

Welcome to the  
**January/February 2014**  
edition of Two Up

## **PRE-SCHOOLER BEHAVIOUR AND SCHOOL AGED MULTIPLES**



CARMB is a member of The Australian Multiple Birth Association (AMBA).  
AMBA is a not-for-profit organisation comprising of multiple birth families.



***MULTIBABIES GATHERING  
THEY'LL TURN INTO PRESCHOOL AND SCHOOL AGED  
MULTIPLES BEFORE YOU REALISE ☺***

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## OUR EDITORS

*We thank Emily, co-editor of Two Up, for her contribution, and wish her the best for the upcoming new addition to her family.*

Hi Everyone,

Happy 2014!!! Sadly I am saying farewell to my co-editor Emily, who has decided to have another gorgeous baby (singleton for those wondering) to add to her family. Emily is retiring her editorial boots and handing the full reins over to me for 2014. As you may realise, it takes time and plenty of creativity to pull together these bi-monthly newsletters, and so I'm seeking the help of what we'd like to call "guest editors". Perhaps you'd like to try your hand at editing our newsletter, or bring some inspiration for articles and fun tips for our newsletter. If you are interested, I'd love to hear from you ([twoup@carmba.org.au](mailto:twoup@carmba.org.au)).

2014 is going to be a special year for CARMBA, with preparations for the Annual Fun Day underway, which is looking to be bigger and better than ever, and a new logo competition for the association you can read about inside.

We have listened to our members and tried provide information requested, and so this edition is focussing on an older group of multiples, our pre-schoolers and school aged.

Next edition in March and April we are resorting back to the very early days of multiples, and will be tackling everything including what to buy, bringing them home after birth, and living with twins (and more). If you have any stories, photos or other contributions for this or future editions please send them to [twoup@carmba.org.au](mailto:twoup@carmba.org.au)

Happy reading!

Emily (for the final time) and Lisa

*P.S. Lisa's boys Hugh and Owen had their first no-tears photo with Santa this year...a very proud Mummy moment (see photo) ©*







## A NOTE FROM OUR PRESIDENT

*"The themes for this issue couldn't be better timed, and I'm looking forward to finding some time to grab a cuppa and read all about the pre-schooler behaviour and school aged multiples topics covered in the following pages"*

Hi Everyone,

I hope you all had a wonderful Christmas and are refreshed and ready for a great 2014! I have been able to spend some long-awaited time with family and friends over the holiday period. I try not to make New Year's resolutions, but I am committed to making this a priority that happens throughout this next year. We all need a break from the daily grind occasionally, and it is really special when we can enjoy time with our loved ones.

My dynamic duo have enjoyed the excitement and excesses of the Christmas period and now our little family is well and truly focussed on the boys starting pre-school. The transition from being toddlers to 'big kids' feels like a huge step. My boys have attended daycare since before they turned one – when they started, they couldn't even crawl. To think that they'll be heading off to pre-school where they will have to be so much more independent is both exciting and scary (mostly for me). The themes for this issue couldn't be better timed, and I'm looking forward to finding some time to grab a cuppa and read all about the pre-schooler behaviour and school aged multiples topics covered in the following pages.

I'm really looking forward to reading all about the interesting (insert: 'challenging') pre-schooler behaviour displayed by our little angels and gaining some insight into their development. I don't know about your multiples – or other children - but for me, a conversation with my boys is often akin to negotiating a minefield on a unicycle...blindfolded. Does everything have to be a negotiation? Is this just happening in my household? Is it normal? Are they developing and learning at the right rates? For more info, we should read on.

I can't wait to see you all at an event in 2014 – the Annual Family Fun Day is just around the corner again in March (see the ad for more info).

Til next time,

Amelia

CARMBA President



A photo of David and Jules enjoying the National Zoo Christmas party with their Dad



# SCHOOL AGED MULTIPLES

Written by Robyn Porter

*Robyn shares her experiences year by year as her twins Nic and Sarah grew up and developed through their schooling lives.*

Is it better to keep your multiples together at school or to separate them? The answer is “it depends”. At different times, my twins have been in the same class, in different classes and even, for one year, at different schools.

Due to their father’s ill health my twins started preschool in the ACT the year they were turning four – a year earlier than is “normal”. (Their birthday is in June and the ACT “cut-off” for starting school or preschool in a particular year is April 30.) They went part-time and were in the same class. The following year when they turned five they went full-time to preschool and again were in the same class. Both of these years Nic and Sarah needed each other’s “support” plus, to ease the “juggling” of preschool hours and my husband’s dialysis, this was the only sane way of doing things.

Nic and Sarah went to the local preschool for which we were in area. However, their older sister went to a different primary school as we’d previously been in a different area. Luckily this other school was only a 20 minute walk away (as opposed to 5 minutes for the local school). In 1999, when they were to start “big school” we made the decision to send them to the same school as their older sister – to keep the schooling as simple as possible for the parents! As Nic and Sarah would need to leave their friends behind and go to a “strange” place we decided to have them placed in the same class. (I might add that, at that stage, the school had a policy of always splitting twins. We were adamant that this was not to happen and the principal seemed to accept this with no problem.)

During the year we kept in contact with their teacher and heard that they were both coping well with school. They were learning at an acceptable rate – both academically and socially. In about October I spoke to Nic and Sarah and asked did they want to be in the same or different classes the following year. As neither the teacher nor we, as parents, had concerns with their development we thought it would also be appropriate to discuss with them what they wanted. I might add that if there had been concerns we would still have asked Nic and Sarah their preferences, but may have worded the question(s) slightly differently. Both of them requested they be in the same Grade 1 class. We thought this was fine so by mid-November (when schools start looking at class compositions for the following year) we passed this request on to the teacher. (One important thing that did occur during the year was the “parent/teacher interview”. Although we only arranged one time we did not have one “normal” timeslot – we had a “double” one. I hadn’t remembered to ask for this when “booking” the appointment, but at least the teacher had thought about it – I made sure I did the following years.)

During Grade 1 in discussions between the teacher and myself no concerns were raised. Again in October I asked Nic and Sarah their preferences for Grade 2. The choice was the same – same class please.

Again during Grade 2, there were no concerns raised (I might add that for the third year in a row they had a different teacher, so we were getting consistent messages about their development). However, in October when I asked Nic and Sarah their preferences for Grade 3, they both wanted to be in different classes. They were attending a small school and this potentially could have raised problems. However, the school mostly ran “composite” classes – ie Grade 2/3 composite or Grade 3/4 composite, etc – so this could be worked.

Unfortunately we had just moved and I decided that catching two buses to school when they could have a 15 minute walk was not a sensible option. Luckily, the new school, whilst also a small school, had composite classes as well. The new school agreed that Nic and Sarah would be put into different classes as per our request.

One of my sisters is a teacher (K – 6) and at our family Christmas get-together she asked “why” were they wanting to be separated. As I didn’t know, we agreed that she’d speak to Nic and Sarah individually. She asked them “why” and a few other questions. Afterwards she asked me how Sarah’s “reading” and “grades” were as she felt that Nic was “holding Sarah back”. I hadn’t felt that as Sarah’s reading and grades were quite good.

Grade 3 – it was interesting watching Sarah as her work improved significantly. So my sister was right (well she was my “baby” sister, but that wasn’t why I was sceptical as I accepted her professional opinion). If you’re in a similar situation it might be worth asking a “non-involved professional” person to question your multiples individually to “hear” the underlying issues. (The Grade 2 teacher had not mentioned the possibility of Sarah being held back.)

As usual, in the October of Grades 3, 4 and 5, the same question was asked – each time the same answer came back “separate classes please”. This request was duly conveyed to the principal each time. Grades 4 and 5 there were no issues and Nic and Sarah were able to be placed in separate classes. Unfortunately when they were going into Grade 6 there was only one Grade 6 class, so Nic and Sarah had to be in the same class. However, they sat on different sides of the class and interacted as little as possible.



# SCHOOL AGED MULTIPLES (CONTINUED) Written by Robyn Porter

*Robyn shares her experiences year by year as her twins Nic and Sarah grew up and developed through their schooling lives.*

This was not the best year for either Nic or Sarah. Nic had had a number of behavioural issues since Grade 1 when his father had died which continued up to and during this year. As well as this, he didn't "get on" with the Grade 6 teacher. Sarah was stressed with the "problems" caused by Nic while trying to cope with the normal workload (she coped really well both academically and socially).

