

Multiple Matters

Newsletter of Multiples Otago

August/September 2016

Tips for multiples in school or day care



www.multiplesotago.org.nz



Your Stories:

Mums open up about sending their multiples to school and day cares.



PLUS ARTICLE ON PREGNANCY WITH TTTS • CLUB PHOTOS • RECIPES • PHOTOS

Editors Note

This issue we asked you what advice you would give to parents sending their multiples to care or school for the first time. I was particularly interested in what everyone had to say as I go back to work in August after 1 year maternity leave, and our twin girls will be heading to care for 2 days a week. When I made the decision to head back to work I visited different day cares and got our name down early in 3 different centres. It wasn't until mid July, 6 weeks out from me starting work again, were the girls accepted into the day care we wanted. Waiting for so long was a stress for us as we didn't have any other options.

I chose our day care due to the relaxed vibe of the centre, friendly staff and nice facilities. I knew I wanted our centre of choice to have a lot of learning through play rather than structured activities. I wanted my girls to have plenty of social interaction and have experiences that I couldn't provide at home. After speaking to other parents looking at day cares I realised how different everyone is and what you want from a day care is extremely different to someone else. I discovered that you choose a centre based on where you feel comfortable leaving your children. Although we are not at the stage of picking schools yet, I would imagine it is exactly the same when going through that process.

I have booked in to attend The National Multiple Birth Conference in Invercargill. I am really looking forward to learning about topics such as cyber bullying, resolving conflict, behaviour management strategies. I am especially excited about meeting other newsletter editors to come back with new and exciting ideas to take our newsletter to the next level! The conference is open to members also. With this year being held in Invercargill, it really couldn't get much closer. If you have been thinking about going, I would strongly encourage you to come along.

For each issue I am on the look out for member contribution. I would like to thank everyone who contributed online as well as photos and stories this issue. Anything is much appreciated, so please keep the information coming. Please also look out on our facebook pages for upcoming topics, surveys and events. You can see also what events are coming up in the calendars on pages 6 & 7. Put these in your diary now! If you would like to get in touch you can contact me on our facebook group, or email me: newsletter.multiplesotago@gmail.com .

Hope you enjoy this issue as much as I've enjoyed putting it together.

Liz

Liz Campbell

NEWSLETTER EDITOR



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.

President Column

Guy and I spent a while discussing which day care to send David and Ella but, as we aren't great at making decisions at the best of times and this was a big decision, it took us a while (too long!) to decide. Fortunately I managed to negotiate some extra time off work as we had nothing lined up when David and Ella turned one.

We narrowed our options down to a choice between Montessori House and one other centre. Both centres ticked a number of our boxes including: letting the children nap on their own schedule, providing a cooked lunch, letting us continue to use cloth nappies and having caring staff. However, in the centre we didn't choose it was hard to get information out of the teachers and they couldn't give us a good idea of children's day would actually be like. Conversely, Montessori House gave us lots of examples of what sort of things they did with the children. A lot of the activities, like making bread, were things I used to do before having children and wished I did with the children so I was excited about this opportunity for them. They also had a great indoor environment in Nido, the class for children under two, with a bridge the children good learn to walk over and a loft at the top of a small flight of stairs. The other children were really nice to David and Ella when we took them to visit which sealed our decision.

David and Ella have been really happy at Montessori House and have graduated from Nido to Casita, the class for children from 2 to 3.5 years, and just recently they have graduated to Casa, the "big kids" class. The teachers have been lovely and supportive and have made an effort to include our family traditions in the classroom. They also treat each child as an individual and make a real effort to give each child opportunities to explore their own interests.

The move to Casita was easy and I thought the move to Casa would also go smoothly as they knew the teachers and also many of their classmates. However, this transition has not gone very well and has been even more challenging because the issues were unexpected. One of our twins has settled in to their new environment a lot better than the other one. Guy and I are unsure what the issue is and have discussed all sorts of reasons why this transition has been so difficult for one of our twins. We have lots of ideas but haven't really come to a good conclusion. We've talked to the teachers and our children but it is hard to work out what the children tell us is actually true (they are going through a very imaginative phase!)

Balancing the attention both children need is difficult. The child having a difficult time needed lots of attention and support and the other child notices they are missing out.

