Feeding Pillow \$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>




Photography
BY AMYE



Wedding & Family Photographer
www.photographybyamy.com.au





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

www.rdscamden.com.au

Rebecca's Dance Studio

@rdscamden







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CHILDCARE**

CURRENT VACANCIES

Early Education Centres
2-5 years

Family Day Care
Birth-5 years

Tours and enquiries welcome!

W 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 SSMBA \$150* *EXCLUDES GST	240V HARDWIRED + 10 YEAR LITHIUM BATTERY 5 YEAR WARRANTY RRP \$220 SSMBA \$185* *EXCLUDES GST
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