As I mentioned earlier we'd moved house and school at the end of Grade 2 and ever since then Sarah had said that she wanted to go to the high school she would have gone to if they hadn't changed schools. So in about March of the year they were in Grade 5, I asked both of them what they thought about going to different high schools. They both thought it was a brilliant idea. Since I'd got such a reaction from them, I then arranged an appointment with the principal of their primary school to get her ideas. She agreed that it would be a good idea for Nic and Sarah to attend different high schools. The principal then asked which high schools? I told her Sarah wanted to go to the non-local high. However, I wanted to choose the "right" school for Nic (because of all the ongoing issues). We had quite a long discussion about what sort of "things" the school needed to provide or not have.

So the hunt was on to find the "right" high school for Nic. As I wanted to make sure that I found the right school for him, I felt it was better to start early. I made an appointment with the principal of the local high school to discuss all the things that the principal at the primary school had suggested. The high school principal had no problems that I was seeing her two years before Nic would be starting at "her" school. She said I wasn't the only one. So another suggestion – start thinking about high school (even if it's the local one) when your multiples are in Grade 5. I was really fortunate with this principal as she happened to be an identical twin, so was probably more across "twin" issues than I was!

After our discussions I was comfortable that the local high school would be a good choice for Nic. This meant that when the forms started coming round for choosing the child/ren's school in Grade 6 (about May) I was ready with my first choice (and my second) for each twin.

When the forms for choosing high schools came around in Grade 6, I asked Nic and Sarah did they still want to go to different high schools. It was possible that they had changed their minds. However, they were still adamant – different high schools.

Year 7 – two different high schools. There were challenges, but as both schools were in the public system, they were fairly minor in the scheme of things. There was one major advantage – they didn't have the same things on at the same time, so I didn't have to be in two places at once!

Things were going along really well until....the ACT Government decided to "rationalise" the schooling system and listed Sarah's high school for closure! This caused a major dilemma in our household – where would Sarah continue her secondary schooling? Would we go looking for another high school (where she'd have to make new friends) or would she now attend the same school as her twin???

Sarah's preference was to attend the same school as Nic – since this was our local one and almost all her friends from primary school were attending it too. Nic wasn't happy about this, but said he could live with it provided "she's not in any of my classes"! As Nic and Sarah performed differently academically, I told him she wouldn't be in the same classes. He emphasised she wasn't to be in any of his classes – including the "TEAM" (or roll) class! This was potentially a sticking point – I mean a roll class is usually determined alphabetically. How can you split children with the same last name??

Back to the Nic's school to talk to the principal. Cecily was great! She had no issues about Nic's demand for totally separate classes – the TEAM classes didn't have to be alphabetical and Sarah and Nic could easily be in different classes. So since year 8 (ie 2007) Nic and Sarah are back at the same school, but in different classes for everything. It's interesting in that the year coordinator knows that Nic and Sarah are twins as do a number of other teachers, but not all of them (between the two of them there are 14 teachers to be seen each parent/teacher interview night plus the year coordinator!) As I have a policy of seeing every teacher every time (from day 1 of my eldest's school life) it does get hectic trying to see all 15 teachers in two hours, but it is manageable even in 10 minute "chunks".

So as can be seen from the above, it very much depends on the circumstances as to whether multiples should be in the same or different classes or even the same school.



# THE TARNISHED TOOTH FAIRY (NOT A TALE FOR THE TRUE BELIEVER) Written by Fiona May

*Back in February 2005 Fiona May wrote this story, and we thought it was a great time to reuse for our current members to enjoy.*

Our triplets turn 6 soon and the year began with the usual excitement over starting kindergarten. The great week came, the children were excited, I hoped I wouldn't cry while taking quiet delight in the promised gift of hours spent 'home alone'. What I hadn't anticipated was that starting school would coincide precisely with wiggly teeth. All three children found a wiggly tooth and started school on the same day.

Now we had indeed done a certain amount of tooth fairy anticipation, it was just the timing that I wasn't prepared for – a double whammy to remind me how grown up they are. We know who the tooth fairy is – it's Twinkle, she wears a pretty dress and leaves purple velvet bags for the children to put their baby teeth inside. Then, in a prime example of blended fairy tales, she takes the teeth up to the sky to plant them as new stars for us all to see. We even have the little purple bag, and I had been at great pains to ensure that it didn't go the way of so many children's toys and get lost before its day of need arrived. So we were prepared, in a sense.

The first tooth made its escape at school. Despite the teachers warnings Simon's tooth departed in a piece of fruit and was never seen again. Great excitement, many photos and a specially composed note to the tooth fairy later, it was time for us to unearth our wings from beneath the Santa hat and bilby ears. Phil was quite taken with the whole notion, he even collected several coins – against a fairly certain future - and polished them up with toothpaste so they would be all shiny and special for the gappy ones. With great care the coin replaced the note and the sleeper slumbered on. After a serious debate about disposing of the tooth so it cannot accidentally reappear, the tooth fairy is feeling pretty pleased with herself and the job is done.

Morning dawned and, oh no, the shiny coin – so briefly seen - is missing. Simon is a great one for playing with, and losing things of great value to himself! So another coin was duly found and all was well with the world.

Some weeks pass by, the teeth continue to wiggle and are faithfully brushed regardless of the complaints. Then at last, recorder practise resulted in Megan losing one of hers. "It just fell onto the table," she describes, "I didn't know what it was". For an hour or so she lisps and drools, completely unable to eat soup and bread because the gap in her mouth is far too new. The purple bag has swung into action and she bears it proudly off to her room.

By bed time none of us have remembered about the tooth and it is not until a dream (of a belated tooth fairy in fact) disturbs my sleep that I realise the deed has yet to be done. In the dark I locate a coin (how shiny it is I do not know or care) and creep into her room. A lengthy search with careful hands under the pillow yields no tooth filled bag. An old hanky, a plastic bracelet and the corner of a blanket – none of these will do. Disheartened, cold and defeated the tooth fairy abandons the search and heads back to bed. In the morning it is Liesl (the yet to be detoothed) who reminds Megan of the booty to be found. Alas the bag contents have not changed. "Really" we say, surprised, "perhaps the tooth fairy was extra busy last night, do you think she got lost, are you sure it was under your pillow." we can't resist asking and are assured that this is so. Not being in a position to argue we revert to the busy argument and the bag is returned to its sleeping place.

Simon ensures that the slip up can't happen again by losing his second tooth at dinner time and ringing everyone he knows to inform them of this fact. Oh what a dilemma, multiple mums beware when 2 children need the tooth fairy bag and yet there is only one! A cup of water soothes the way and our now somewhat tarnished wings flit around the house once more. The coins have not been polished and I learn that it is easier to retrieve a tooth from a little bag than from a cup of water after fruitlessly seeking it with my fingers before I resort to tipping it out in the sink. Certain that a peaceful sleep is now assured we head for bed. But no, in the wee hours I realise that the teeth have been abandoned in clear view, once again the tooth fairy narrowly escapes detection.

We look at each other and sigh, there are still 57 teeth to go, with such a poor start I'm not sure that this tooth fairy is going to make it!

*Editor's note – Fiona we hope you made it through with the many more teeth you experienced ☺*





# RESOURCES FOR PARENTS OF SCHOOL-AGED MULTIPLES

*The Australian Multiple Birth Association (AMBA) has a range of self-published and recommended resources about many aspects of life with multiples available on the website. Given our theme for this month, below are some highlights from the School-Aged multiples section.*

## School-aged Multiples - Australian Multiple Birth Association

This booklet is excellent reading for parents, teachers and school administrators. It illustrates the issues they encounter, especially in terms of classmate expectations of comparison and competition. There is a separate chapter for teachers and teaching personnel.

The booklet offers practical advice that can be easily understood and supplies current and accurate information on a range of issues including:

- Zygosity of multiples
- Reading with multiples
- When they can't be told apart
- Difference in abilities
- Boy/girl sets at school
- Preschool
- Preparation for big school
- Homework issues
- What to do when one is not ready for school
- Adolescents

The following are some extracts from this great resource.

### Reading With Multiples (pages 22 – 23)

"Let your children see you read, whether it be recipe books, the newspaper, novels or magazines."

"Start early. Enlist the help of anyone who comes to visit. We all have a different reading style. So the same story read by mum, dad, grandma, older cousins, the next-door neighbour, will all sound different."

"Personal stories..."

We found it was a great time for mum and dad to take a child each and just read to them, it made us all feel special.

The most difficult time for me was reading the same book over and over again – it made it so difficult to make each of the reads exciting."

