



Multiple Matters

Newsletter of Otago Multiples
June/July 2016



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Multiples Otago

EDITORS NOTE

Hello!

Welcome to my last issue. I am happy to announce that as of next issue Liz will be taking over the role of Newsletter editor.

Last month my twins turned 2 years old, and next month my eldest will turn 5. Sleep is gradually improving in our house although it's still somewhat rare for both of the twins to sleep through the night. Unfortunately we have all been sick recently with colds and coughs and sore throats. It feels like we've been sick an awful lot this year. On the plus side however, we took full advantage of the long Queen's Birthday weekend to drive down to Dunedin and drop the kids off with their grandad so that we could escape to a B&B for a night. 2 nights would have been better, but this was the first time that we were away from the twins for a whole night and we weren't sure how things would go. Turns out they had a great time and slept extremely well, so we'll definitely be doing this again sometime!

Getting away for a night also gave us the chance to do a bit of shopping and go out for lunch and dinner without chasing our kids all around the store and constantly putting back all the things they pull off shelves. We spent a lot of time talking about the kids and ourselves and what's important. For the first time in a long time we were able to actually plan ahead and think about what we can do to make life a little bit easier at home. I'm still tired but I feel motivated and most importantly Mike and I are back on the same page.

My cousin recently mentioned that the period of time for a couple when there's the greatest risk of separation is between conception and when the child turns 3 years old - for the obvious reason that it's a very stressful and demanding period on a couple, especially with multiples. What I failed to realise is that when you have another child, that time period starts again, so in essence Mike and I are in our 5th year of this highly stressful and demanding period. When we went to that B&B, we realised the importance of having time off from the kids to restore a bit of balance from time to time. Any opportunity you can get to have some time alone will be beneficial in the long run - something to think about!

Well that's all from me — stay warm, snuggle up and take care.

Next Multiples Otago Committee Meetings

Monday 11th July 2016 at 7:30pm

Message a committee member for details

All members are welcome.

PRESIDENT COLUMN

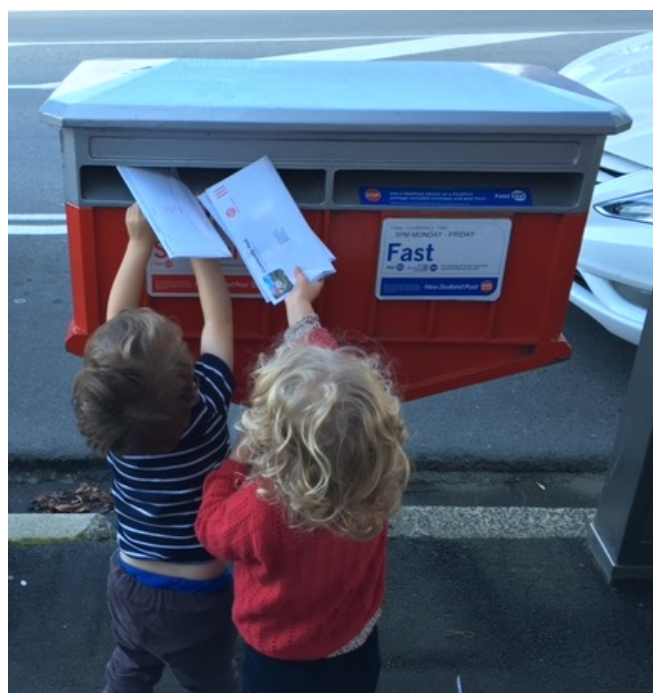
The last few weeks with all the rain in Dunedin have been a challenge in our house. Both David and Ella but especially David love being outside - running, playing, sweeping, fighting, and climbing (especially climbing!). But it's been raining so we have been able to spend less time outside. David and Ella love helping, when it suits them, so we have got our all our winter and wet weather gear and collected the leaves off the lawn and done some other things in the garden but we haven't had enough time outside. As they get older David and Ella are getting better at helping inside. Cooking is still a challenge as they both love to help but we are working on it and dishes that involve multiple jobs like chopping herbs, stirring (or mixing) and measuring ingredients are ok. If there is just one job we have problems. Inside toys have been well used – fortunately Duplo is still a big favourite in our house and it has been well used. Books and trains are also favourites and this year David and Ella have been happier to play inside for short periods of time than they were last year. I'm still hoping for some beautiful sunny winter days as toddlers and pre-schoolers (and all of us really) do much better when they can run around outside!

Winter seems like a good reason to stay inside and eat takeaways so we have a Fish and Chip evening coming up on 2nd July and the Caversham Baptist Church. We had a great turnout at this event last year and hope to see many of you there again this year.

