

Multiple Matters

Newsletter of Multiples Otago

October / November 2016



Family Wellness
& National
Conference 2016



www.multiplesotago.org.nz



Breast Pump Hire



Tips for winter wellness



Conference report

Editors Note

A

s I am compiling this newsletter we are dealing with endless sickness in our household. Last issue I mentioned that I was heading back to work and the girls were starting day care. Day #2 of attending day care I received a phone call saying that Isobel is vomiting, so I left work early to pick up a very miserable daughter. That night Eva also started vomiting and then my husband and I picked it up too. After eventually getting over the bug, I headed back to work and the girls went to day care for day #3. My cell phone rings after lunch and I think 'here we go again!' and I was right. Isobel now has conjunctivitis and needs to be picked up and treated for 24 hours before returning. Over the period of the next 4 days the girls also pick up a chest infection and we go through 2 different types of antibiotics, eye drops and lots of panadol. Needless to say going back to work and introducing day care to 1 year olds hasn't gone very smoothly.

To prevent illnesses I have tried multiple things: provided them with a range of foods, including lots of vegetables, fruits, grains; given them probiotics, multivitamins, fresh air, wrapped them up warm and so on. But they still continue to get sick! Katherine Geary has written a great article on page 10 outlining simple strategies you can implement to give your child the best chance of building up their immune system. Plus I have included lots of advice from parents of multiples of how they try and manage winter ailments. I hope the articles prove useful as I know family illnesses are something we all try to avoid.

I attended my first National Conference at the beginning of the month and absolutely loved the whole thing. Not only did I learn so much about parenting multiples, but also general parenting tips like how to keep your kids safe online. Next year the conference is 6-8th October in Auckland, and I would highly recommend for you to attend. If the rumours are correct Jenny May Coffin will be there talking about her experiences as a twin mum and also Joe Rawlinson, the author of 'Dads guide to twins: How to survive the twin pregnancy and your twins' will be speaking. More information will be out next year.

In this issue we have a wonderful interview with Nila Sime who is both a mother and Oma (grandmother) to twins talking about her parenting experiences. Hope you enjoy this interview as much as I did when I first read it. .

Coming up in November is Multiple Birth Awareness Week. We will be having our Christmas party on the last Sunday of that week, November 13th. It would be wonderful to have lots of families attend. As a committee we are very passionate about bringing more families together - so it would please us very much if we saw you there.

Hope you are reading this with a nice cup of tea with your feet up, because you deserve it.

Liz

Liz Campbell

NEWSLETTER EDITOR

President Column

When Liz mentioned that the theme of this newsletter was about keeping healthy, my first thought was that I don't know anything about that at the moment. Last winter we were very lucky and stayed healthy the whole winter with just a couple of mild colds. This winter has been full of illnesses and it has been really tough! It started with Ella having a really bad a cough, with associated broken sleep, that didn't go away for weeks, which David caught and then I caught, then David got the flu, then I got caught that, then Guy got sick, then Ella got chicken pox and two weeks later David had chicken pox and now Guy has come down with a cough and cold again. I'm hoping that now it is well and truly spring that we're over the worst of it for this year but we will see.

A delegation from the Committee and two of our life members have just returned from the national Multiples NZ 2016 Conference in Invercargill. Conference gives members and committee from around the country the chance to get together, share experiences, learn about parenting multiples, win prizes and have a lot of fun with other parents. The highlight for me were the talks from Dr Eileen Pearlman on the psychology of being a twin. She spoke about the twin bond, separation and individualisation and how important they are for multiples, the loss of a multiple and how that can effect parents, surviving multiples and other siblings, and the stresses of raising multiples on families from relational, financial and logistical perspectives. Eileen wrote the book, Raising Twins: What Parents Want to Know (and What Twins Want to Tell Them). One of our Life Members, Raewyn Alexander, won one of her books during the conference and has generously donated it to our club library. If you would like to borrow this book (or any others in our library) please get in touch with Gidget equipment.multiplesotago@gmail.com. More details of the sessions held during conference are later in the newsletter.

One of the benefits of having a good number of our members attending conference was that we were able to have representation at all the sessions and get the most out of it for our club. If you would like to attend conference in 2017, which is being hosted by Multiples Auckland Central and will be held at St Cuthbert's College, please let me know. We were able to attend this year due in part to a grant we received from the Community Organisation Grant Scheme. We were incredibly grateful for this funding as it enabled us to send more of our members.