*\*Thanks to the sponsorship of Dr Andrew Foote, Obstetrician and Gynaecologist and himself a father of Twins, CARMBA has copies of this booklet available free of charge to members, so if you're in need of one, please contact Ali at [vicepresident@carmba.org.au](mailto:vicepresident@carmba.org.au).*

## Birthdays (pages 48 – 50)

"Receiving invitations..."

As your children go through school they will inevitably be invited to birthday parties. So what if only one gets an invitation? Often, if only one is invited, there will be tears or cajoling as they want to go too. Many parents will not be aware the child they are inviting is actually a twin or triplet."

"Personal stories..."

I have always taught the children they have to expect that only one may be going to a party. When they were younger we would do something special for the child who wasn't invited.

They were in the 3-year-old group at preschool when the first invitation was received. As they are boy/girl twins, the mum of the birthday child didn't know they were twins. I guess I took the coward's way out and spoke to the mum. She was very understanding and invited the other one. This wasn't my finest hour. From then on I never intervened. It was interesting though when one was invited and the other wasn't, they would always ask the birthday child could they take home a piece of cake or a lolly bag for their co-twin."

## Adolescents (pages 56 – 60)

"Adolescence can be a challenging time for both parents and their children, especially when there is more than one." "Identical twins tend to be close in age when they have growth spurts and go through puberty. Fraternal twins may go through puberty at different times, so this may lead to a greater difference in size which needs to be taken into consideration when choosing sporting activities etc."

"Some twins will struggle in secondary school when others treat them as individuals, not knowing that they have a twin; this can be strange for a child who has always relied on their twin's support."

"Personal stories..."

"My daughter always felt guilty if she had to 'hide' the fact her co-twin was wagging school. If they were in separate classes, his classmates would ask her at recess was he sick? If they were in the same class, she felt she had to lie to the teacher when asked about his absence, to protect her co-twin.

She is embarrassed by his childlike behaviour, whilst he is confused by her preoccupation with boys.

He makes fun of her changing body shape.

I found I had to give her permission not to like what her brother did. Now at 19 they can get on very well at times, but the gender differences still cause some disharmony."



# PRESCHOOL AND KINDERGARTEN

Written by Teresa Duve  
and Ali Mountifield

*Teresa retells her experiences sending her youngest children, multiples Kaleigh and Brydie to preschool, and the ups and downs of their journey.*



## Preschool – by Teresa Duve

I pride myself on being quite organised, my diary is colour coded, I lay the kids clothes and shoes out the night before, I pre plan everything so how is it that in the 22 years that I've been a mum I hadn't prepared for this?

This being the last time I will be a preschool mummy.

Tuesday 17th of December 2013 will be my youngest children's last day of preschool, and I'm a mess, I even put off writing this article because I'm not ready.

Who would have guessed that I would have felt like this, I honestly thought I would be rejoicing the day the twins went off to kinder, more days at work instead of trying to jam a weeks worth of work into three short days, I'd have five glorious days to spread it out over, no more running to two different places to pick kids up, no more worrying about what to put on them each day, hey we have uniforms now, but I'm not, I'm truly sad my babies are school kids now.

Kaleigh and Brydie began their preschool journey on a sunny morning in January 2012, they looked so small and were busting with excitement. They have done endless amounts of paintings and drawings over the past two years and the experiences they have enjoyed have been wonderful, there has been the reptile man, where Brydie has been able to cuddle her favourite animal the blue tongue lizard, the farmyard visit where they learnt the difference between cows and bulls, which is that bulls have a 'love muscle'! They have visited the museum, the airport, the library and even listened to a dogs heart beat at the local vets surgery.

Now the past two years hasn't all been smooth sailing, we have had our share of bullying, tears and tiffs. I haven't always made the most politically correct lunches or clothes choices, yes Kaleigh has worn wedge heels more than once to preschool, but the past two years have taught my girls many things, they have learnt to write their names, they have learnt to become independent, they have made friendships that I'm sure they will treasure in their memories forever.

If you ask me are they ready? It's a big yes, they have been ready for months we were comfortable with our choice to hold them back in preschool and extra year until about a month ago when the two 'stay at home days' became 'I'm bored day' but I'm grateful for the extra time to keep my girls pre-schoolers.

Looking back over the last two years Kaleigh and Brydie have given their teachers more than enough things to giggle at and also plenty of things to roll their eyes and stare up to heaven about, the first week in, Kaleigh declared Mrs Homes and Gardens (her favourite show on TV) to be her favourite teacher ever (her real name is Mrs Holmden), but then alas the next term she asked to swap small groups because Mrs Dachs has better hair than Mrs Holmden :-)

If So be a little understanding if you see me next Tuesday, I will be the mummy sniffing through the chorus of jingle bells

And to all the other mums who will be having a little cry on the last day of preschool I send you a little hug and a knowing smile.

## Kindergarten – by Ali Mountifield

The year is coming to a close and our three only have five days left in Kindergarten. This year we have seen the most amazing growth and learning in each child and it's been an incredible adventure. I'm about to go and pick them up from school and I can't wait to see them as I miss them when I'm not with them. They are always so full of exciting news about their day and I'm lapping it up and encouraging this as I'm not sure if it'll last.

This year was harder than expected for us as parents in managing school as there were so many aspects of their physical capacity that came to a head this year. We've also had to learn how to help them with their readers, I just thought it was all about sounding the words out but there are other techniques to use before you try that one. We've had to learn to write our letters the right way, check out the new way to do a 'k'. We have done our best to be engaged with the school and the teachers and meeting other parents has helped us to form a strong support community for us and the children. Year 1 is ahead and we're ready for the adventure.





# EARLY INTERVENTION UNITS

Written by Janet Dawson

*Janet shares her experiences with early intervention who assist children ages from 3 years, up to school aged with assistance in development for a range of reasons.*



Early Childhood Intervention Units (ECIUs) provide an early intervention program for children aged three to school entry who have, or are at risk of having:

- delays in development;
- a disability;
- at risk from social or environmental factors;
- severe communication and social difficulties; and/or
- multiple disabilities.

Children attend two sessions for a total of 5.25 hours per week. ECIU's operate with a maximum of 12 in a group with two staff members.

Eligible children may access a local preschool program to a total of 12 or 15 hours, depending on provision. Local preschools may apply through the Support at Preschool process for additional support for children, where required. This process is conducted in consultation with the principal and school counsellor.

*The above information comes from the ACT Department of Education and Training website [http://www.det.act.gov.au/school\\_education/disability\\_education](http://www.det.act.gov.au/school_education/disability_education).*

One of our twins, Rhys, was found to have a speech and gross motor delay and has been attending the Early Childhood Intervention Unit (ECIU) at Flynn Preschool since he turned 3. It has been a great support and benefit to his development and learning and we are really grateful that he has had the opportunity to participate in the program. Because we were able to be assessed so early he will have benefitted from a full 2 years at the ECIU which isn't always the case for everyone.

Early intervention is hugely beneficial for children with delays in development and the key is to seek access to services early. When our twins were around 18 months I had a gut feeling that something wasn't quite right with Rhys's development. I wasn't too sure because of course this is a very young age to know, but because of my doubts I decided to visit one of the drop in centres run by Therapy ACT.

As it turns out this was the best thing I could have done as we were referred to therapists for a full assessment and there is, of course, a waiting list. We waited about 10 months for appointments and then Rhys was assessed by both a physiotherapist and a speech therapist. They referred him for a Griffith assessment which is widely used by professionals to measure the rate of development of infants and young children from birth to 8 years. We were also offered a place for Rhys at the Early Childhood Intervention Playgroup (ECIP - for ages 2 to 3) but due to clashes with times and other commitments we were unable to participate.

The Griffith assessment showed that Rhys was approximately 10 months behind in gross motor and speech areas and he was deemed eligible to attend an Early Childhood Intervention Unit (ECIU – for ages 3-5). As we were lucky enough to have had the assessment shortly before their 3<sup>rd</sup> birthday, Rhys was enrolled and able to start the first week after their birthday.

The experience has been fabulous and of great benefit to Rhys. Therapy ACT work together with the ECIU team and my husband and I to develop goals we want Rhys to achieve. These are then put into his individual learning plan (ILP) which is reviewed every other term. Rhys and Celia are starting preschool in February and Rhys will continue attending the ECIU as well. I was really happy that teachers from this preschool attended the last ILP and we will all be working consistently together to help Rhys reach his goals through his preschool year.