I hope you are all keeping warm and looking forward to some cold days, snow and warm fires in a beautiful Otago winter!

David and Ella helped to post the previous newsletter and were so excited that they got to post all the letters in the post box that I took this photo and thought I'd share it.

Victoria Jameson



WELCOME

Olivia Hills and Graeme Hudson and their twins Ben and Ollie born on the 24th of February.

Lydia Walper and Alan and their twins Billy Johann Reid and Benjamin Louis Reid born on the 27th of April.



EXPECTANTS



Shelley-jo Warwick - Due June

Melissa Dunstan and Craig Stephens - Due July

Kathryn Whitwell and Corin Anstey - Due September

Please remember to let us know when you have your babies so that we can order your FREE nappies from Huggies, as they only send out the NEWBORN size.



Charlie Sime	3 June	6	Quintin Sime	2 July	4
Meila Reid	5 June	3	Jacob Beattie	2 July	5
Alisha Brook	18 June	15	Lucas Beattie	2 July	5
Kendall Brook	18 June	15	Eva Healey	7 July	1
Alyssa Broadley	20 June	5	Aria Healey	7 July	1
Jamie Broadley	20 June	5	Callum Alexander	7 July	28
Ollie Finch	27 June	1	Adam Alexander	7 July	28
Harry Finch	27 June	1	Max Wilkinson	9 July	3
Olivia Lancaster	28 June	5	Jay Wilkinson	9 July	3
Paige Lancaster	28 June	5	Noah Henderson	12 July	5
Flynn O'Connell	28 June	6	Isla Mae Fulcher	12 July	5
Oliver O'Connell	28 June	6	Isla Wagener	13 July	1
Riley Kininmont	28 June	11	Elena Wagener	13 July	1
Jackson Kininmont	30 June	1	Liam Phipps-Green	13 July	6
Levi Kininmont	30 June	1	James Phipps-Green	13 July	6
Jack Hore	30 June	3	Felix Devlin	14 July	7
Henry Hore	30 June	3	Eliza Faamoe-loane	15 July	4
Oliver Parai	1 July	1	Gemma Faamoe-loane	15 July	4
Arlo Parai	1 July	1	Ayson Watson	31 July	4
Matilda Gregory	1 July	7			
Lachlan Sime	2 July	4			

MEET YOUR NEW COMMITTEE MEMBERS

Liz Campbell

Hi there!

My name is Liz Campbell as I am taking over from Hanni as Newsletter Editor. My husband Richard and I have fraternal twin girls called Eva and Isobel. We live in Green Island, Dunedin. The girls are now 9 months old and we are really enjoying seeing their personalities develop. Eva is the go-getter! She is crawling and pulling herself up on furniture. Isobel is totally different.

She enjoys to sit still and play with toys around her. Having twins first up has been a challenging experience that I'm sure everyone can relate to. It is however so nice to see the girls when they play together and smile at each other, it makes all the hard work totally worth it!

We have enjoyed getting out with the girls in their front packs and more recently in their backpacks. In the summer we walked part of the millennium track with them on our backs which we really enjoyed.

I'm really looking forward to taking on this new role of newsletter editor. If you have any suggestions for the newsletter or for the committee in general, please feel free to contact me by email: newsletter.multiplesotago@gmail.com



Rebecca Young

Hi,

I'm Rebecca Young and I have just joined the Multiples Otago committee. I'm a single parent of two awesome wee dudes, Austin and Ryder. They are 6 month old fraternal twin boys. I moved from Auckland back to Dunedin for family support, as said, it takes a village to raise a child.

I'm really looking forward to being on the committee and meeting more multiple mums and dads.





PORSE in-home childcare provides support for multiple birth families

**PORSE In-Home Childcare is a proud partner of NZMBA.
Multiple birth families are unique, so it is important
that childcare and support is tailored to each family.**

PORSE offers families:

- Affordable in-home care options from birth until school age (0 - 5 year olds) with flexible hours to suit your family.
- 1:4 ratio which means high levels of personal attention and less illness.
- A healthy, safe and settled home environment allowing for natural play and exploration.
- Nanny Intern Programme - a low cost option for having a training Nanny come into the home to support families.
- PORSE will support families in finding Home Help and will administer the Home Help subsidy at no cost to the family.

PORSE recognises the importance of parents having access to the right information and support on the range of financial subsidies available to families - including 20 hours ECE and Work and Income subsidies that may apply.