We are also very excited to announce that our grant to the Bending Valley Sports and Charity Foundation was successful and this has enabled us to purchase four Unicom Forte hospital grade breast pumps from Express the Best. We have been working towards this purchase for a long time and a very pleased to be able to offer these to financial members to hire. If you are interested in hiring a breast pump please contact me on president.multiplesotago@gmail.com.

Victoria

Victoria Jameson

PRESIDENT

What's coming up in Otago....

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 MULTIPLES OTAGO PLAYGROUP Dunedin Parents Centre 2-4pm 	¹⁷	¹⁸	¹⁹	²⁰	²¹	²²
	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 	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 Multiples Otago Fundraiser BBQ @ Mitre 10, Sth DN	²⁸					

DECEMBER

twenty sixteen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Santa Parade 3pm	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26	27	28			

Mitre 10 Mega South Dunedin BBQ Fundraiser

Support our club by buying a sausage at Mega 10 on Sunday 27th November. If you would like to help the club by volunteering an hour or so on the BBQ please contact a committee member



Come Play!!



Weekend playgroup

Sunday 16th October 2-4pm
Dunedin Parents Centre: 155 Kenmure Road, Mornington

Join us with your preschoolers for the afternoon out of the house. The Parents Centre has a huge range of indoor toys as well as an outdoor playground so there is lots to do for all ages. Come along and meet other mums and dads and have some fun with your children.

This playgroup is free for Multiples Otago members or \$2 for non-members.



Multiples Otago Christmas Party

Sunday 13th November
Caversham Baptist Church (downstairs in small rooms)
Surrey Street, South Dunedin

Our annual Christmas Party coincides with the end of Multiple Birth Awareness Week. Afternoon tea will be provided, Santa will be there and entertainment will be provided by Rainbow Rosalind the fairy. Children are welcome to come dressed up as fairies, woodland creatures, pirates, Christmas elves or anything they like.

Free for Multiples Otago Members, \$2 per child for non-members.

Welcome to the world

Kathryn Whitwell & Corin Anstey had their twins Stella Rose & Benedict Leo on the 13 August.



Stella Rose Anstey, 2.9kg, and
Benedict Leo Anstey, 2.7kg

Shelley-Jo Warwick had her twins Elise Avis & Lillian on the 13 June.

Rebecca Batt had her twins Zahra-lee & Carley-Rose on the 15 September.

Fiona and Glenn Wilkinson welcomed their son Arlo on the 29th of December, 2015. A younger brother for Max and Jay.



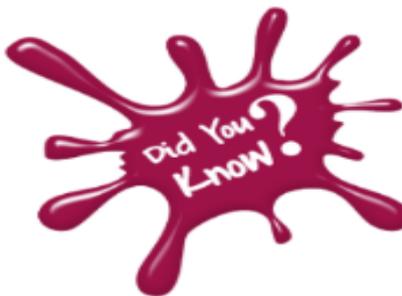
Expectants

Laura Gourley and Paul Balloch - due December

Margo & Paul Kennedy - due November

Hannah and Danny Harrex - due December

Sarah Graham and Richard Tilbury - due January



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



Happy Birthday

		Age
Samantha Finch	7 October	3 years
Ruby Finch	7 October	3 years
Emerson Morriss	7 October	4 years
Theo Devlin	23 October	1 year
Abel Devlin	23 October	1 year
Jed Read	24 October	3 years
Matthew Cowles	24 October	14 years
Daniel Cowles	24 October	14 years
Eva Read	27 October	2 years
Grace Read	27 October	2 years
Shay Warwick	28 October	7 years
Elsie McNamara	29 October	4 years
Charlotte Kelly	31 October	7 years
Haylee Kelly	31 October	7 years
Olivia Kelly	31 October	7 years
Alec Cahill	3 November	2 years
Nathan Cahill	3 November	2 years
Connor Farrell	10 November	21 years
Greer McNaughton	15 November	3 years
Olivia Anstey	15 November	5 years
Jacob Kettish	16 November	12 years
Scarlett Brimble	19 November	3 years
Harper Brimble	19 November	3 years
Ryder Young	24 November	1 year
Austin Young	24 November	1 year
Shyla Milford	28 November	7 years

NEW

Committee Member

It has been many years since we've had a branch coordinator based in or around Oamaru. We know that there are quite a few families with or expecting multiples that live in this region and we very pleased to be able to announce that Charlotte McNaughton has agreed to take on this role.