We are really lucky that we have these services available to us funded by the ACT Government, I have friends in other states who have to apply for funding before they are able to access services. At least this is not something we will have to face until Rhys enters full time schooling and hopefully not then if he is able to catch up by the time he starts Kindy.

My advice to anyone who thinks their children may be struggling in an area of development is to get them on the wait list really early. It is far easier to cancel an appointment later on if you decide it is not needed, rather than try and get an appointment quickly to access services.



# DECIDING TO SEPARATE OR NOT

*This edition's survey asked CARMBA members about their decision whether to keep their multiples in the same class at school or to separate them. Here are their responses.*



## What factors influenced your decision to initially separate or to keep your multiples together at school?

### We chose to keep our multiples together...

For preschool, we decided to keep them together for two reasons. First of all it was their first year at a different setting (i.e. different to childcare). Secondly, it was more convenient since preschool was only for 2 days a week at that time. For kindy, we decided it was best to place them in the same class because transitioning from preschool to a school full of bigger kids can be overwhelming so we thought they would appreciate having each other to lean on. In addition, their preschool teachers supported that decision. It also helped that we were assured that the boys could be separated part way through the year if there were any major issues **Chwee von Sanden**

I'd like to keep them together for preschool. I think it will help support them through the change of starting school. They are currently together at childcare and, while they both know the other is there, they tend to do their own thing and play differently with the other children. I think that will work fine in preschool **Jessica Griffiths**

As they are boy girl twins they had their own friends so kept them together for the first 2 years (preschool and kindy) to help with my boys confidence and security as he was very shy. With his sister there he could follow her if he was unsure. It also makes things like excursions and homework easier if they are doing the same things in class **Emma**

My children aren't reliant upon one another. They are socially confident with or without the other. So why separate. Teachers know that twins aren't exactly the same and in the classroom teach each child as an individual rather than as a 'set' if they are multiples - so see no need to separate **Peta**

I kept my twins together in preschool because at drop off you had to stay for 15 minutes settling in and doing puzzle time. If they had been separated this would have been very difficult. For kindergarten I kept them together as during their preschool year they did not rely on each other, play together or sit together at lunch. They had their own friends and hence, for ease for myself I kept them together. Also so I didn't have to make 50 cupcakes at birthday time if they were separated! **Robyn Baker**

I believe multiples should stay together until they ask to be separated or if there is a learning problem, after all they were born together, have spent 4+ years together so it's natural to be together **Teresa**

My boys are each others' best friend and support without being co-dependant **Amelia Haddock**

New school so thought it be good to keep together for reassurance. Easier for us as parents to be involved in one class rather than splitting our attention between 2 classes **Anonymous**

There isn't an option to separate them and we want to give them the chance to make friends with the security of each other nearby before we consider separating them in primary school **Alex Frawley**

There was no reason to separate and it would be hard in preschool as you need to do puzzles. We kept them together in kindy as it was easier on us as parents. Also it meant they are generally invited to the same parties **Ali**

When they started preschool and school we decided to keep them together due to their relationship with each other and other family dynamics. From Grade 3 they wished to be in separate classes - and the school was able to accommodate this. When they were starting high school they wished to attend separate high schools and we were able to arrange this. Unfortunately, the ACT Govt was to close Sarah's high school at the end of Year 8 so from the start of Year 8, they again attended the same high school - but in different classes (including for most of the time in different roll (TEAM) classes **Robyn Porter**

### We chose to separate our multiples...

I felt my two didn't have their own separate identity much, as everyone at daycare referred to them as a unit. Also being a boy and girl I knew they were so different in learning, as well as having no other siblings, felt it was important that they explore the school world on their own **Amanda Hayes**

Due to the fact that they bounce off each other and copy each other. Also to give them their own individually **Margaret Whelan**



# DECIDING TO SEPARATE OR NOT (CONTINUED)

*This edition's survey asked CARMBA members about their decision whether to keep their multiples in the same class at school or to separate them. Here are their responses.*

## What factors contributed to your decision for subsequent years?

### We chose for our multiples to remain together...

As both girls are very independent for age and very smart too **Rosie Chisholm**

We will be open to separating the girls but not until its suggested by either the school or our girls **Teresa**

### We changed our multiples and separated them...

This year they are in year 1 and they are in separate classes. Matt wanted to be separated while Lucas wanted to be in the same class. Apparently Lucas sometimes annoyed Matt by "messaging" around in class. We discussed that matter separately with the two of them and also consulted their kindy teacher. Their teacher confirmed that at times Matt did get annoyed and asked her to stop Lucas annoying him. We were again offered a reversal should the separation not go well. We were also assured that they would still meet each other in Maths groups and during breaks. It has worked really well because whether they realised it or not, they both really needed some time apart and they don't get much of that at home. They certainly fought less at home this year. Next year they requested to be in the same class but my hubby and I decided to keep them apart seeing that they have been doing well this year. We also noticed that Matt is quite competitive and does get discouraged whenever his brother gets a little ahead of him (whether it is school work or sports or anything!), so separation makes sense **Chwee von Sanden**

I think they might try different classes in later years. The school we go to has all of each year group in one large room, with two or three classes in each room. That would give the twins some separation, but they would still be in the same room **Jessica Griffiths**

At year 1 I separated them mainly because my girl was learning at twice the speed of her brother and this was causing him to lose confidence and making him feel stupid. They have been separated since then **Emma**

Partly their wishes to be separated **Robyn Porter**

For year one we are separating at their request as they now need a little space from each other **Robyn Baker**

### We changed our multiples and moved them together...

They were put together in year 1, mainly because their parents separated and the school recommended that they be together for each other. Having said that, in kinder it was quickly discovered that Aidan was way behind so the teachers also thought that being with his sister in year 1 might also spur him on in his literacy. They were together for only one year, and have remained separate ever since - and blossomed **Amanda Hayes**

## Out of 15 responses...

In 2014:



5 respondents will have children in preschool

6 respondents will have children in primary school

3 respondents will have children in secondary or above schooling



3 respondents separated (intend to) their multiples in their first year of preschool/school

12 respondents kept together



7 Respondents changed (intend to) arrangement in the years following the first year of preschool/school

3 kept the same arrangements





# Multiplying online

CARMBA has a number of pages on social media. Social networking is a great way of connecting with other people without constraints of distance and time. Our Facebook group has been a great benefit for multiple families based rurally in surrounding regions who want to connect. If you're on Facebook or Twitter, come and join the fun, it's all about "Getting Social" ;) If you have any questions about Facebook or Twitter, you can contact [facebook@carmba.org.au](mailto:facebook@carmba.org.au)

## Closed Groups

CARMBA's Closed Facebook Group (<https://www.facebook.com/groups/230980323595260/>) is for members of the multiple community. Admin approval is required to join.

In this group you can get answers to any question you can imagine. You can usually find someone who has 'been there, done that' and can share their experience. Some of the highlights include:

- Where is the best place for a Santa photo
- Recommendations for a good hairdresser for infants
- Switching formulas and constipation issues
- Questions about day care as parents face going back to work in the new year
- Toilet training twins – sometimes they are not ready at the same time
- Developmental milestones and routines

And sometimes it can just be about sharing those special moments or titbits of information.

There is also information on activities being run through CARMBA, such as:

- The Clothing Swap
- Area morning teas
- The Multiplay playgroup
- The Toyworld shopping night
- 

CARMBSS <https://www.facebook.com/groups/309078875794460/> is Canberra & Region's Multiples Buy, Sell, Swap Group. Open to members of the public. Admin approval is required to join.

This is great place to find pre-loved toys, clothes and accessories, particularly when you're looking for two of something. You can also post if you are looking for something to buy.

## Public Spaces

### Public Spaces

CARMBA's Community Facebook Page

<https://www.facebook.com/CanberraAndRegionMultipleBirthAssociation> is a public fan page viewable by any member of the general public on the web.

Come along and 'Like' the page for regular updates on community events, information relevant to parents of multiples or funnies (at least I think they're funny).

CARMBA's Twitter Page [https://twitter.com/CARMBA\\_Twins](https://twitter.com/CARMBA_Twins) is viewable by any member of the general public on the web.

CARMBA's website [www.carmba.org.au](http://www.carmba.org.au) is regularly updated with events and services available for members, and also holds our membership forms for signup and renewal.



# Get to know our committee

## Teresa Duve – Family Support Program Coordinator

Wife to Ian, Mum to Josh, Arielle, Ella, and fraternal twins Kaleigh and Brydie

### Why did you decide to become involved in the CARMBA committee?

I wasn't aware of CARMBA when my twins were babies, when I joined I wanted to be sure to give back what I hadn't received.