However, we are in week three and things are starting to improve and there were no tears when we dropped them off yesterday or today. Like many things to do with parenting, this move didn't quite go as expected but we have done our best to support both children. Hopefully things will continue to get better.

We all attended the Multiples Otago Fish and Chip night at the playgroup rooms in the Caversham Baptist Church. There were a number of families there and after (and during) the shared dinner, our children had a great time racing across the balance beams, climbing, sliding down the slide and chasing each other around the room. What was especially nice was to see the children from different families playing games together.

Unfortunately some families couldn't make it due to winter illnesses so we are going to hold another playgroup in a month or so and hope that you will be able to make it.

It seems to be a particularly bad winter for colds, coughs and the flu so I hope you are all keeping warm and healthy.

Victoria

Victoria Jameson

PRESIDENT



**Multiples Otago Committee Meeting
Monday 8th August 7.30pm**

Message a committee member for details

All members are very welcome

What's coming up in Otago



AUGUST

twenty sixteen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Film Screening: 'Milk' Paradiso Cinema, Wanaka	4	5 Big Latch On 10am: Meridian, DN North Otago Plunket & Alchemy Cafe, Wanaka	6 Big Latch On, Balcultha Parents Centre, 10am
7 New and expectant parents morning tea 10am	8 Committee Meeting 7.30pm	9	10	11	12 Toddler Time Toitu 10am	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Storylines Dunedin Library 11am
28	29	30	31 Kids for Kids Oamaru Opera House 7.30pm			

SEPTEMBER

twenty sixteen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Fathers Day	5	6	7	8	9	10
11	12 Committee Meeting 7.30pm	13	14	15	16	17
18 Baby and Child Show @ Edgar Centre 10-3pm	19	20	21	22	23	24
25	26	27	28	29	30 Multiples NZ Conference Invercargill	

OCTOBER

two thousand sixteen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						¹ Multiples NZ Conference Invercargill
² Multiples NZ Conference Invercargill	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER

two thousand sixteen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	⁵ Fete Day Taieri Showgrounds 10am
⁶ New and Expectants morning tea 10am	7	Multiple Birth Awareness Week			11	¹² Waste Free Parenting Workshop, DN Library 11.30am
¹³ Multiples Otago Christmas Party TBC	¹⁴ Waste Free Parenting Wanaka 6.30pm	¹⁵ The Gruffalo Regents Theatre 11.30am	16	17	18	19
20	21	22	23	24	25	26
27	28					

Welcome to the club

Shelley-Jo Warwick had her twins Elise Avis Warwick and Lillian Heather Warwick on the 13th June.

Melissa Dunstan and Craig Stephens had their twins Addison Lee Stephens and Bobbi Jan Stephens on the 14th June.



Expectants

Laura Gourley and Paul Balloch - due December

Rebecca Batt—due November

Margo & Paul Kennedy—due November

Kathryn Whitwell & Corin Anstey—due September



NZMBA Members are entitled to a FREE BOX of Huggies Nappies (newborn size only) upon the birth of their multiples. To obtain these please let Eloise know by emailing her at: membership.multiplesotago@gmail.com

Don't delay as this must be done within the first 5 weeks of your babies arriving to be eligible.



Happy Birthday

		Age
Stella Reid	1 August	2
Maddi Reid	1 August	2
Mariee Gregory	8 August	5
Hew Gregory	8 August	5
Jac Power	9 August	17
Jamie Power	9 August	17
Hunter Watson	11 August	1
Alia Watson	11 August	1
Sadie Bradfield	18 August	2
Billie Bradfield	18 August	2
Vincent Woodham	21 August	4
Valerie Woodham	21 August	4
Amelia Reynolds	23 August	1
Quinn Reynolds	23 August	1
Isobel Campbell	29 August	1
Eva Campbell	29 August	1
Heath Kettish	30 September	7
Noah Kettish	30 September	7
Ana Morriss	30 September	2
Eli Morriss	30 September	2

Membership Fees for 2016/17



MEMBERSHIP OPTIONS

FULL FINANCIAL MEMBER: \$30.00 per year

ASSOCIATE MEMBERSHIP*: \$20.00 per year

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

PAYMENT OPTIONS

Internet banking:

SBS A/c # 03 1355 0623340 00

(Please use your surname and membership # as reference)



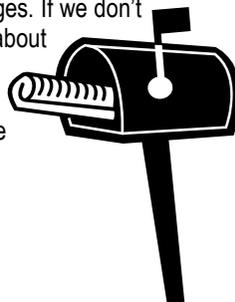
Update your details

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? They have been a few bounce-back messages. If we don't have your latest email, you could miss out on notices and reminders about events.