"Hi my name is Charlotte McNaughton and I am a mother of 3. Greer who is 2 1/2 and twins Fletcher and Matilda who are 8 months old. We live on a sheep and Beef farm about 30 minutes south from Oamaru and have been there for the last 4 years. I am originally from Christchurch where I worked as a early childhood teacher. I enjoy spending time with family and friends and going for walks. "



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)

National Discounts

To checkout all the national discounts out visit <http://www.multiples.org.nz> and log into the Members Area. Name and password was emailed to you in the past month. Contact a committee member if you have forgotten.



New Discounter



www.lolloo.co.nz



10%
Discount on all purchases*
Discount code: VIPDISCOUNT

Looking for more discounts? Login to multiples.org.nz member's area

*conditions may



www.cruisybaby.co.nz
Looking for more discounts?
Login to multiples.org.nz



20%
Discount on all purchases*

Discount code: MULTIPLESNZ
*conditions may apply



20% online

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.



miracle
for nature's little wonders



How to keep kids healthy..

By: Katherine Geary

With winter comes coughs and colds, and schools and childcare centres become over-run with sneezy, wheezy, snotty, grotty little people. Following are some simple strategies that you can implement to give your child the best chance of building up their immune system.

The building blocks of a resilient immune system are fresh food, fresh air, good sleep, and plenty of rest.

1. Fresh food

Most of us are aware that what we put into our bodies has long-reaching effects on our health and wellbeing, both physically and mentally. The majority of your child's diet should consist of vegetables, fruit, nuts, seeds, meat, fish and eggs. Set them up with healthy habits and teach them that food comes from the land and sea, not from packets!

2. Get outside and get active

As well as the obvious benefits of getting away from screens and out into the fresh air, activities that encourage whole-body movement stimulate the circulation of lymph. This is a key part of immune function, transporting infection-fighting chemicals around the body. Often it is us, the parents, who are resistant to getting outside on a cold day – most kids love to run around whatever the weather. Try to get them to dress appropriately, then set them free in the back yard, take them to a favourite playground, introduce them to a new playground, go for a beach walk or a bush walk, try a nature scavenger hunt, or even just ride bikes or scooters around the block. If you are finding it hard to fit in some time outside due to work/school/childcare commitments, consider a walk around the neighbourhood before breakfast or after dinner. This has the added benefit of regulating the circadian rhythm – our internal clock that influences many functions in our body, including hormone levels and components of the immune system.

3. Give your kids a good night's sleep

Good sleep habits aren't just for babies, but are vitally important right throughout childhood and beyond. Disrupted or insufficient sleep has been shown to have negative effects on the immune system, changing the delicate balance of cells that protect us from infection and allergy. Research highlights the impact of prolonged sleep disturbance in adults, including increased risk of heart disease, some kinds of cancer, obesity, diabetes, an depression. Sleep issues are complex and multi-factorial, but late nights, early starts and interrupted sleep can all add up so a simple place to start is to set a regular, age-appropriate bedtime and stick to it.

4. Find time for rest

Often our kids are over scheduled from a very young age, going from ballet to swimming to a play date to music lesson to art class... and then coming home tired and over stimulated and very very cranky. Children need time to be bored. They need time to switch off and potter around and make up their own games. Most importantly, they need time to rest and recover. Consider swapping some activities for free, unstructured time. If your child shows signs of getting sick, dial down the stimulation for a couple of days and give them a chance to fight it off before it takes hold.

Implementing the basics will help increase your child's resilience and bolster their immune system against the onslaught of winter coughs and sniffles.

Naturopath Kath is a degree-qualified naturopath based in Melbourne, Australia. She has a special interest in the care of post-natal women, infants and young children . Her website is: <https://naturopathkath.com/>



PORSE In-Home Childcare Provides Support For Multiple Birth Families

PORSE In-Home Childcare is a proud partner of Multiples NZ.

PORSE offers families:

- affordable in-home care options from birth to school age, 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 a Nanny/Home Educator and will administer the Work and Income home help subsidy for 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 Work and Income home help subsidies and 20 hours ECE 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.

MTF Dunedin

Proud sponsor of Multiples Dunedin and the monthly newsletter, Noel and the team at MTF Dunedin have been very busy moving into a new location at 2 Manse Street, on the ground floor of the historic Barton's building.