### What is the best thing about being a parent of multiples?

It's pretty cool being a part of seeing something so special going on, never ceases to amaze me what a great bond my girls have, and of course double the love and cuddles.

### What is the fondest memory of your multiples?

I don't have one, my girls manage to make me gooey every day, but I do love when one of the girls are feeling out of their depth how the other one will just quietly hold their hand.

### What has been (one of) the most challenging parts of raising multiples so far? Do you have any advice or thoughts for parents going through a similar stage?

Challenges, boy where do we start! Just having two kids at the same stage in their life at exactly the same time is a challenge. My advice is to buckle up and enjoy the ride 'cause it's a bumpy one.

### If you fell pregnant with multiples again, what would your first thought be?

What the... Someone will be answering a legal suit because my husband has had the chop!

### What is the best advice you received when you were pregnant with your multiples?

Do what feels right for you and your family, don't necessarily follow all the rules and routines.

### Have you ever done anything special to tell your multiples apart?

No need to they are quite different.

### What is one thing you purchased for your multiples that you later discovered was a waste of money?

We were careful not to buy two of everything, so nothing really.

### What was the most interesting response you received when you announced you were having multiples?

We came home from the ultra sound and my parents were here I said to my dad "lucky you are retiring next year as we are going to need major help with our two", he answered "bloody hell, what have Josh and Arielle done now?"

## Jacinta Gould – Social Media coordinator

Wife to Adam, Mum to fraternal twins Ashley and Ruby (3 years) and Laura (6 months)

### Why did you decide to become involved in the CARMBA committee?

I'm on maternity leave at the moment and felt like trying to expand my interests. It just happened that the role became vacant and I felt suited to it, given how much time I spend on Facebook!

### What is the best thing about being a parent of multiples?

They have such a great relationship and they always have someone to play with. Although I wish they wouldn't get up to so much mischief! Of course the fighting that comes with it is far from the best thing.

### What is the fondest memory of your multiples?

There are so many it's hard to narrow it down. Most of them relate to seeing my girls initially recognise each other and then start to engage with each other. Now, when they give each other spontaneous cuddles I feel so lucky to be the parent of twins.

### What is the best advice you received when you were pregnant with your multiples?

Enjoy the quiet now as it will a long time before you experience it again.

### What has been (one of) the most challenging parts of raising multiples so far? Do you have any advice or thoughts for parents going through a similar stage?

When they were babies it was trying to meet their demands at the same time. I hated having to leave one crying while I dealt with the other. The best advice I got was "no child ever died from crying too much" so I learnt to accept it as a necessary evil and not give in to the guilt.

### Have you ever done anything special to tell your multiples apart?

My twins don't look remotely similar so it's easy to tell them apart. Most people assume they are siblings close in age as their sizes are so different.

### What is one thing you purchased for your multiples that you later discovered was a waste of money?

For me personally it was a breastfeeding pillow as we never mastered that skill.

### What was the most interesting response you received when you announced you were having multiples?

I think most of the responses were the clichés of 'double trouble' and 'you're going to be busy'. Fortunately I didn't get any negative responses.



# FUNDRAISING & MEMBER BENEFITS

diana ferrari

In July CARMBA hosted a Fashion Night at Diana Ferrari boutique in Canberra City.

The event was an exclusive shopping night with complimentary drinks and some very yummy canapés.

Due to popular demand, CARMBA will be hosting another event through Diana Ferrari again in early 2014.

To register your interest in attending the next event, email Alex at [fundraising@carmba.org.au](mailto:fundraising@carmba.org.au)

Need more incentive to come along?

20% of all monies spent on the night are donated to CARMBA.

Hope to see you there!

Alex.

*Fundraising Coordinator*

Company	Discount	Contact
My Lil Pouch	Members receive a 15% discount (not applicable on postage costs). Use code <i>AMBA15%2013</i> A percentage of all sales is provided to AMBA	<a href="http://www.mylilpouch.com.au">www.mylilpouch.com.au</a>
Mimi Jumi <i>Baby Bottle range</i>	2 free "not so hungry" bottles worth \$55.98 with every Kit and Caboodle set purchased. Enter coupon code <i>twins</i> at checkout	<a href="http://www.mimijumi.com.au">www.mimijumi.com.au</a>
Cotton Bottom <i>Modern cloth nappies and accessories</i>	10% discount on all purchases. Enter code <i>MULTIPLES10%</i> . It is valid until the 31/12/13 on all purchases totalling over \$50. It allows for a 10% discount. It can be used for any items sold on the website (including sale items) but cannot be used in conjunction with any other discount codes.	<a href="http://www.cottonbottom.com.au">www.cottonbottom.com.au</a>
Abdomend in Australia	AbdoMend Award Winning, C-Section Recovery Kits and Hem-It-In-Binders are designed to wear during Pregnancy, Post Vaginal and C-Section Births. 15% discount for AMBA Members - register online and include <i>AMBA01</i> and discount can be applied. A percentage of sales is also applied to AMBA.	<a href="http://www.abdomend.com.au">www.abdomend.com.au</a>
Snooze Shade	Sun and sleep shades for babies on the go. 20% for AMBA members. Enter code <i>MBA20%</i>	<a href="http://www.snoozeshade.com.au">www.snoozeshade.com.au</a>
Bouncy Boppers <i>Bouncy Boppers are ride-on bouncing animal toys. Like a cute swiss ball for kids! They encourage movement, balance, physical fitness, and a fun experience.</i>	10% off the already discounted price when purchasing two or more Boppers in the one transaction. Just enter the promo code <i>BBMULTIMUM</i> at the checkout	<a href="http://www.mamadoo.com.au/bouncy-boppers">www.mamadoo.com.au/bouncy-boppers</a>
Bellamys	Contact Bellamy's Organic at <a href="mailto:buyonline@bellamysorganic.com.au">buyonline@bellamysorganic.com.au</a> to discuss a discount.	<a href="http://www.bellamysorganic.com.au">www.bellamysorganic.com.au</a>
Eco Farms – Organic Baby Food	Eco-Farms have a discount of about 50% off bulk orders of their Absolute Organic baby food at \$1.00 per jar, RRP is \$1.95+.	<a href="http://www.ecofarms.com.au/">www.ecofarms.com.au/</a>
Babysitter Search	One free month of membership, when you sign up for your first month of membership. Simply register as a Parent at <a href="http://www.babysittersearch.com.au">www.babysittersearch.com.au</a> and email your username to <a href="mailto:partners@babysittersearch.com.au">partners@babysittersearch.com.au</a> . We'll then credit your account with a free additional month of membership. It's that easy.	<a href="http://www.babysittersearch.com.au">www.babysittersearch.com.au</a>
Two Peas in a Pod	Members can get a 15% discount on the 'Two Peas in the Pod' maternity tops, including the Cami, Tee and the Long Sleeve top, and also the Two Peas in the Pod greeting card by entering promotional code <i>AMBA15%OFF</i> at checkout	<a href="http://www.bubsnbumps.com.au">www.bubsnbumps.com.au</a>