Please contact PORSE for more information on the range of support you can access to meet your childcare needs.

0800 023 456
porse.co.nz

porse[®]
Growing little
minds at home.

6 Ways To Protect Your Child From Winter Cold And Flu

Sickness be gone!

While your little one may excitedly await the opportunity to build snowmen, the colder weather also brings a more unpleasant event -- the cold and flu season! Although coughs and sneezes are practically unavoidable during the winter months, there are ways that you can boost your child's immune system and help keep those bugs at bay.



1 Keep hands clean

The easiest and most effective way to protect your children from infection is to remind them to wash their hands on a regular basis. Ensure that they clean their hands thoroughly with soap or hand wash after every toilet trip and before eating. Additionally, try to teach them not to touch or rub their eyes or nose as this can lead to bacteria being deposited directly into the bloodstream through the mucus membrane.

2 Teach kids how to catch a sneeze

Because sneezing is one of the fastest ways to spread germs, it is important to make sure your little one uses a tissue when either sneezing or coughing. If they don't have time to grab a tissue, tell them to sneeze into the crook of their arm rather than their hands, as this will help prevent germs from being transferred to the next item your child touches.

3 Discourage food and drink sharing

To reduce the chances of your child coming into contact with germs, you should teach them to avoid sharing food and drink with others. Sharing a snack with a child who is already suffering from a winter bug is a sure-fire way to pick up an illness.

4 Support healthy eating

A healthy, balanced diet is a fantastic way to help fight infections. Foods rich in Vitamin C can strengthen the immune system and speed recovery. Blackcurrants, oranges and kiwi fruits can be used in smoothies or desserts, and sweet peppers can be added to many savoury meals or eaten raw. Garlic is also a super-food that is known to fight bugs, bacteria and viruses, promote healing and even act as a decongestant.

5 Exercise daily

Daily exercise will boost your child's immune system and improve their sense of wellbeing. Making sure your exercises regularly is vitally important, as overweight children are more likely to pick up bugs. Excess weight can also make it harder for your child to breathe, especially when they're bunged up.

6 Let them rest

If your child does become ill, despite your best efforts, make sure you allow them plenty of time to rest. Sleep is one of the body's ways of fighting infections, so letting your child stay in bed will aid their recovery, as well as reduce the spread of their illness to other people. However, if your child thinks that they are well enough to go to school or nursery, don't feel that it is essential to keep them at home regardless. It is practically guaranteed that during the winter months every classroom will contain at least one contagious child. However unpopular the side-effects, exposure to bugs at an early age can help children to develop a strong immune system.