Lifetime Multiples member Jill Keogh and the rest of the team at MTF Dunedin are looking forward to helping locals from our new premises, and would love you to come and visit to let us make you a coffee and view the new Jason Low art on display.

We can pre-approve you for finance on cars, trucks, boats, motorbikes and even jet skis. So whether you're buying from a dealer, privately or online, call MTF Dunedin anytime on 03 477 1111 or dunedin@mtf.co.nz.

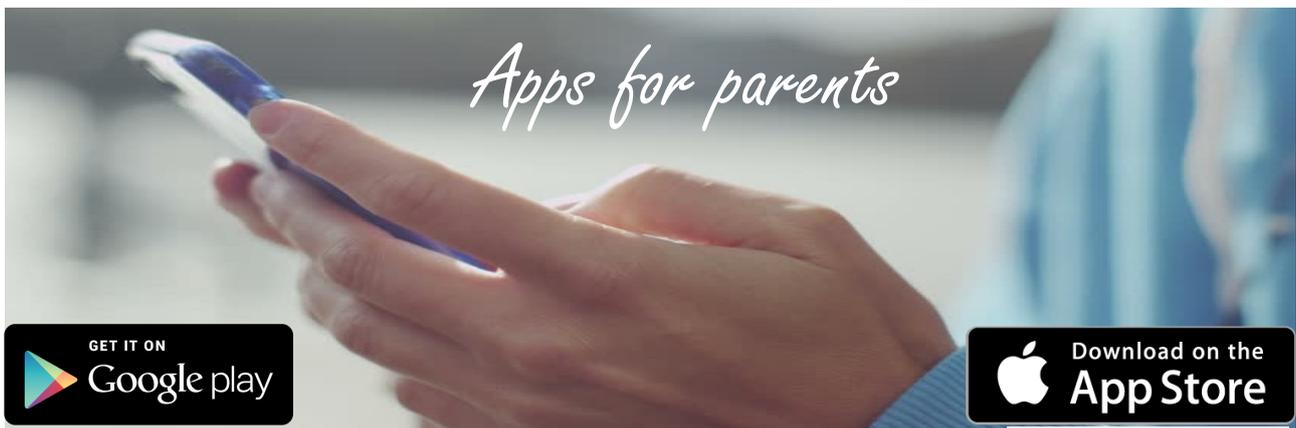
Enjoy the newsletter, and we hope to see you soon.

Noel, Farrell, Karyn and Jill

Terms, conditions and lending criteria apply.

Call us on 477-1111





Feed Safe App



Can I have an occasional drink while I'm breastfeeding? Should I 'pump and dump'? How does alcohol affect breastmilk? How long should I wait after having a drink, before breastfeeding? These are among the important questions answered in the app Feed Safe which is now available on iOS and Android devices in New Zealand. WellSouth Primary Health Network has helped bring Feed Safe to New Zealand

"Feed Safe is a great tool for mothers wanting to regulate alcohol intake while breastfeeding, to reduce the chance of affecting their baby. A number of factors affect how much alcohol gets into breastmilk including the strength and amount of alcohol in drinks, what and how much has been eaten, and how much people weigh."

New Zealand recommendations state that the safest option is to not drink while breastfeeding. However, for those who do want to drink while breastfeeding it is recommended to avoid doing so until the baby is one month old. After this time, having an occasional drink need not be a reason to stop breastfeeding. However, combining alcohol and caring for babies is not risk free. Having more than two drinks of alcohol regularly has been shown to not only be detrimental to the health of women, but may affect their babies' health and development too. Also, drinking while caring for a baby reduces anybody's ability to respond to their infant's needs, regardless of feeding method. Those who decide to have an occasional drink (1 – 2 standard drinks) can enter their height, weight, and alcohol intake to accurately estimate when their breastmilk should be free from alcohol. Feed Safe includes a timer, which alerts users when they should be safe to breastfeed again. The app has a handy standard drinks guide to help understand how much alcohol is in common drinks. It also contains information about what happens if a mother drinks more than she had planned.

Feed Safe was developed by the Australian Breastfeeding Network, Reach Health Promotion Innovations and Curtis University. WellSouth Primary Health Network has adapted it for New Zealand.

