

August 2021 Newsletter

Editor's Message

By Jess Young

Hi everyone,

Unfortunately due to lockdown there are no SSMBA events this month. We're optimistic that we will be able to hold face-to-face events again as scheduled for September and October. Please continue to keep an eye on the SSMBA Facebook Page for further updates on future events, play dates and play groups.

For members seeking information on transition to preschool and primary school, please see the AMBA webinar, '[School Readiness—Developmental Considerations for Multiples](#)'. This webinar is FREE for SSMBA members, please use code: school1members

There is also a great transition to school article on the ABC website, '[School Readiness during a Pandemic](#)'. The article discusses child self regulation, the importance of play, learning opportunities at home, and what families can do to prepare their child for school at home.

The SSMBA Annual General Meeting will be held this month on Tuesday 10th August 2021, please see Page 2 for more details.

What's on this month @ SSMBA...

August 2021	All SSMBA events, play dates & playgroups cancelled due to covid restrictions in place
10/08	SSMBA AGM (Online)

What's on in September 2021

03/09	Shire East/West Playdate
08/09	Liverpool Play Date
10/09	Parents 'n' Bubs
11/09	SSMBA Disco
13/09	Mini Movers Bunnings Padstow Playgroup
15/09	SSMBA School Forum
19/09	School Age Multiples Event

What's on in October 2021

11/10	Shire East/West Playdate Bunnings Padstow Playgroup
15/10	New Parents Lunch
20/10	Padstow & Milperra Play Date



SSMBA August event update:

T3	Parents 'n Bubs Playgroups	On hold
T3	Mini Movers Playgroups	On hold
31/7	Dads Event Kirrawee	Cancelled
2/8	Expectant Parent Session 7-9pm	Online
7/8	Mums Night Caringbah & Currans Hill	Cancelled
8/8	Dads Event Leumeah	Cancelled
13/8	New Parents Lunch	Postponed
21/8	Mess it up day	Cancelled

Those who had already registered for events will be contacted regarding refunds/updated information.

We apologise for any inconvenience and hope we can get back into our fun playgroups and events soon!

Annual General Meeting

By Danielle Hope

NOTICE OF SOUTHERN SYDNEY MULTIPLE BIRTH ASSOCIATION ANNUAL GENERAL MEETING - 2021

AGENDA

SSMBA AGM

Tuesday 10th August 2021, 7:30pm—9:30pm, online via GoToMeeting

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/197088661>

You can also dial in using your phone.

(For supported devices, tap a one-touch number below to join instantly.)

Australia: +61 2 9091 7603

- One-touch: tel:+61290917603,,197088661#

Access Code: 197-088-661

New to GoToMeeting? Get the app now and be ready when your first meeting starts: <https://global.gotomeeting.com/install/197088661>

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- | | |
|---|---|
| 1. Welcome | 8. Correspondence |
| 2. Roll Call of Delegates | 9. Business Arising from Correspondence |
| 3. Apologies | 10. Reports |
| | President Report: Danielle Hope |
| | Treasurer Report: Rebecca Soo |
| | Membership Report: Amy Seidel |
| 4. Appointment of Minutes Secretary, Timekeeper, Parliamentarian and Scrutineers | 11. General Business |
| 5. Minutes of the Annual General Meeting held online via GoToMeeting on Monday 17th August 2020 | 12. Presentation of the Volunteer of the Year Award |
| 6. Amendments to the Minutes | 13. Election of SSMBA 2021/2022 Committee |
| 7. Business Arising from the Minutes | 14. Close of Meeting |

Member Feature Article

By Amy Seidel

Hi all,

Hope everyone is coping ok in the madness that is lockdown!

For those who don't know me, I'm Amy and I am the Membership Manager for SSMBA.

I took on the role in 2020 as a way to give back to a wonderful organisation, although if you ask my mum it was because it's in my blood. Thanks to my mum I have been around AMBA my whole life. I am lucky enough to have a twin sister and also have my beautiful twins, Anna and Jackson, along with their big sister, Evie.

I get so many questions and comments like "doesn't it skip a generation?" or "wow, a twin who had twins". I remember my mum told me she thought I was having twins when I told her I was pregnant and I just laughed. Evie was only 13 months old at that point, well the joke was on me, when at my 8 week appointment sure enough there they both were (there were many tears!). When I told mum she asked if I was excited and I asked her if she remembered how she felt the day she was told she was having twins, her response was "I felt like I needed a drink". Well, that was a feeling I could agree with.

My sister and I were always close growing up. She was my best friend and it hasn't changed much now in our adult lives, although she lives in Tamworth with her 4 kids. Technology is wonderful that we can video call a couple of times a week to keep up to date with each other and the chaos that is family life.

Fast forward to now and here we are, Evie is almost 4 and Anna and Jackson have just turned 2 and I wouldn't change a thing even if I could. The last 2 years have certainly been a rollercoaster of ups and downs as any multi-parent would know. I am fortunate enough that I had my mum who had

been where I was with a toddler and twins and she was an amazing support to us. Prior to lockdown, my parents were looking after my 3 kids on a Monday when I went back to work.

In January 2021, I transitioned back to full time work and wasn't that a shock to the system!!! Thanks to covid we were working from home which helped make the transition easier without the travel time to and from the office and we had recently moved to a day care centre closer to home. Even without travel time, mornings are crazy busy getting the 3 kids dressed, fed and out the door to day care, although made easier with the working from home wardrobe (active wear with ugg boots!). We still get some family time in the afternoons which has eased my guilt of going back to work full time.

Even with 3 kids under 4 and working full time, I still try to find time for self care which has taken the form of online workouts in my lunch break. During lockdown this has been my sanity and is helping me lose what I have dubbed the Covid kilos.