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



National Discounts

Everyone loves a good discount!

Here are some businesses that will provide discounts to Multiples NZ members. We have just taken a small snippet to show you that being a member of Multiples Otago and therefore Multiples NZ, you get a lot of benefits, and discounts is one of them!

To check them all out visit <http://www.multiples.org.nz> and log into the Members Area.

Name and password was given to you when you joined.

Contact a committee member if you have forgotten.



Local Discounts

Multiples Otago members also receive local discounts around town. This list is always getting longer, so make sure you check out our website to get the full list www.multiplesotago.org.nz. Also check out the Bump-a-licious body massage deal on page 27.



10% off parts



10% off



10% off



10% off (when buying same item)



2 for 1



2 for 1

Cafe LOL— 50% off kids menu

Tips for choosing a day care for multiples

There are so many variables for each family. Maybe you always wanted to be a stay at home mum, maybe you have family that can help, maybe you have a career that you love, maybe you have a ton of student loan debt, maybe you just don't know where to start. Whatever your path, there is no "right" answer, but when you have multiples, this decision becomes more complicated. If you find yourself thinking about full time, or even part time care for your multiples, this article is for you.

1) **START CALLING AROUND SOON!** We found out we were having twins at 8 weeks and I started calling day care centres at around 12 weeks. I could not believe they were telling me they would not have a spot for two infants at the same time. The wait list for one child was long, and they would never hold one spot open for the other to come available. Meltdown. I started creating a spreadsheet to include more day care centres.

Name	Address	Rate per infant	Yearly rate	Sibling Discount	Annual/ Twins	Hours	Days	# of children	Contact details
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2) **DISCOUNTS** - Many centres would not offer a sibling discount for infants, but some did. The centre we ultimately chose offered 20 % discount off tuition for the second child, including infants.

3) **CONSIDER A NANNY** - I added nanny information to the spreadsheet to compare to centre costs. The figures were based on going rates for reasonably experienced care providers in our area on sites. When you start considering costs for multiples, especially if you already have another child, a nanny could potentially be the better financial decision, as well as provide some additional help around the house. Not to mention you don't have to get your children ready and haul them to and from a centre each day. Additional things to think about with hiring a nanny: Much like childcare centres, most nannies will expect to be paid the entire year, even if you are taking a week off and will be with your children. Nannies need holidays too, and sick days. Don't forget to plan back-up care for these times.

4) **INTERVIEW** - This means either interviewing nanny potentials, or going by the day care centres and talking with the people who work there. You can find many sample interview questions for potential nannies by looking around online. Don't forget to check references. We did this even with a day care centre. We found other people's experiences with the staff super helpful in making our decision. Some of the questions we specifically asked with having multiples:

- Have you cared for multiples before?
- Can we leave both car seats here at the centre since one person will drop off and one will pick up?
- Do you prefer colour coded bottles or labels? Can we leave them here or do you prefer we take them home each day?
- What items do we need to provide (sheets, nappies, wipes, bibs, water for formula)?

We brought our girls to the day care centre a few times before they actually began to meet the main teacher and spend some time at the location. This helped us emotionally when that first full day came around.

5) **PACK IT UP RIGHT** - When the time does finally arrive, be prepared. If you have someone coming to your home, have things organized. Ideally, you will have spent a few hours with the caretaker

(paying them for this time) at your home to show them how you do things and where things are located. If you are taking your children to a centre, here is what we packed for the first day:

- 2 bibs
- 2 sets of clothing
- 2 blankets
- HUGE box of nappies
- Bag of wipes
- Container for wipes
- 3 bottles for each twin (we colour coded)
- 2 colour coded pacifiers
- 2 cans of formula (our centre had previous experience with breast-milk fed multiples also)
- 1 wet-bag (for dirty clothes)
- 1 giant bag to store stuff in at day care

6) BACK-UP PLAN - The kids and/or the child care provider *will* get sick. Our girls got sick the first week of day care. We made two trips to urgent care that weekend. Since Ryan and I had just used up most of our time off for maternity/paternity leave, we had to call his parents (they live two hours away) to come stay with us for 3 days while a cold and a virus ran their course. Have some plan worked out ahead of time.