AVAILABLE iOS App store appstore.com/feedsafenz & Google Play <https://play.google.com/store/apps/details?id=au.com.rhpi.feedsafenz&hl=en>

For more information on Breastfeeding Support across Otago & Southland visit:
www.breastfeedingsos.co.nz



8 ways to get kids to take their medicine

By: Katherine Geary

It's hard to see our kids suffering when they are unwell, but sometimes it can be super hard to get them to take the medicine that we know will help them to get better. This could be due to any number of reasons - they don't like the taste, the texture, the way it makes them feel, trying new things, or maybe they are just trying to exert some control anywhere that they can. Sometimes a bit of creative thinking is required!

NOTE: You should always check with your prescribing practitioner/doctor/pharmacist before modifying the delivery method of any medicines.

1. Just a spoonful of sugar

If your child has been prescribed a capsule or a tablet, open it up or crush it finely between two spoons and mix the powder with something sweet - try yoghurt, honey or jam. The trick is to only use a little bit of the sweet stuff so that the child can consume the full dose within 3 mouthfuls. My kids prefer yoghurt and in this case, I take them to the shop and let them choose whichever yoghurt they want. Of course, they choose the sweetest, junkiest yoghurt they can find, with their favourite character printed on the label. If it means they'll take their medicine, I'm okay with that!

2. Give the child ownership

Get your child to decorate their medicine bottle with stickers, or whack a plain white label on the box/bottle and let them go crazy with marker pens. Personalising their medicine can help them take ownership and decrease their resistance to their daily dose. Take care that you write down any prescribing information first before covering it up with stickers.

3. Your child is tougher than you think

Often we assume our kids are going to spit out their medicine or refuse to take it, before we even give them a chance. We set them up to fail with negative talk, telling them "it will be yucky but you HAVE to take it". Approach it from a positive standpoint and you may be surprised at your child's reaction. For older children, empower them with information - tell the child why they are taking it and how long they need to take it for. My 6 year old is fine taking very bitter herbs that some adults would find challenging, as long as I give her all the information first. (On the flip side, I could give my 3 year old all the information in the world and if he doesn't want to take it, there's no way I'm getting him to take it... see point 8!)

4. Consider texture

Texture is often very important to kids. Lumpy, mushy, slimy, sticky, thick, gluggy - any of these and a zillion more could be problematic to a child. Some medicines have to be taken as is, but if not, think about how you could modify the texture to make it more palatable. For example, tablets could be crushed, capsules opened, powders mixed more thoroughly in liquid. In our house, we take crushed garlic in honey when we feel a cold coming on - the kids absolutely detest the texture but when I gently heat the honey with garlic and then strain out the solids, it's much easier to get their compliance.

5. Squirters

From as young as eighteen months, kids love to take charge of their own dispensing. If they've been prescribed a liquid medicine, offer it to them in a medicine dropper and help them squirt it in their mouths - make sure they take the full dose. Basic droppers and oral syringes are available at chemists, or try a fun one if you need a bit more help to get it over the line. As a bonus, if you administer the medicine this way, you can divert it to the back of the child's mouth to bypass the taste buds.

6. Consider temperature

Sucking on ice before taking medicine numbs the taste buds and can be helpful if it doesn't taste great. When administering ear drops or eye drops, it can be more soothing to the child if these are gently warmed - cup the bottle of drops in your hands for a minute or so first.

7. Give it to Teddy first

A bit of play acting may be required to get some children on board with taking medicine. Enlisting a favourite toy can be helpful. Either you, or the child, can pretend to give Teddy a dose. Make a ritual out of it - explain to Teddy that the medicine will help him feel better, give him a big hug afterwards and comment on how well he did taking the medicine. Then repeat with your child.

8. Bribery!

Some kids will only respond to bribery! Choose something appropriate - if a child has to take a medicine at breakfast time, or multiple times a day, offering a chocolate bar after each dose is generally not a great idea! You could use star charts, with the lure of a special toy at the end of the course of medicine, or you could offer something more immediate - a *small* amount of a 'treat' food, five minutes screentime, an extra story at bedtime, a day off from chores, a token for a special family outing - whatever works best in your house.

Thinking outside the box is sometimes required to get kids to take their medicine. Try to stay relaxed and calm, and if one trick doesn't work, try another one. Please remember to check with your prescribing practitioner/doctor/pharmacist before modifying the delivery method of any medicines.

Win a family trip to the HSBC Wellington Sevens

Take out a loan with MTF Dunedin before 1 December 2016, and you'll go in the draw to win one of two family trips to the HSBC Wellington Sevens.