I love cooking! So for my family lockdown weekends it involves lots of cooking and baking which the kids all love to help with. It also doubles as my meal prep for the week so I can spend more time with the family and avoid the hangry toddlers when they get home from day care.

I'm looking forward to the lockdown ending so we can get back to some face to face catch ups with each other. I have seen first hand through my mum the life long friendships that can be made, through my time at PnB and now on the committee— the SSMBA family is a special group to be a part of.

Stay safe and well!

- Amy



Happy Birthday

Paige & Benji

Wishing our little farmers Paige and Benji a very happy 6th birthday!



Happy 2nd Birthday

Lorelai & Justin

5th July

Happy 1st Birthday Mia & Logan

10th August

I cant believe how fast this past year has gone. It has been the absolute best being a twin mumma to these two gorgeous babies.





**Happy 3rd Birthday
to our beautiful miracles,
Ella & Chloe**

So much love we have for you both.

Enjoy your birthday!

Love mummy, daddy & big sissy Ally



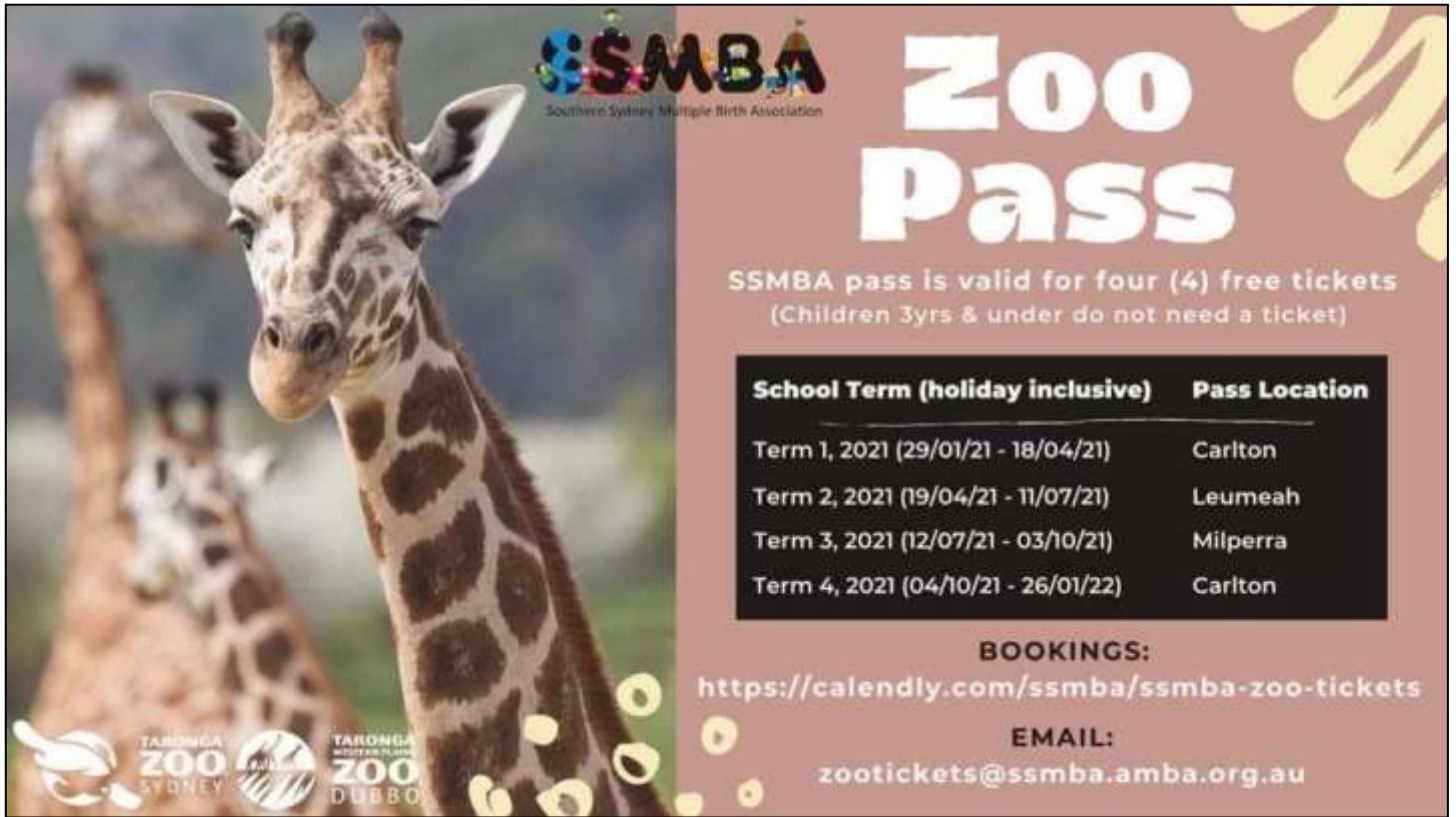
**Happiest 3rd Birthday
Ashton & Brody**

Love watching you grow!

Love always Mum, Dad and
little brother Callum xx



SSMBA Passes



SSMBA
Southern Sydney Multiple Birth Association

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

TARONGA ZOO SYDNEY | TARONGA ZOO 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



SSMBA
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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 Committee

Meeting Minutes

http://ssmba.amba.org.au/committee-meeting-mins?fbclid=IwAR2fO_9VnUvSOyEeTlaNIDD3cY5TR8FafLTbKkWMxj_BNBSEMsZwkkyT65U



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 Information—Continued



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EQUIPMENT HIRE

Contact 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>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



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