# FUNDRAISING & MEMBER BENEFITS

Company	Discount	Contact
Small to Tall <i>Stylish, affordable clothing essentials and gifts for babies and children.</i>	25% discount to AMBA members. The code to enter to obtain the discount is AMBA25.	<a href="http://www.smalltotall.com.au">www.smalltotall.com.au</a>
Earlybirds (Premmie Clothes) <i>They make the most gorgeous premmie and newborn clothes. They have also just started making undies and a few suits for premmie kids with skinny bodies.</i>	10% off all website purchases from Earlybirds. For 10% discount enter <i>Happybirds</i> as the promotional code when placing an order.	<a href="http://www.earlybirds.com.au">www.earlybirds.com.au</a>
Polkadot Penguin <i>Larissa is a twin mum and a member of Lower North Shore MBA (LNSMBA)</i>	Blankets at \$137 each (incl. free shipping in Australia). Enter code <i>AMBA</i> when checking out to receive the discount.	<a href="http://www.polkadotpenguin.com.au">www.polkadotpenguin.com.au</a>
Auto One	Registration for the Auto One Loyalty Program	<a href="http://www.autoone.com.au/A1ClubSignUp.aspx">www.autoone.com.au/A1ClubSignUp.aspx</a>
BabyDino	Free postage plus 10% discount off all items. All you have to do is enter discount code <i>AMBA</i> when you check out.	<a href="http://www.babydino.com.au">www.babydino.com.au</a>
Bambini Pronto	10% discount - promotion code <i>AMBA</i> must be entered when ordering online. Minimum cart value of \$200 and not to be used in conjunction with any other offer.	<a href="http://www.bambinipronto.com.au">www.bambinipronto.com.au</a>
Inspired Living	\$80 for Inspired Living Maternity Pillow. Email Mardi for discount <a href="mailto:mardi@inspiredlivingaus.com">mardi@inspiredlivingaus.com</a>	<a href="http://www.inspiredlivingaus.com">www.inspiredlivingaus.com</a>
Name Your Dummy	AMBA members have to put in the code <i>AMBA</i> when they check out and it gives them 10% off everything except for postage	<a href="http://www.nameyourdummy.com.au">www.nameyourdummy.com.au</a>
Twinsane	10% discount to ALL AMBA members. Use the code <i>GTTS2510</i> at checkout to receive the discount.	<a href="http://www.twinsane.com.au">www.twinsane.com.au</a>
Hire for Baby	10% discount to ALL AMBA members. Quote <i>AMBA10</i> when placing order.	<a href="http://www.hireforbaby.com">www.hireforbaby.com</a>
Activity Packs	15% discount to all AMBA members on children's party packs, school holiday kits and more. To obtain the discount use coupon code <i>4816</i> . NOTE: This offer cannot be used in conjunction with any other offer and cannot be used on Fundraising Packs.	<a href="http://www.activitypacks.com.au">www.activitypacks.com.au</a>
Freestyle Kids	Code <i>ABMA10</i> to be entered and will receive 10% off automatically at checkout.	<a href="http://www.freestylekids.com.au">www.freestylekids.com.au</a>
Settle Pettle	Members enter code <i>TG82EBC8LYF7</i> the checkout (top right of screen) for a 20% discount when purchasing Twins & More (book)	<a href="http://www.settlepetal.com/products/">www.settlepetal.com/products/</a>
Cake 2 The Rescue	The Baker Girls from Cake 2 The Rescue are offering 5% off the cost of TWINS/TRIPLETS KITS, enter <i>LOVE</i> to receive the discount.	<a href="http://www.cake2therescue.com.au">www.cake2therescue.com.au</a>
Windmill Educational Toys & Educational Supplies	5% discount	<a href="http://www.windmill.net.au">www.windmill.net.au</a>



# FRIENDS of CARMBA

## Parenting School Twins and Multiples

Written by Christina Baglivi Tinglof

This book offers real-world advice for when your concerns about your multiples goes beyond "should they dress alike?" The author, a mother of school-aged twins, provides advice for the school years, from the first days of kindergarten to the high school years. She gives some insight into questions such as "Should the twins be placed in the same homeroom at school?", "Is one twin having a harder time making friends than the other?", "Is this healthy competition between the multiples?"

Christina offers proven advice to:

- encourage individuality
- foster positive sibling relationships
- discipline effectively
- deal with one child developing faster than the other
- manage common speech and reading difficulties



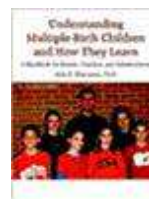
## Understanding Multiple Birth Children and How They Learn

Written by John Mascazine

The author draws on his classroom teaching experiences to offer advice for parents and teachers to help them make wise academic decisions. It addresses issues that many parents encounter. Surveys have been included that can be used by parents, teachers and multiples to discover information about their learning experiences.

Separate chapters cover:

- Preparing multiples for school
- Classroom placement decisions
- Individual identity and recognition
- Competition and cooperation issues
- The learning styles of multiples



Other publications that may be of interest for families with school-aged multiples:

[Emotionally Healthy Twins: A New Philosophy for Parenting Two Unique Children](#)

Joan Friedman

[Raising Twins after the First Year](#)

Karen Gottesman



[Meet the Barkers: Morgan and Moffat go to School](#)

Tomie de Paola

For more information about purchasing please go to <http://www.amba.org.au/merchandise/school-aged-multiples.htm>.

NB There is a discount for members.

## CARMBA life members

Monica Carey	Margaret Gallagher	Helen Kelman 	Anne Kraaz 
Dulce Lander	Fiona May	Camilla McCauley	Brigitta Norton
Sue Morrissey	Marilyn Olsen	Yasmin Birchall	Denise Page
	Robyn Porter	Lynne Thomson	

## New members

Genevieve Fields and Paul Smith of Nicholls	Jacinta and Emanuel Margaronis of Theodore
Grace and Daniel Kearon of Macarthur	Peta and Jason Lange of Garren
Sam Shields and Anthony Chatelain of Surfside	
Renee Jaatinen and Christopher Pearman of Catalina	



# Join us for morning tea

CARMBA hold regular morning teas which members are invited to attend. You don't need to be a resident of the area... just willing to drive to our volunteer's chosen location (usually their welcoming home).

If you haven't been to a morning tea, here are details on what is offered...

Our **Southside** representative position, which primarily looks after CARMBA members who reside in Banks, Bonython, Calwell, Chisholm, Conder, Fadden, Gilmore, Gordon, Gowrie, Greenway, Isabella Plains, Kambah, Macarthur, Monash, Oxley, Richardson, Theodore, Wanniasa, is currently **vacant**.

If you are interested in volunteering for this position, please email Amelia on [president@carmba.org.au](mailto:president@carmba.org.au)

Our current **Northside** representative, **Emma Georgiou** (located in Higgins) looks after CARMBA members who reside in Aranda, Belconnen, Bruce, Charnwood, Cook, Dunlop, Evatt, Florey, Flynn, Fraser, Giralang, Hawker, Higgins, Holt, Kaleen, Latham, Macgregor, Macquarie, McKellar, Melba, Page, Scullin, Spence, and Weetangera.

If you are interested in attending a Northside morning tea (all members invited) or would like more information, please email Emma on [northsiderep@carmba.org.au](mailto:northsiderep@carmba.org.au) or call 0439 040 817.

Our current **Sapphire Coast** representative, **Rita Palmer** primarily looks after CARMBA members in that region.

If you are interested in attending a sapphire coast morning team (all members invited) or would like more information, please email Rita on [sapphirecoastrep@carmba.org.au](mailto:sapphirecoastrep@carmba.org.au) or call 0406 060 690.

Our current **Eurobodalla Shire** representative, **Sonya Crawford** primarily looks after CARMBA members in that region.

If you are interested in attending a Eurobodalla Shire morning team (all members invited) or would like more information, please email Sonya on [eurobodallarep@carmba.org.au](mailto:eurobodallarep@carmba.org.au)

Our current **Gungahlin** representative, **Simone Carton** primarily looks after CARMBA members who reside in Amaroo, Bonner, Casey, Crace, Forde, Franklin, Gungahlin, Harrison, Mitchell, Moncrieff, Ngunnawal, Nicholls, Palmerston.

If you are interested in attending a Gungahlin morning team (all members invited) or would like more information, please email Simone on [gungahlinrep@carmba.org.au](mailto:gungahlinrep@carmba.org.au) or call 0414 454 646.

Our current **Central** representative, **Dianna Fitzsimons** (located in Chifley) primarily looks after CARMBA members who reside in Acton, Ainslie, Barton, Braddon, Campbell, Duntroon, City, Deakin, Dickson, Downer, Forrest, Fyshwick, Griffith, Manuka, Hackett, Kingston, Lyneham, Narrabundah O'Connor, Parkes, Red Hill, Reid, Russell, Turner, Watson, Yarralumla, Chifley, Curtin, Garran, Hughes, Farrer, Isaacs, Lyons, Mawson, O'Malley, Pearce, Phillip, Swinger Hill, Torrens, Chapman, Duffy, Fisher, Holder, Rivett, Stirling, Waramanga, Weston, Coombs, and Wright.

If you are interested in attending a Central morning team (all members invited) or would like more information, please email Dianna on [centralrep@carmba.org.au](mailto:centralrep@carmba.org.au) or call 0409 844 770.

Our current **Queanbeyan and surrounds** representative, **Teresa Duve** primarily looks after CARMBA members in that region.

If you are interested in attending a Queanbeyan and surrounds morning team (all members invited) or would like more information, please email Teresa on [queanbeyanrep@carmba.org.au](mailto:queanbeyanrep@carmba.org.au) or call 6299 0211.

Our **Goulburn** and **Yass** representative positions are currently **vacant**.