MTF finances cars, trucks, motorbikes, farm bikes, trailers, boats and jet skis.

So get finance, bring the crew, and bring the noise.



Noel Johnston
027 433 5533

Farrell Cameron
027 433 5534

Karyn Costello
027 433 5537

Talk to us today

03 477 1111
Bartons Building
2 Manse Street
mtf.co.nz/dunedin



Terms, conditions and lending criteria apply.

Multiples NZ has a very exciting initiative to announce:

The *Purple Butterfly* initiative



The Neonatal Trust together with Multiples NZ are bringing the 'Purple Butterfly initiative' to New Zealand. Millie, a neonatal mother in the UK, had a great idea for reducing the stress and anxiety involved in neonatal journeys for parents who have lost one or more of their multiples. With the blessing of Millie, and working with Multiples NZ, The Neonatal Trust are introducing this great idea to New Zealand.

Millie sadly lost Skye, one of her twins. While in the NICU there were a few emotional moments that Millie endured that she believed could have been avoided with the use of a consistent sticker. The Purple Butterfly initiative, in which a Purple Butterfly sticker is placed on an incubator to let people know when a baby in a multiple pregnancy has passed away, was born.

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Young Writers Competition

First Prize \$100
\$50 each runner up (2)
Plus publication in Multiple Matters Magazine and gift pack

 **multiplesnz**

Young Writers Competition
"On Being a Teen Twin / Triplet"

Submission Deadline 23rd October 2016
Go to multiples.org.nz for more information

Your chance to explore the complexities and special bond of being a twin/triplet navigating the path from childhood to adulthood.

Genre: Open
Limit: 4000 words max
Open To: Multiples, Years 7-13

Entry Conditions: Open to all multiples in Years 7-13 currently residing in New Zealand. You will be required to send in proof of identity and age and evidence of being a multiple birth. Winners may be interviewed by press. By entering you agree that your photos and details may be used for promotional purposes by Multiples NZ and that you grant consent to be interviewed by Multiples NZ Magazine and press covering this competition. Full conditions of entry available for view at multiples.org.nz

Entry Fee: Free
Award Date: 6th November 2016

This year Awareness Week is being held from 6th -12th November 2016. We are aligning with ICOMBO (International Council of Multiple Births Organizations) who have the theme 'Adolescence in multiples: the transition from a child to an adult in a multiple birth relationship'. As part of activities around this we are holding a writing competition for teenagers (years 7-13). They are invited to write on the topic 'On being a teen twin/triplet'.

Tips for Winter wellness

Tips from parents of multiples around NZ, compiled from a Survey Monkey questionnaire. For simplicity, where repetitive replies were given, they have been combined.

Managing winter ailments

Parents were asked about their tips for managing winter ailments.

For coughs and colds:

- Steam in a bowl and Vicks
- Olbas Oil on tissue in the room or a few spots on PJs oil to clear the noses
- Make sure you have a vaporizer for night time, or a Vicks vaporizer
- Putting Vicks Vapo Rub / Baby Vicks or similar on kids feet at bedtime
- Vicks on back and feet after steamy shower if unwell or blocked nose
- Vicks to rub on their back if they wake up snuffly in the night
- Vitamin C (especially thru fruit and veg), Echinacea and Colloidal Silver
- Rawleighs Chest Rub, loads of garlic in meals, warm honey and lemon drinks, Panadol
- Small amount of fluids regularly if [they have] a bad cough instead of bigger feeds
- Lots of fluids and rest
- Vicks, eucalyptus oil on PJs to aid breathing, plenty of fluids & Pamol when needed
- Peppermint, Lavender, Eucalyptus oil on mattress protector, with sheet over top, promotes clear airways and great sleep.
- Elevate end of bed (25% or two text books/thick blanket) at the head of the bed—if in bunks roll up a blanket and put under the head of the bed.