7) DON'T DRESS THEM ALIKE - For the sake of the day care employees and your children, don't dress them alike the first few days, even if they aren't identical. Multiples may have different needs (maybe one has a milk allergy, or one takes a medication or uses a different nipple flow), and the care provider will have enough to think about the first few days without hesitation of which twin is which. Additionally, if you are at a centre, there are teachers who fill in for lunch and other times.

8) BE CREATIVE, BE FLEXIBLE & BE REASONABLE—If you can change your job hours to 4 days a week, maybe a day care provider will allow a 4 day a week plan. If you and your spouse can work opposite shifts and have a family member or part-time helper, consider it.

- Can you work a day or two at home each week and have some help?
- Can you reduce your hours at work and stay in the workforce, but need less day care expense?
-

Ensure that you work with your spouse to talk about what your work week looks like for late meetings, longer commute days, and travel commitments. Work with each other as to who is dropping kids off and picking them up. Don't forget to make sure you know who it is! Remember, remember, remember, this is TEMPORARY. Your children will not be in this stage for long. Whether you feel stuck at home, stuck at work, or stuck in a budget, things will change.

There are going to be things one family values over another, and there are so many factors to consider in budgeting and deciding on child care, its impossible to account for all of them in a general list. For most major decisions in my life, I start by figuring out what it is I really *want*. Then, I find a way to make it happen (within reason).

Article taken from <http://www.twintalkblog.com/2014/08/choosing-child-care-for-your-twins.html>.
(Ed: Edited for the purpose of this newsletter)

Multiple NZ celebrates volunteers who give their time.

When you have a family it can be hard to find time to give to others. Yet, regardless of numerous commitments, Multiples NZ has a strong, dedicated base of volunteers who freely give their time to support families with twins and triplets. Multiples NZ, with the support of PORSE, will be launching the 2016 PORSE Multiples NZ Volunteer Award programme. This award programme gives the families with multiples the opportunity to thank a hardworking volunteer who has made a positive impact on their life or their local multiples community.

The Award Judges are calling for detail, photos and a creative approach to completing the nomination form. Remember, not all of our Judges will know the nominees so the more detail you include, the easier it is for the Judges to understand the volunteer's contribution to our community.

The winners will be announced at the Multiples NZ National Conference, which this year will be held in Invercargill from the 30th to the 2nd of October. Each winner of an award will receive a cash prize and a donation made to the winner's local Multiples Club.

There are six different categories:

- 'A JOB WELL DONE' AWARD
- EMERGING LEADER AWARD
- COMMUNITY DEDICATION AWARD
- SUPPORT PERSON OF THE YEAR
- ONLINE SUPPORT PERSON OF THE YEAR
- CLUB OF THE YEAR AWARD

PORSE MULTIPLES NZ VOLUNTEER AWARDS 2016

Help us say "Thank You" by
nominating a volunteer who has made
a difference for our families.



Nomination forms are online at www.multiples.org.nz

NOMINATIONS CLOSE 1 SEPTEMBER 2016



**For more information and to nominate visit the Multiples NZ website
www.multiples.org.nz.**

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



 Pipi Photography

My pregnancy with Twin to Twin Transfusion Syndrome

Hi all. My name is Bex Harrex, my partner is Hayden and we have mono twins Harry William and Ollie Cruz born 27/6/2015. We live in Dunedin and recently moved into our new house five months ago.

My pregnancy started off fantastically, I was feeling so good and positive about everything, had no sickness. I hadn't gained much weight at all to begin with and had plenty of energy to the point I was in denial I was even pregnant! I actually took five pregnancy tests just to be sure and also one at the doctors just to confirm that , YES, I was actually pregnant.

I continued to feel wonderful with no major symptoms.

When I had my first scan at 13 weeks I was feeling anxious hoping there was still a heartbeat due to the fact I still didn't believe I was pregnant. Gosh did I completely get that wrong with the lady confirming there was not only one heartbeat but two! Ok so I AM pregnant, it's official!!!!