If you are interested in volunteering for these position, please email Amelia on [president@carmba.org.au](mailto:president@carmba.org.au)





# Family Support Program

## About the Family Support Program

In Canberra and surrounding regions there is currently no additional support or financial assistance for parents of multiple births that is not already available to parents of single newborns. Adapting to a newborn baby is a challenge all by itself. Raising multiples is even more challenging financially, physically and emotionally for all members of the family. The birth of twins and Higher Order Multiples (HOMs) can result in:

- Significant loss of sleep
- Relationship problems
- Siblings feeling isolated, neglected, jealous or resentful.
- Grandparents/family/friends feeling overwhelmed and underqualified
- Financial strain
- General emotional and physical ill health
- Poor nutrition.

CARMBBA's Family Support Program (FSP) offers in-home support to families. This program aims *to provide emotional, physical and material support to multiple birth families in need so that they can enjoy a harmonious home environment, quality family time and emotional well-being.*

The program has been implemented to connect volunteers from the local community with parents of multiples. All volunteers must be willing to complete a Police check (funded by CARMBBA).

## About Volunteering

Assistance provided by each volunteer differs from family to family depending on the family's needs and the volunteer's ability and area they want to assist with. Some examples of duties current volunteers undertake are:

- Basic child related tasks (baths, playtime, mealtime, educational activities, child minding);
- Light household chores (dishes, washing, sweeping or vacuuming)
- Friendship/Mentoring (mature/experienced parents discussing parenting with younger parents)

Volunteers come in all forms – young, mature, male and female. FSP volunteers contribute as little as 2 hours a month to as much as 4 hours per week to families of multiples. The FSP coordinator will discuss your interest with you and ensure that the family you are matched with is like minded, and is looking for help in the area you are interested in working in. Volunteers and families are given an opportunity to meet before a match takes place. Regular reviews are conducted by the FSP Coordinator

Volunteering offers many benefits – new friendships, learning new skills and giving you an opportunity to advance or enhance your career. Volunteering has also been linked to improved mental and physical health by increasing self-confidence and connection with others.

## Contact Details

For more information or to register for the FSP email [fsp@carmba.org.au](mailto:fsp@carmba.org.au) or call 0411 883 844.



# MULTIPLE RECIPES

## Almost 15 minute lasagne

*I've called this [almost] because while I got it done in 15 minutes, I was working really hard and the average cook would struggle. Most people should be able to get it done in 20 minutes though.*

### INGREDIENTS

500g (1lb) minced (ground) beef      4-6 tablespoons tomato paste  
2 knobs butter      500g (1lb) full fat ricotta  
3 handfuls grated parmesan cheese      3 large fresh lasagne sheets, cut into 1/3s

### METHOD

1. Preheat your overhead grill on its highest setting and place a large fry pan (skillet) on a very high heat.
2. Add a little olive oil and the beef to the pan. Cook stirring every minute or so until the meat is no longer pink.
3. Meanwhile, combine ricotta and parmesan in a bowl.
4. Add the tomato paste and butter to the beef and stir well. Cook for another few minutes until the butter is melted and everything is hot.
5. Reduce the heat under the pan to medium. Remove 3/4 meat from the pan and smooth the remaining meat over the base.
6. Cover with 3 of the lasagne sheet 1/3s. Then add more meat (1/4). Layer with more lasagne. Then layer with more meat (1/4) and grate over the parmesan. Layer with the remaining 3 lasagne sheet 1/3s then cover with the remaining meat (1/4).
7. Scoop ricotta mixture over the top to cover then grate more parmesan over.
8. Place under the hot grill for about 5 minutes or until the top is golden brown and everything is hot. If you have time let it stand for a few minutes before serving.

<http://thestonesoup.com/blog/2011/09/lasagne-in-15-minutes/>

## Chickpea & Feta Salad

*Enough for two.*

### INGREDIENTS

2 tablespoons lemon juice      1 can (240g / 8oz) chickpeas, drained  
2-3 handfuls salad leaves      200g (7oz) feta cheese, crumbled  
2 small handfuls pine nuts, optional

### METHOD

1. Combine lemon juice with 3-4 tablespoons extra virgin olive oil in a salad bowl. Season, remembering the feta will be quite salty.
2. Add drained chickpeas and salad leaves to the dressing. Toss.
3. Sprinkle feta over the salad and top with pine nuts, if using.

<http://thestonesoup.com/blog/2013/04/3-ways-to-simplify-your-meal-planning/>

### VARIATIONS

Paleo / chickpea-free – double the salad leaves and replace the chickpeas with an avocado, flesh scooped into chunks and replace feta with brazil nuts.

Dairy-free – replace feta with hard boiled eggs, tuna, cooked shredded chicken, sliced prosciutto, ham or replace with extra chickpeas.

Vegan – replace feta with extra chickpeas and be more generous with the pine nuts.

Nut-free – replace pine nuts with toasted bread crumbs or halved cherry tomatoes or semi-dried tomatoes or olives.



# Activity pages



## Colouring in competition

*Get the crayons ready...*

*Simply select the picture at the back of this newsletter that corresponds to your children's age and let your kid's artistic freedom take over*

*You can either post their entries via post to CARMBA at PO Box 1162 Woden ACT 2606, hand the entry to any of our morning tea hosts or scan and email them to us at [twoup@carmba.org.au](mailto:twoup@carmba.org.au) by Friday 7<sup>th</sup> March 2013*

*Every entry will be proudly displayed in the hall at the Annual Fun Day event*

*The two most artistic entries from each age category (as selected by members of the CARMBA committee) will win a 20% Off Toys R Us voucher*

*See back pages of this newsletter for entry forms*





# Activity pages



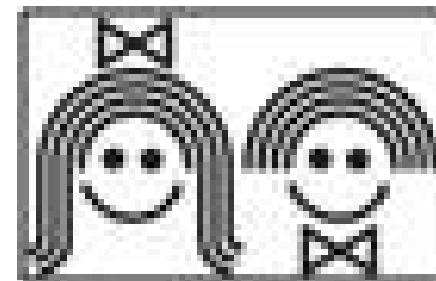
## Design our new logo

Assist CARMBA with the rebranding of the association for 2014. We are asking for the help of multiple families, friends and the wider community to submit suggestions for CARMBA's new logo.

How would you like to see the Canberra and Region Multiple Birth Association represented?

Submit your entries to [president@carmba.org.au](mailto:president@carmba.org.au) by Friday 7<sup>th</sup> March 2014 The winning logo will be published in the May/June edition of Two Up and will feature on all new printed materials for CARMBA.

Current logo



# MULTIPLAY



# VOLUNTEERING ACT EXPO







# MULTIBABIES





# birthdays

## JANUARY 2014

Chloe & Lachlan DUNSTAN	1 year old
Siobhan & Alannah KELLY	1 year old
Neve & Isla YOUNGSON	1 year old
Blake & Ethan MALY	2 years old
Samuel & Nico CAPPuccio	3 years old
Eleanor & Mia KAESE	3 years old
Benjamin, Isaac & William THAYER	3 years old
Imogen MORSE	6 years old
Zayn BUTLER	7 years old
Alexander FIELDS-SMITH	7 years old
Madelyn LANDER	13 years old

## FEBRUARY 2014

FEBRUARY 2014	1 year old
Finn & Lucinda LANGE	1 year old
Aryana & Liam PIMM	1 year old
William & Cleo STEGAR	1 year old
Phoenix & Josephine STREATFEILD	2 years old
Lucas & Harper GOLLEDGE	2 years old
James INWOOD	2 years old
Cooper & Lucas POVEY	2 years old
Emmi & Aria SCANES	2 years old
Eric TUNNINGLEY	3 years old
Alex & Oscar MOORE	4 years old
Connor & Hayden DENT	4 years old
Leon FIELDS-SMITH	4 years old
Owen & Hugh JANSEN	4 years old
Eliza LAWTON	5 years old
Patrick HOWARD	7 years old
David GRIFFITHS	9 years old
Jaykob BROWN	19 years old
Maddison GEORGIU	23 years old
Joshua REYNOLDS	







# The main events

## CARMBA Annual Family Fun Day

**When:** Saturday 15 March 2014, 2-5pm

**Where:** Holt Community Hub

**What:** Send us your ideas for Fun Day in 2014

Planning for CARMBA's annual Family Fun Day is underway and its shaping up to be a fantastic afternoon at the Holt Community Hub. As you've come to expect, we'll have face painting, jumping castles galore from CCC Jump'n Castles (one of our CARMBA members from the Shoalhaven), reptiles, farm animals, pony rides, a yummy sausage sizzle and some great kids entertainment. This year we'll also be adding an indoor play area for small babies, a quiet breastfeeding space and we're also ramping up activities for school-age kids.