Other tips for managing winter ailments:

- Warm baths!
- Never let the washing back up... someone always gets sick here if I've had a day off the washing machine!!
- Lip balm to prevent chapped lips
- Keep up with preventers for asthma
- Keep house warm with fireplace or oil heaters
- Dehumidify a room for warmth
- Wearable sleeping bags so babies don't wake up cold because they have kicked off their blankets!
- If you need to take your twins to the Dr in the first year, try and get the first appointment of the day to avoid waiting around anyone sick—those winter respiratory bugs spread so easily
- Keep your NICU stickers with NHI numbers, to use if it's your first time going to an after-hours clinic— saves time and screaming babies
- Depends on the ages of your children, but I swear by Vitamin C, Olive Leaf extract and Malcolm Harker Immunity Support Tonic—you can mix them up in a small amount of juice and give it to them once a day (my children were used to water-only to drink, so they thought this was a treat and they used to call it "juice medicine")
- Keep the kids rooms warmer than yours and dress them in breathable, yet warm clothes for bedtime
- Keep up their fluid intake and start multivitamins before cold/flu season hits.
- Protect yourself by getting the flu shot as soon as possible.
- Plenty of exercise, fluids and healthy foods—we top our boys up with multivitamins if they seem a bit under-the-weather or run down
- Get a ventilation system installed—priceless; even our paediatrician noticed a marked improvement in the boys chests
- Stay home, probiotics, vitamins, breastfeed!
- Activities at home—use the DVD player, it protects the community but also your twins pick up other bugs

more easily if they're not well... there's no rule you only have to have one virus at a time!

- Don't go out in a really cold windy day
- Adequate clothing including a change of clothes especially for boys at school who love to get wet!
- Gum boots outside, slippers inside at school
- No swimming lessons in winter when my kids were prone to croup.

Ideas for indoor activities

Parents were asked "What activities do you do when stuck inside during winter?"

- Use Mocka Teepee inside, or 'castle' tent
- Hut building with sheets, or building tunnels/caves out of cushions, or a fort out of boxes or out of the table and chair forts—kids can camp in it for days!
- Lego /Duplo
- Play dough
- A ball pool inside, the kids love it
- Museum visits
- Movies, DVDs, Netflix (especially for mums who are constantly feeding)
- Send kids outside with boots and jackets/ raincoats to go for a walk!
- Colour in/ draw pictures or painting
- Puzzles and board games
- Writing letters to family
- A swing and slide set indoors
- Pets to look after/ play with
- Blow up a couple of balloons and each family member, including Mum and Dad, has a fly swat and we hit the balloon all round the house!
- When my kids were just learning to walk I would tie the balloon to a piece of string and hang it about eye level (to your toddler) and he'd have so much fun trying to whack it!
- Make lots of music, or music and dancing
- Hide and seek.

Getting out and about

Next, parents were asked about their tips and suggestions for getting out and about with multiples in winter.

Where to go

- Tumbletimes, Air Force museum, the Zoo—outdoor places are less crowded in the rain, so...
- Try free or cheap local activities like museums, libraries or council parks
- Mall or super market walks, instead of park or street walks—late night Thurs or Fri nights at mall (nice having hot chocolate and muffin with hubby, too, for a cheap date
- Parent rooms are good for feeding n changing babies in too
- Attend Playgroups (usually indoors)
- Find an indoor activity for kids over winter like gymnastics for toddlers— *Leap/Bounce and Beyond and the different trampoline places are worth their weight in gold.*

What to wear

- Invest in wet-weather gear (leggings and good waterproof jackets) to keep warm and dry when you go down to the farm, or to splash in puddles and/or mud! (Having a water pistol fight out on the lawn when they're in their wet-weather gear is great too!)
- Wrap up warm —make sure everyone has winter hats, coats and gloves—and try and get out as much as possible for outdoor activities: walks in the bush or at the beach or a brisk walk (even if just to mailbox), the playground, play soccer, look for ice on a frosty morning...
- Warm, woollen clothing (e.g. Merino) or thermals—keeps you warm even if you get wet
- Thick socks and spare gumboots—gumboots are quick to put on and keep feet dry in puddles
- A storm cover for over the pram—keep it handy.

How to go

- Get things organised the night before
- Ask for help from family members or go out with friends with kids, and do activities together
- A support person to wait in the car, if needed
- Baby 'wearing' in slings, wraps or good front pack, a good umbrella
- Newborns—then have capsules with bases, so quick to get in and out of the car if cold or raining
- Check weather forecast and plan ahead— have a plan of action and try to stick to it
- Be prepared for everything (this includes snacks and drinks, warm clothes and adequate foot wear)
- Have supplies for the unexpected in the boot (I still have my nappy bag with three different sets of clothes, inhalers, antihistamines, Pamol, Brufen, first aid, baby washes and shampoo, and PJs for if you're out late, so you can change and put straight to bed when you get home).