I was sooooo excited to be able to finally tell all my friends and share the news we were expecting twins with my family. My dream had come true; I always wanted to have twins. I was a twin for 8 weeks but unfortunately she didn't survive. Everyone was very excited about the news of twins, Hayden was initially in shock but he got his head around it and my family just thought it was wonderful.

I was told at my scan they were identical twins, which can only be picked up on early in the pregnancy. This meant it was a high risk pregnancy - because they shared the same placenta there was a risk of TTTS (twin to twin transfusion syndrome) a disease of the placenta (or after birth) that affects identical twins who share a common monochorionic placenta. I didn't even do any research about TTTS I just brushed it over my shoulder and thought 'I'll be alright'. I had to have scans every two weeks, where they checked the amniotic fluid levels mainly, because of the risk involved.

After my 23 week scan I was phoned and sent straight to Dunedin Hospital to see the specialist. I had regular appointments with the specialist but I wasn't due to see her for a month, or so, so I was a bit concerned. I waited two hours at the hospital wondering why they were all rushing around flustered then finally I was informed I had to get a flight ASAP to Christchurch as there was a possibility of me having TTTS – that thing I thought I would never get!

I just thought they were being over cautious. After many scans and checks they decided to send me to Auckland, where the TTTS experts are based, just to double check. It was confirmed in Auckland I was at stage 1 of TTTS, I had to live there for about three weeks to get checked every day in case I got past stage 1. If it did get to stage 2 or worse they would need to do laser surgery to block the blood vessels, as I was under 26 weeks gestation. The goal was to get me to at least 26 weeks so if there was any further trouble they would just be able to deliver the babies. After a few weeks I was sent home where I was monitored closely with scans in Dunedin every second day. The TTTS was under control at this point, but we still needed to be cautious.

After 26 weeks, babies have a better chance of survival according to the stats.

I never felt any different in my body the whole time I had TTTS, I was totally healthy in myself it was only the wee boys suffering, and that is what I hated. It was out of my control completely and I just wished it was me suffering and not them. I ate a very healthy diet during my entire pregnancy and did everything I could - but it was just out of my hands.

Anyway, I got to 29 weeks and unfortunately I had a bad scan as the amniotic fluid was uneven again. TTTS is about sharing the fluid, one tends to steal it all and one baby is left with a small amount or in some cases no amniotic fluid and becomes stuck against the placenta wall.

I was sent to hospital straight away to be monitored with more scans etc. By 6pm I was being monitored on this machine which looked like it came from 1876. One baby was extremely distressed so they made the decision to get them out ASAP. The twins were delivered an hour and a half later by emergency c section!!! It was scary. It wasn't until 2am I first got to see my wee babies down in NICU in their space-age looking incubators, each weighing about 2 ½ pounds - they were TINY.

And so the NICU journey began.

NICU is a bittersweet place to be, the staff are phenomenal, the mums and families you meet are inspirational but it is a very, very emotional place to be and not to mention an emotional roller coaster (it is the only way to describe it). Everyone talks about the day three blues, after giving birth and once the milk comes in. Well, in my case it came with a bang! It was a very emotional day for me because Harry was suffering from seizures and was rushed away to Christchurch Hospital mainly because of his bowel having a wee hole. Harry was away for three weeks which meant when I got to finally hold my babies, on day five, I was only able to hold Ollie – I had to wait until week three to do the same with Harry.

Walking down the corridor seeing other mums holding their newborn babies straight away was difficult, and definitely made me lose it completely on day three. So, yeah, not a good day for me.

I lived in NICU for ten weeks, a few days before the boys' due date we were finally sent home. The boys are now one-year-old; we recently had a big first birthday party for them to celebrate surviving the year. It was a mixture of emotions to be honest, it was hard thinking back to a year ago and bringing up all those scary memories and what we had to go through, but also a happy time knowing how far they have come.

The boys are doing really well, sleeping great apart from teething or the odd cough at night but besides that they are sleeping 12 hours. Ollie is very close to walking, standing up and holding onto everything, crawling everywhere, saying mum and dad, eating finger food, he has eight teeth and is also clapping his hands and waving - he is thriving. Harry is also doing really well considering the tough start he had which included a bad head scan in NICU showing cysts due to TTTS. He is saying mum and dad, clapping his hands, eating finger food, sitting up, rolling; he has 6 teeth and is also sleeping really well. He has been diagnosed with mild CP in his left hand and we are not sure about his legs yet. He is checked on by Vera Hayward every week and an obstetrician every two months, we have a lot of exercises to do with him but his cognitive skills are very good and both boys are very happy.