This is also a great opportunity to thank Amanda Hayes who has been running Fun Day for many years and is now handing over the reigns to a new bunch of CARMBA volunteers. This time she is going to enjoy the day with her family!

So if you've got ideas for Fun Day 2014, own a business which has services we can showcase, would like to donate a raffle prize, or would like to lend a hand either in the planning or on the day please let us know by emailing [media@carmba.org.au](mailto:media@carmba.org.au) or calling Karen Stewart-Moore on 0419 212 642.

We can't wait to see you and your families for Fun Day 2014!



### JAM ON TOAST - will get kids of all ages jumping at 2014 Fun Day

CARMBA's Annual Fun Day will be an all singing, all dancing affair with two special concerts by Jamie (aka James Madsen) in his show 'Jam on Toast'. Passionate about music education for children, Jamie is a popular addition to many children's birthday parties and has also performed in the Famous Spiegletent as part of Canberra's Centenary celebrations. Check out [www.jamontoast.com.au](http://www.jamontoast.com.au) to get a taste of what's in store!

As well as Jamie's energetic performances there will be plenty of fantastic activities on offer for kids of all ages including jumping castles galore by CCC Jump'n Castles, a visit by the Rural Fire Services, FARM's Patting Paddock, pony rides, face painting and a visit by Billie Bilby.

Don't forget to mark Saturday 15 March 2014, 2pm - 5pm, in the calendar and check CARMBA's website and Facebook page closer to the event for more details.

## (PAST EVENT) Volunteering ACT - Volunteer Expo

CARMBA had a stand at the Volunteer Expo last month (5-7 November 2013) and it was an amazing event to see so many organisations in one place and around 900 members of the community looking for a volunteer role. The expo opened on International Volunteer Day which seemed a great way to celebrate. I took my laptop along just in case the stand wasn't busy so I could do some volunteer work - that didn't work out as we had someone sign up to be a volunteer even before the expo started. Our tag line was 'we're a great organisation to volunteer with if you like babies' and it was a great way to sift through those people who are 'in to or not into' babies. I don't remember a time where I have ever met so many parents of twins or twins themselves in one place that wasn't a CARMBA function, it seemed like every second or third person was multiply connected and I even met previous members of CARMBA. We were thrilled with the interest from the community in supporting CARMBA families through the Family Support Program. Thanks go to Amaly, Amber, Dianna, Amelia, Jacinta, Bee and Karen for volunteering their time at the expo to help others.



# Our Social Calendar

**Multiplay** – Multiplay is on each Monday morning, excluding public holidays, from 10am. It's a playgroup for families with multiples (0-5 yrs) to come along and while the children play in a safe environment, parents and carers can catch up over a coffee.

Most weeks are themed (book and activity) with super heroes, the circus and the wiggles being some of the recent favourites.

**Northside** – The Northside morning tea is held at 10am. Contact rep on [northsiderep@carmba.org.au](mailto:northsiderep@carmba.org.au) for location details or check our website for updates.

**Info session** – The New and Expectant parents information session is a free service CARMBA provides to members of the community expecting multiples held the fourth Monday of every second month at 7:00 PM in Calvary Hospital Ambulatory Care Rom (enter near the Emergency entrance then turn right)

**General meeting** – CARMBA's General Meeting is held at 7:30pm at the QEII Family Centre in Curtin. If you are interested in joining the CARMBA Committee, please contact Amelia at [president@carmba.org.au](mailto:president@carmba.org.au).

**Please check the CARMBA website for updates to our monthly events**  
[www.carmba.org.au](http://www.carmba.org.au)

## January 2014

monday	tuesday	wednesday	thursday	friday	saturday	sunday
		1	2	3	4	5
6	7	8	9	10	11	12
Multiplay 13	14	15	16	17	18	19
Info session Multiplay 20	21	Nothside 22	23	24	25	26
Multiplay 27	28	29	30	31		

## February 2014

monday	tuesday	wednesday	thursday	friday	saturday	sunday
					1	2
Multiplay 3	4	5	6	7	8	9
Multiplay General meeting 10	11	12	13	14	15	16
Multiplay 17	18	Nothside 19	20	21	22	23
Multiplay 24	25	26	27	28		



Committee Members			
President	Amelia Haddock	<a href="mailto:president@carmba.org.au">president@carmba.org.au</a>	0421 993 358
Vice-President	Ali Mountfield	<a href="mailto:vicepresident@carmba.org.au">vicepresident@carmba.org.au</a>	0411 250 758
Secretary	Peta Kenningham	<a href="mailto:secretary@carmba.org.au">secretary@carmba.org.au</a>	
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Breastfeeding Multiples	Ros Lockley	<a href="mailto:bfmultiples@carmba.org.au">bfmultiples@carmba.org.au</a>	0448 242 101
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Caesarean Birth	Lisa Jansen	<a href="mailto:caesarean@carmba.org.au">caesarean@carmba.org.au</a>	0413 302 734
Premature Birth	Simone Carton	<a href="mailto:prematurebirth@carmba.org.au">prematurebirth@carmba.org.au</a>	0414 454 646
Bereavement Support	Dulce Lander	<a href="mailto:bereavement@carmba.org.au">bereavement@carmba.org.au</a>	6254 1435
Baby and Kids Market coordinator	Kate Morse	<a href="mailto:bkmarket@carmba.org.au">bkmarket@carmba.org.au</a>	

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Gungahlin Rep	Simone Carton	<a href="mailto:gungahlinrep@carmba.org.au">gungahlinrep@carmba.org.au</a>	0414 454 646
Central Rep	Dianna Fitzsimons	<a href="mailto:centralrep@carmba.org.au">centralrep@carmba.org.au</a>	0409 844 770
Southside Rep	<b>Position vacant</b>	<a href="mailto:southsiderep@carmba.org.au">southsiderep@carmba.org.au</a>	
Yass Rep	<b>Position vacant</b>	<a href="mailto:yassrep@carmba.org.au">yassrep@carmba.org.au</a>	
Sapphire Coast Rep	Rita Palmer	<a href="mailto:sapphirecoastrep@carmba.org.au">sapphirecoastrep@carmba.org.au</a>	0406 060 690
Multiplay Rep	Toni Smith	<a href="mailto:multiplay@carmba.org.au">multiplay@carmba.org.au</a>	0413 041 609
Goulburn Rep	<b>Position vacant</b>	<a href="mailto:goulburn@carmba.org.au">goulburn@carmba.org.au</a>	
Eurobodalla Shire Rep	Sonya Crawford	<a href="mailto:eurobodallarep@carmba.org.au">eurobodallarep@carmba.org.au</a>	

## Canberra and Region Multiple Birth Association (CARMBa)

Founded in 1973

Patron: Dr Tim McDonald M.B.B.S., F.P.A.C.P.

CARMBa is a member of the Australian Multiple Birth Association (AMBA)

We are a not for profit volunteer organisation. The committee members are volunteer multiple birth mums or dads who give up their time to benefit all of our member families.

Annual Fee: \$40

Renewals are due each year in March.

Website: [www.carmba.org.au](http://www.carmba.org.au)Email: [contact@carmba.org.au](mailto:contact@carmba.org.au)

Monthly Meetings: 7:30pm second Monday of each month, with public holiday weeks moved to the Tuesday of the same week.  
QEII Family Centre Carruthers Street Curtin. All Welcome!

Contributions: Two Up is published bi-monthly. Any poems, photos, recipes, articles, or stories are always welcome from our members. Email [twoup@carmba.org.au](mailto:twoup@carmba.org.au) with your contributions. Any contributions must be emailed by the 16th of the month before Two Up is issued. Please advise at the time whether you allow your article to be published by other AMBA clubs.

Objectives: to provide a means of communication for sharing information on the care and raising of multiple birth children; social meetings and functions for its members; and to cooperate with related organisations with related interests.

Membership: Open to parents and/or legal guardians of multiple birth children. Associate membership is available to other interested individuals or groups.

Club Services: Hire of twin prams, strollers and breastfeeding pillows; new and expectant parent information sessions and baby clothes are available for loan at no cost (donations are welcome).

## Disclaimer:

Statements, opinions and points of view expressed in this newsletter are those of the writer and do not necessarily represent the association. Information contained herein is not a substitute for personal, medical or psychiatric advice and readers are urged to consult their health care providers about specific questions or problems.

Any mention of goods/services in this newsletter does not represent endorsement by CARMBa.

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