Published on December 2010 in

sheknows

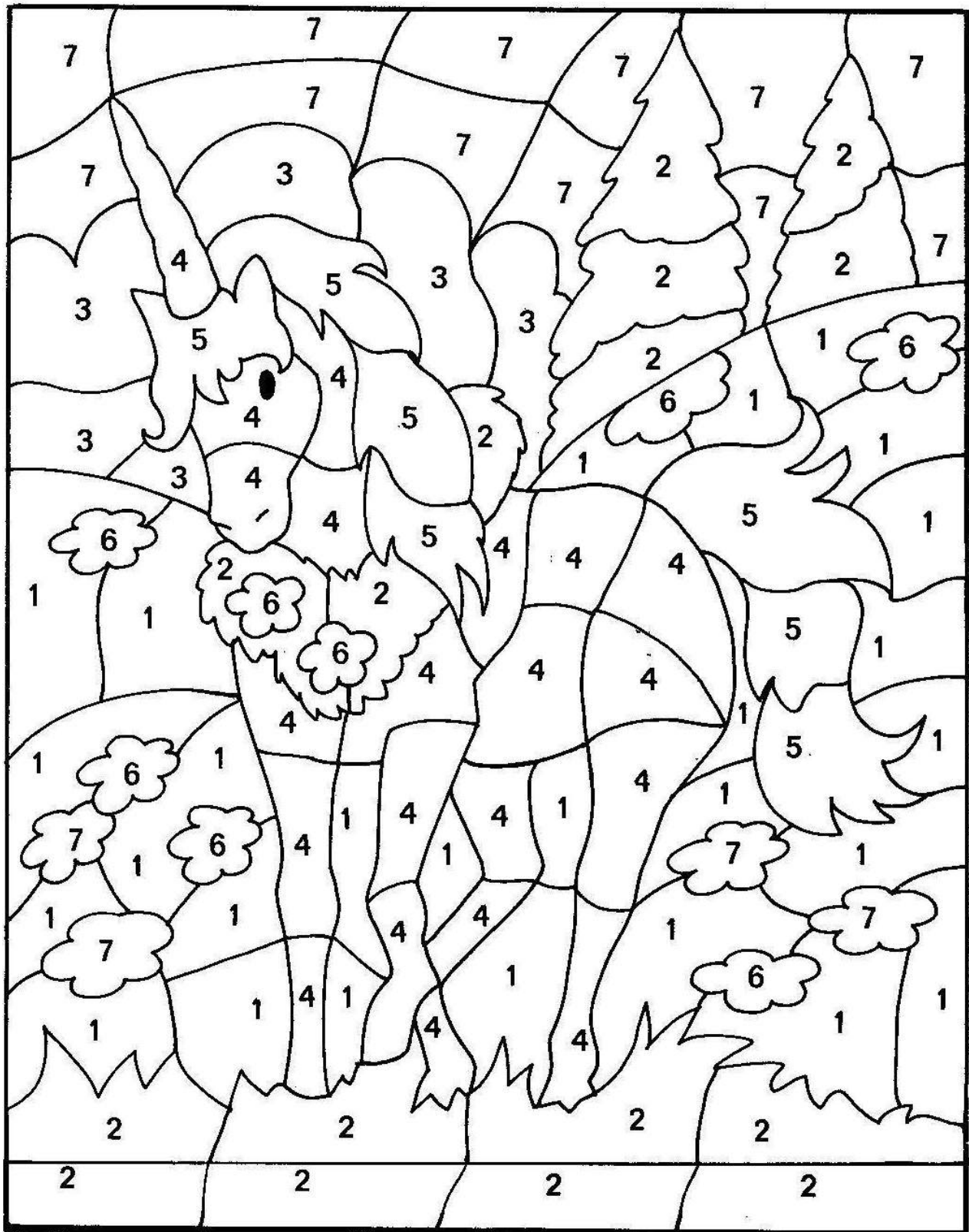
by Louise Wheeler

<http://www.sheknows.com/parenting/articles/821413/how-to-protect-your-child-from-winter-bugs>

COLOUR ME IN...



COLOUR ME IN... COLOUR BY NUMBER



1-light green

2-dark green

3-white

4-yellow

5-orange

6-pink

7-purple

OH, HELLO!

So, you're having a baby (or two!)
What an exciting time, full of
teeny-tiny clothes shopping,
gingernut eating, beautiful bellies,
tiny kicks, and
LOVE

We would love to capture the love

Four custom sessions

♥ maternity ♥ newborn ♥ sitting up ♥ first birthday

plus three 6x8 prints

\$150

For booking and availability, contact Josie
pipiphotos.nz@gmail.com



PipiPhotography

GOOD WINTER FOOD

THE BEST CHEESE ROLLS



Ingredients

500g grated cheese (Mainland Mild Blend or Mild Cheddar)
1 tin Nestle Carnation evaporated milk
1 packet Maggi onion soup mix
1 finely chopped onion
1 tsp mustard powder
1 cup cream

Directions

Mix all the ingredients in a microwave proof bowl. Heat in the microwave for six minutes, stirring every minute or two. Leave to cool, then spread lengthways on to long-cut white bread from Marlow's Bakery, South Dunedin. Roll into cheese rolls using three folds. These can then be baked in the oven or frozen for later use.

From the ODT, Wednesday July 7, 2010.

TOMATO, CHICKEN AND SPINACH CURRY

Ingredients

1 medium onion, peeled and cut into quarters
2 cloves garlic
30g (approx 2cm piece) fresh ginger, peeled
2 tbsp oil
1 1/2 tbsp mild curry powder
500g chicken thighs, skinless and boneless, cut into 3cm pieces
1 Cup chicken stock
400g can tomatoes crushed and sieved

120g baby spinach leaves
Basmati rice to serve
Unsweetened yoghurt to serve



Directions

In a food processor, process onion, garlic and ginger to a puree. Alternatively, mix grated onion, crushed garlic and finely grated ginger.

Heat oil in a fry pan. Add onion puree and cook on medium heat for 2-3mins to soften the onion.

Add curry powder, stir and cook for a further minute. Add chicken and stir-fry until chicken browns. Pour over chicken stock and tomatoes. Stir while bringing to the boil. Reduce heat and simmer with lid off for 25-30mins until chicken is cooked and sauce thickened. Stir in baby spinach leaves and allow to wilt. Season to taste. Serve on rice with yoghurt if desired.