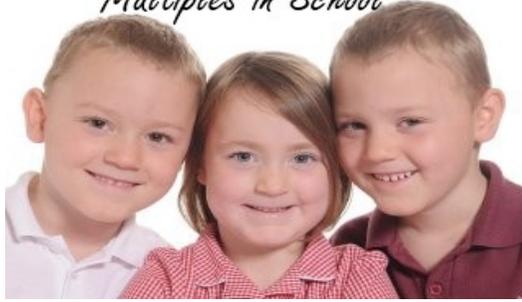
I cannot say enough about the health system in New Zealand. We felt extremely well cared for during this entire journey. All flights, accommodation and transport was paid for, I always had a support person with me and their costs were also covered. When we were in NICU it was the same thing and the nurses were incredible - to the point it was hard to leave. The fact I was getting so many scans and having visits constantly with a specialist. The team in Auckland were amazing I cannot thank them enough. It is very rare to get TTTS but all I can say is take a mono pregnancy seriously as it is what it is high risk.



Bex and Hayden with
Harry William and Ollie Cruz
At their 1st birthday
Thank-you Bex for sharing your experience with us.



Multiples in School



From this point forward we are going to consult our great Facebook members in our Multiples Otago Group for advice on a current topic. We would love for you to join in on the discussions! You can do so by joining our closed group at <https://www.facebook.com/groups/1714542008762720/>.

This issue we asked:

What was the best piece of advice or thing you have learnt about the early school years with multiples that you would pass onto other multiple families?

Your comments:

Always ask your multiples their opinion on whether they want to be in the same class or not-assuming you have the option of more than one class. Factor this in when making the decision whether to separate or not.

Make school interviews on progress, not back to back if possible. I always make an effort to focus on the child I am there for, and reframe from bringing the other child into the conversation.

Our boys started school in the same new entrant class. For this year, the school suggested separating them into different Year 1 classes because they thought they annoyed each other a bit in class. We were not very keen on the idea as it made some things quite inconvenient for us as parents. However, they are having an amazing year, and doing very well academically and socially. It also has the added benefit of preventing any direct comparisons of the two, which we saw often when they were together in the new entrant class, despite us telling the teacher they were VERY different children.

What's the best advice you would pass onto those parents about to send their multiples to care?

Choose the day care that feels right for you. Keep going around to different ones till you find "the one".

Also what feels right to your kids too. I found taking my kids quite informative. Some places they clung to me and other places they just went off and played. Speaks volumes. Also you see how teachers interact with them, went to one place where they barely looked at my kids just spoke to me. Um nah!

Don't until you have to! Our twins started at around 10 months and the sickness and stress was horrendous! We persevered for around 5 months prior to hiring a Nanny. Best decision ever!! Only now at almost 3 have we started at kindy :)

Vet your options well, find what suits your family or work situation.

We chose a nursery when the boys were one year old and it was amazingly supportive. Called them on arrival in the morning and they would come out and help me carry boys in etc, helped me get them to the car in afternoon too. Only had one or two days off for sickness.

Ask about how they manage twins, individual or the same primary carer, sleeping flexibilities etc - our 2 were and still are very different with their sleeping needs.

Ask for a discount... Everything helps when your paying for two.

We put our twins in home base care before they were one. Choose a day care that u are happy with and stay for visits and see how they cope. Very hard with twins while educators have also other kids in their care. I would of preferred a day care centre where they stay and not leave the premises. We pulled out of home base care as one twin wasn't watched and ended up on the main road with traffic stopping. Always check background of educator and the ages of the other children in her care.

We go to a preschool where they have two over 3 sections. They really wanted us to separate them, as all their twins . The past have been separated. I had huge mummy guilt over them doing 20 hours at their age but mum had just died, partner away for work most of time and I really needed it. Daughter would've probably been ok but my little boy would have had separation anxiety big time, which would have resulted in me probably taking them out which would not have been a good decision for my family in the head space I was in. They get on (mostly lol). But can play independently, speak for themselves, total individuals so I did not see an issue.

Really glad I stuck to my guns as it is fine and preschool in hindsight agree with my decision. I think twins are really lucky to have each other during times of transition and one day I know I will be happy for them to be separated and encourage it but don't think we need to force issue without valid reasons.

Celebrating our Dads...



Baydon Harris, "bringing in the washing" with Phoebe and Sylvie.



Graeme Hudson with Ben and Ollie when they were 2 weeks old.



Matt Healey with Eva and Aria



Nathan Sime with their boys Charlie, Lachlan and Quintin.



Have you got photos that you would like to contribute??

Please email with a caption to:
newsletter.multiplesotago@gmail.com



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



*Club
Photos*

Fish 'n' Chip night



Twin get-togethers



MIXED MUSHROOM BAKED RISOTTO

DONNA HAY

INGREDIENTS

- 10G BUTTER
- 2 TABLESPOONS OLIVE OIL
- 2 CLOVES GARLIC, CRUSHED
- 100G FIELD MUSHROOMS, SLICED
- 100G SWISS BROWN MUSHROOMS, SLICED
- 100G BUTTON MUSHROOMS, QUARTERED
- 1 ½ CUP ARBORIO (OR RISOTTO) RICE
- 4 ½ CUPS CHICKEN STOCK
- 1 CUP FINELY GRATED PARMESAN
- 40G UNSALTED BUTTER
- SEA SALT AND CRACKED BLACK PEPPER



METHOD

1. Heat a large non-stick frying pan over medium heat.
2. Add the butter, oil, garlic and mushrooms and cook for 5 minutes or until the mushrooms are golden.
2. Preheat the oven to 180°C (355°F). Place the rice, stock and mushroom mixture in a 22 x 30cm (8½ x 12 in) 10-cup (80 fl oz) capacity baking dish and stir to combine.
3. Cover tightly with foil and bake for 40 minutes or until most of the stock is absorbed and the rice is al dente.
4. Add the parmesan, butter, salt and pepper and stir until the butter is melted.
5. Serve immediately. Serves 4.

From <https://www.donnahay.com.au/recipes/onepot/pasta-rice/mixed-mushroom-baked-risotto>

Happy Father's Day, Dad!



I love you because _____.

I think you're nice as _____

and as cool as _____.

I also think you are awesome at

_____. You're so strong,

I'll bet you could even lift a _____.

If I had all the money in the World, I'd buy you

_____. But, for now, I'll just

give you _____ hugs & kisses.

I love you, Daddy.



Happy Father's Day, Dad!

I love you because _____.

I think you're nice as _____

and as cool as _____.

I also think you are awesome at

_____. You're so strong,

I'll bet you could even lift a _____.

If I had all the money in the World, I'd buy you

_____. But, for now, I'll just

give you _____ hugs & kisses.

I love you, Daddy.





Hire equipment is available to Otago Multiples financial members at a VERY cheap price

We have reviewed our hire equipment pricing and made a few changes. The new prices are printed below and on the Members Area of our website www.multiplesotago.org.nz
 We have submitted a grant application for funding to purchase some hospital grade breast pumps and are evaluating what else could be useful for members to hire, please let Gidget know if you have any suggestions.

Hire equipment is subject to availability. Hire and bond fee is payable when taking goods.

Equipment available:

	Hire Term	Cost to Hire	Bond
Double Snap N Go	6 months	\$30	\$20
Breastfeeding Pillow	3 months	\$15	\$20
Portacot	1 week	\$5	\$10
Jolly Jumper	3 months	\$15	\$10
Jolly Jumper with stand	3 months	\$15	\$10
Bouncinette	6 months	\$15	\$10
Exersaucer	3 months	\$30	\$10
Activity Table	2 months	\$10	\$10
Activity Walker	2 months	\$10	\$10
Play Mat/Gym	2 months	\$10	\$10



Multiples Otago have a large range of books that members can hire out. The full list of the books that we have can also be found on the website

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\$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

The NZMBA 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
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.

**** Please visit the Multiples NZ website for more information and fill in the application form****

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FEEDING INFORMATION

Multiples Otago endorses the WHO International Code of Breastmilk Substitutes and while we agree that breast feeding 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

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President.multiplesotago@gmail.com

Breastfeeding support

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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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