EASY CHICKEN & CORN NOODLE SOUP

Ingredients (makes a lot)

1 precooked roast chicken, shredded
1L chicken stock
1 can creamed corn
1 can corn kernels
2 packets of 2 minute noodles
Sliced Spring onions to garnish

Directions

Add chicken, cans of corn and stock to slow cooker and cook on high for four hours. 20 minutes before finish add two packets of two minute noodles.

SOMETHING TO DO IN DUNEDIN THIS WINTER

BECOME A KIWI GUARDIAN

An activity programme for kids to learn about nature, earn cool rewards and go on epic family adventures! Get out and explore New Zealand with your kids.

Take part in an activity or take action in your local area. Find the Guardian Post at each location to earn a Kiwi Guardian medal!

Kiwi Guardians around Dunedin

Discover awesome Kiwi Guardians adventures around Dunedin or take action in your own backyard. Orokonui Ecosanctuary, Huriawa Peninsula and Sinclair Wetlands are coming soon.

Kiwi Guardians at Aramoana

It's time to hit the beach! You might come across some seals and if you've got keen eyes you might see a majestic royal albatross/toroa. What creatures live in a salt marsh? And what's this about a bear? We don't have bears in New Zealand do we?



Kiwi Guardians at Lawyers Head

So close to Dunedin centre yet you might be lucky enough to see New Zealand sea lions here – just remember to keep your distance. There are rockpools to explore. And what will you make with the bull kelp? Bring your creativity!

Kiwi Guardians at Sandfly Bay

If you've got a head for heights and love speed, this adventure is for you! Bring a boogie board or cardboard box for the ultimate dune riding. Who will be fastest? You'll see seabirds and jumping insects and if you're lucky you might see sea lions and penguins. Think you can handle it all?

Kiwi Guardians in Woodhaugh Gardens

If you love insects you're in for a treat! Just a few kilometres from Dunedin city centre are some of the tallest trees in New Zealand, native pigeons, ducks and lots and lots of insects. Oh, and there's a playground too!

Take action

Be a Kiwi Guardian in your own back yard. There are heaps of things you can do to give nature a helping hand in your neighbourhood. They're fun and easy to do, best of all you don't have to travel anywhere.

The Breast Room



Free one-to-one
breastfeeding help
and information

No appointment or
referral necessary



Every Tuesday and Thursday 10am-12noon
Located at The Early Years Hub
158 Oxford Street, South Dunedin

Just pop in when you are ready, preferably by 11.30am. You will be welcomed by one of our trained breastfeeding peer supporters or Breastfeeding Counsellor (DipHE), who will be happy to discuss your concerns and offer information to help.

Meet other parents, have a cup of tea and relax

Phone or Text: Denise 027 476 1339

Email: breastroom@gmail.com

Facebook: www.facebook.com/TheBreastRoom

The Breast Room is run
entirely by volunteers and
is dependent on donations.

Please go to our Givealittle page
to make a donation:

givealittle.co.nz/org/Breastroom

THANK YOU TO TRACY

At the AGM our longest standing committee member, Tracy McGee, resigned. Tracy has been on the committee since her twins were babies and they are now teenagers so she has definitely served us all well. Over the last couple of years she has guided our new committee with patience, guidance and a really good knowledge of club history.

Tracy is one of only seven life members of our club. Life membership is earned after significant service, generally 10 years on the committee, and Tracy has served for 16 years. During this time, Tracy has performed a number of different roles including New Parents Coordinator, Hire Equipment and Library Book Coordinator, Playgroup Coordinator and Fundraising Coordinator. She has also served on the national committee for (what was then) the New Zealand Multiple Birth Association.

At the national conference last year Tracy won the Community Dedication Award for her consistent service over an extended period of time. This was an incredibly well deserved award and we were so excited that her efforts have been recognised nationally.

I know the club would not be in the good position that it is now without Tracy's input. We wish Tracy all the very best for her future and thank her for the amazing effort that she has put in to keeping the club going.

UPCOMING EVENTS - see Facebook for more details

- * **New parents morning tea 1st of August @ 10am**



- * **Fish n chip night - Saturday 2nd of July, Caversham Baptist Church @ 5pm. BYO take aways.**



Don't miss out!!



MEMBERSHIP FEES FOR THE 2016-2017 YEAR

Membership options:

Full financial member: \$30.00 per year

Associate members*: \$20.00 per year

*Associates are those who do not live in the greater Dunedin area

"early bird special" for payment
before Jun 30th - \$25 Full
membership, \$15 associate.



Payment options:

Internet banking: SBS A/c # 03 1355 0623340 00
(Please use your surname and membership # as reference)

Or cheques can be made payable to: Otago
Multiple Birth Club.

Don't forget to update your details

Have you shifted and have a new address? Make sure you update so you don't miss out on your newsletter.

Do you have a new email? We have received a few bounce-back messages recently. If we don't have your latest email, you could miss out on notices and reminders about events so please let us know if your email address has changed.

Have you had a new addition to the family? Let us know so they can be included in the birthday notices.

Email any updates to: Eloise: membership.multiplesotago@gmail.com



THINGS TO DO IN WANAKA

- BY CARRIE WALLIS

Outdoors:

1. Go for play at the Dinosaur Park on Wanaka's lakefront (take a towel to wipe down the Dinosaur slide just in case you're the first ones there!)
2. Take a walk up Diamond Lake to watch (or even join in with!) the ice skaters.
3. Head up the mountain (Treble Cone, Cardrona or the Snow Farm) and go sledding!

Indoors:

1. Join in at Mini Muscles (33 Reece Crescent/corner of Link Way):

Wednesdays	Fridays
9.30 - 10.30am for all ages together. \$5 for the 1st child in the family and \$1 for each extra sibling	9.30 - 10.30am Under 2's from crawling 10.30 - 11.30am 2, 3 and 4 yr olds, younger siblings welcome 11.30 - 12.30am All newborn babies

2. Be amazed at the bizarreness of Puzzling World (<http://www.puzzlingworld.co.nz>) - better suited for older children.
3. Go for a free play at the Wanaka Transport and Toy Museum while Mum and Dad have a coffee!
4. Sing along at Mainly Music (St Andrews Presbyterian Church Hall, Tenby Street), Tuesdays 9.30 - 11.00am



Genevieve and Katrina
(6) with TC Cat up at
Treble Cone

We're fundraising with *entertainment*[™]

\$12 from every book will go towards funding club activities



OR



Still just
\$60
giving you over
\$20,000
of value!

Get finance and get on the road

Finance approved. Today.

Whether you're buying from a dealer,
privately or online, MTF Dunedin can help.
You can also get a personal loan, using your
vehicle as security.



Noel Johnston
027 433 5533

Farrell Cameron
027 433 5534

Karyn Costello
027 433 5537

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97 Moray Place
mtf.co.nz/dunedin



Terms, conditions and lending criteria apply. Same day approval applies to customers who satisfy MTF credit criteria and provide a signed and completed MTF loan application and all supporting documentation before 16:00 on any business day. Visit www.mtf.co.nz/terms.html for details.

2016 ANNUAL GENERAL MEETING

Thank you to all you who came to our AGM. It was great to have a few people there that weren't part of the committee. All club members are welcome to attend so consider coming next year and have your say in the future of the club. Eloise made an awesome cake this year and we will have something just as good next year.

Our committee for 2016-2017 was voted in. We were fortunate this year to have nominees for all the essential positions and are particularly excited to welcome some new members to the committee. They have each written an introduction about themselves in this newsletter so you can learn a little about them. The contact details of all your new committee are also listed towards the end of this newsletter.

At the AGM we voted to approve a new name for the club and we are now called Multiples Otago. The committee is excited about this change and we hope you are too. Since the New Zealand Multiple Birth Association changed its name to Multiples NZ we have discussed whether we should change our name too. We went backwards and forwards between yes and no but in the end decided to propose the change. We are here to support families with multiples of all ages, although most of our support and effort is still focused on supporting new and expectant parents - we all know how hard those first few months can be!

We also announced the launch of our new website www.multiplesotago.org.nz which we've been working hard on and are very proud of. We hope that the website will provide an easy way for new members to find out information about us and join the club. We are still working on the members area (which will be password protected) and will be sending out the log in details of this section once it is completed in our next membership year (July 1st 2016 - June 30th 2017). We want this website to be a source of information for you, our members, so if you have any suggestions please let us know. If you have any images of your multiples we'd love to include them on the website so please send them through to me on president.multiplesotago@gmail.com.

At each AGM we set the membership fees for the upcoming year. This year we voted to keep our membership fees the same but noted that rising postage costs were having an impact on the cost of posting out the newsletter.

Playgroups were discussed in response to a question from an attendee who mentioned that the New Parent Morning Teas were good but asked if we had considered a playgroup for toddler and preschool aged multiples. The committee did run coffee groups and playgroups in Dunedin in 2014 and 2015 but after months of very low/no attendance these were cancelled. A playgroup was also run in Balclutha. In the survey that was run just prior to the AGM a few other people mentioned they would like playgroups and/or more regular catch ups. Due to this feedback we will be discussing what we can do at an upcoming strategy meeting but if you want us to offer a playgroup or coffee group for your multiples you will need to turn up to ensure it continues.

We also discussed local discounts and will be investigating these over the coming year. We are aiming to collate a list of Otago businesses who will be willing to offer a discount to Multiples Otago members. If you have a business, work in a business or know someone who owns a business, that you think would be willing to offer our members a discount please let us know.

FEEDING INFORMATION

Multiples Otago endorses the WHO International Code of Breastmilk Substitutes and while we agree that breastfeeding is the best form of infant nutrition available, we support the members of this club in whatever decision they make. For information on Breastfeeding, contact our Breastfeeding Support person Victoria Jameson or our bottle feeding support person Eloise Sime.

YOUR COMMITTEE

President

Victoria Jameson

021 132 8857

president.multiplesotago@gmail.com

Secretary

Jaime Winklemann

455 0594

New Mothers Co-ordinator /

Membership Secretary

Eloise Sime

membership.multiplesotago@gmail.com

Breastfeeding support

Victoria Jameson

021 132 8857

vjajameson@gmail.com

Treasurer

Jenna Horn

455 4758

treasurer.multiplesotago@gmail.com

Hire Equipment

Gidget Henderson

027 251 2269

Events Coordinator

Rebecca Young

Special Needs Contact

Raewyn Alexander

476 4500

Newsletter Editor

Liz Campbell

newsletter.multiplesotago@gmail.com

Facebook Co-Ordinator

Gidget Henderson

027 251 2269

Central Otago Sub-branch Contact

Gwen Hendry

021 147 7380

multiplesotago@gmail.com

South Otago Sub-branch Contact

Shelly Smith

03 418 2285

multiplesotago@gmail.com

North Otago Sub-branch Contact

We'd love for someone based in or near Oamaru to take up this position. Please contact Victoria if you're interested.

**Don't forget to lookup discount codes on the Multiples NZ website
www.multiples.org.nz or get updates on the Multiples NZ Facebook page**

Multiples Otago Hire Equipment

	Hire cost	Hire term	Bond
Portacots	\$5.00 each	1 week	\$10.00
Jolly Jumpers	\$10.00 each	6 months	\$10.00
Bouncinettes	\$5.00 each	6 months	\$10.00
Changing Table	\$20.00 each	6 months	\$10.00
Exersaucers	\$20.00 each	2 months	\$10.00
Activity Table	\$5.00 each	1 month	\$5.00
Activity Walker	\$5.00 each	1 month	\$5.00
Play Mat/Gym	\$5.00 each	1 month	\$5.00

Breastfeeding Pillow

\$20.00 hire, for 2 months (bond \$20.00)



Double Snap N Go Wheels

\$20.00 hire, for 6 months (bond \$10.00)



Hire equipment is available to Multiples Otago financial members. Hire equipment is subject to availability. Hire and bond fee is payable at the time of taking goods. A contract must also be signed.

Goods must be returned by the specified time, in good clean condition. Multiples Otago reserves the right to charge a fee for late returns, cleaning, lost parts and instructions or damage of hire equipment. Damage or loss must be reported immediately to Gidget.

Multiples Otago accepts no responsibility for any injury, which may result from the use of hire equipment. Hire equipment revenue will go towards the purchase of more hire equipment, please let us know your needs and if there is enough interest we will try to help you.

Hire Equipment Contact: Gidget 027 2512269

COME JOIN US AT WILD THINGS



At **Wild Things** you will enjoy
the benefits of child-centred
home-based early childhood care
and education in stimulating
and nurturing environments.

**Small groups, weekly outings,
fully supported educators
and nannies all at
competitive rates.**

Call **Wild Things** today on
0800 44 44 70



www.wildthings.org.nz
where children can be children

Updated: 1st June 2016



Supporting parents of multiples

0800 4 TWINS etc

www.multiples.org.nz

Discounts for Members

FREE NAPPIES

Multiples NZ Members are entitled to a FREE BOX of Huggies Nappies (newborn size only) upon the birth of their multiples. To obtain these please contact the Multiples NZ Secretary on secretary@multiples.org.nz as soon as possible after the birth of your multiples (This must be done within the first 5 weeks of your babies arriving to be eligible.) You will need to provide your babies dates of birth, gender, weight and the address the nappies are to be sent to.

Note: If you are a member of a local Multiple Birth Club then your club will arrange your nappies for you.

\$10 VOUCHER

Get money back on your baby food! Save your labels (including the barcodes) from any 'Watties/ Plunket' wet baby food, and Heinz-Watties will issue you with a \$10 voucher for every 100 barcodes. The vouchers can be spent at any supermarket on any Watties products (not just baby food). Send your barcodes and contact details to:

Trish Milne, Consumer Service Consultant
Heinz Watties Ltd
PO Box 439
Hastings

FORMULA SUPPLIERS

Multiples NZ endorses the World Health Organisation International Code of Breast Milk Substitutes and, while we agree that breastfeeding is the best form of infant nutrition available, we support the members of this club in whatever decision they make. For those who choose to use a breast milk substitute, products can be purchased directly from the following manufacturers.

Nurture

Heinz-Wattie Limited
Attn Jane Evans-Tegg
PO Box 439 Hastings
Jane.Evans-
Tegg@nz.hjheinz.com
Phone 0800 653 050

Karicare

Nutricia
Ph: 0800 688 742

PLEASE NOTE: In order to take advantage of this opportunity to buy directly from the manufacturers, Heinz-Wattie Ltd and Wyeth (NZ) Ltd require a letter from Plunket or another health professional to verify that you are a parent of multiples and have chosen to formula feed. You will also need to supply proof of membership in the form of a photocopy of your membership card.

WINTER CRAFTS - INSECTS

Equipment:

Stapler
Scissors

Materials:

Cardboard (weetbix box is perfect!)
Newspaper
Paint
Glue
Pipe cleaners
Googly eyes
Things to decorate it with (coloured paper, stickers, pom poms, sequins, glitter etc)



Instructions:

1. Cut two big circles for the body and two small circles for the head.
2. Staple the two big circles together half way around, fill with crumpled up newspaper and then staple the rest of the way around. Do the same with the small circles.
3. Staple or glue the head to the body.
4. Paint your insects and wait for them to dry.
5. Once they are dry decorate however you like.
6. Attach your pipe cleaners for legs. You can either tuck them through the staples or glue them on.
7. Now you're all done!



Bump-a-licious Massage

...RELAX...
...LOVE...
...PAMPER...

Specialising in
**Pregnancy, Postnatal
& Infant Massage**

Feel relaxed, loved and pampered
throughout the incredible journey
of parenthood.



**Gift
Vouchers
available**

www.bump-a-licious.weebly.com

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(upstairs with New Beginnings Midwifery)

ODT/ART/COLLIER 1863

Club deal: 20% off any massage treatment at Bump-a-licious Massage or 10% off a 5-week Infant Massage Class. Membership card to be used as proof of membership.

TWIN COMPARISON CHART

	Fraternal Twins	Identical Twins
Develop from	Two different eggs fertilised by two different sperm cells	The splitting of the same fertilised egg into two
Genetic code	Like any other sibling; not identical.	Nearly identical
Gender	Usually different	Always the same
Likelihood	Varies by country. About 6 in 1,000 in Japan, up to over 20 per 1,000 in some parts of Africa. Two-thirds of all twins in the world are fraternal.	Uniform around the world; about 3 in 1,000. Only one-third of all twins in the world are identical.
Blood type	May be different	Always the same
Causes	Hereditary predisposition, certain fertility drugs, IVF	Not known
Appearance	As similar as any other sibling	Extremely similar, although may not be exactly identical due to environmental factors
In utero	Develop separate sacs in utero.	May be contained in one sac in utero.
Risk for TTTS (twin-to-twin transfusion syndrome)	Low risk	Higher risk compared with fraternal twins
Fingerprints	Different	Different

WINZ Home Help Entitlements for parents

WINZ HOME HELP ENTITLEMENTS

Families who have under 5's at home and then have twins, or have triplets are entitled to a home help subsidy from WINZ. This is not income tested and comprises of:

240 hours for twins and 1560 hours for triplets

WINZ pay a set amount per hour to help families pay for home help. The rate that WINZ pays is currently set at \$16.77 gross per hour (including 8% holiday pay). Families can use this to hire a Nanny through a registered agency or alternatively can hire a friend or family member.

if you would like to hire a nanny through a registered agency please speak to one of the consultants and they will answer all of your questions for you. Nannies cost anywhere between \$15.00-18.00 per hour and usually the agency is able to offer a small subsidy which can cover some if not all of the rest of the payment for you.

Some families are also entitled to more funding through the "working for families" assistance package. If you can take advantage or would like some more info on the Home Help Subsidy please ring around and research all of the different options available.

For more information call WINZ 0800 559 009

Or feel free to call PORSE on 0800 023 45

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