Winter money saving tips

Finally, we asked contributors to share winter money saving tips, for heating, winter clothing, etc. for families with multiples.

Clothing

- Buy when on sale (e.g. 50% off at Farmers)— buy clothing for the following year at the end of season sales, particularly things like merino gear (saves a heap of clothing costs)
- Merino clothes are great as they shouldn't overheat—for the merino layers, buy a size up to last longer
- Merino PJ's are a must for our boys (they overheat in flannel)—keep an eye out for Farmers 50% sales!
- Old, worn wool is fine as an under-layer, so a few stains don't matter so long as it is not itchy!
- Belong on a 'call list' at a great second hand store so they can call you when certain items come through the door
- Don't be afraid to buy second-hand (Save Mart, Plunket/Hospice shops), ask around for someone's hand-me-downs or get second hand clothes from family or friends

Heating/Drying

- Insulate your home: the hospital can organize it and fund this for asthma kids and premature infants , or you can buy Duraseal or bubble wrap to line windows for insulation of single pane windows
- Wall panel heaters have worked well in the past for us
- Reduce drafts in your home
- Layering up with clothing rather than turning up the heaters
- Use a dehumidifier to get rid of moisture (feels warmer if place is dry)
- Set up a clothesline inside your garage for drying clothes and using the cupboard with the hot water cylinder to hang and dry clothes
- Dry wood and big fire—find free wood or buy a mix of wood for the fire: pine to get the heat up and then gum or native to last through the night
- North facing windows are great in winter on sunny days
- We have a 'Heatermate': a thermostat that plugs into the wall before the heater—this means the babies' room stays at a constant temperature (much more effective than the thermostat on the heater)
- Just don't worry about it; rather be warm than rich

Saving \$\$

- Bulk cook meals in slow cooker
- Buy lots of second had clothes so you're not under pressure to get washing dry
- Warm the room before babes go to bed keep the door closed
- Get adequate sleep-wear and blankets—if you have wrigglers, a sleep sack or warm onesies .

One final tip...

Buy good clothes in advance, seek for discounts and sales, but honestly, winter is the most expensive time of the year: there is no way to save much if the house is built like shed, so ideally own your house and invest in insulation, ventilation, heating, water-proofing, double glazed windows and your children will be healthy and bills will be reasonable...

Interview

In this interview, Nila Sime who is both a mother and Oma (grandmother) to twins, talks about her parenting experiences. She is mum to 4 girls, including myself (Eloise), my fraternal twin sister (Felicity) and our two older sisters (Anna and Keri) and lives in Oamaru.

How did you feel when you found out you were having twins?

Hysterical, in a completely unbelieving way. It never occurred to me that I would ever have twins. That was the kind of thing that happened to other people, not me.

When did you find out and what kind of care did your receive?

I found out at about 16 weeks, just at the routine scan. Those were the days you didn't have a lead maternity carer so basically it was the GP and I had a few specialist appointments. I think I had extra scans but it was a bit harder to get to appointments because I had to go to Dunedin.

How was your pregnancy?

My pregnancy was fine except I had terrible morning sickness which was awful. Once I got over the morning sickness it was OK but it was very hard running around after my other two children who were not quite 4 and just under 2.

What was your birth like?

Very quick! It was only about an hour and a half. I had been on bed rest in Dunedin hospital after my 34 or 35 week scan because one of my twins was small and didn't have much fluid around her. When I got to 36 weeks I was allowed home for a weekend. I was sitting in my friends garden and my waters started leaking so I went and organised my other children and my husband took me to Oamaru hospital. When I got there they told me I was 2-3cm dilated (even though I didn't feel any labour pains!) and sent me to Dunedin in an ambulance. My husband went home and put my other two girls to bed before following in the car. My labour came on very strongly in the ambulance and the midwife told the ambulance driver to step on it so the trip went much more quickly after that. It was too late for an epidural so they took me straight to theatre and they were born soon after that.

Did your husband make it in time?

He JUST got there in time, just as I was being taken into theatre. Felicity was born and then Eloise was born but Eloise was born in the caul [when the amniotic sac doesn't rupture and the baby is born inside it] so they had to break that away. They took them away to be checked out and we were both very worried about whether Eloise was ok, not that we knew what sex they were. In those days the doctor didn't tell you what you were having. Eloise was fine and was bigger than they thought (4lbs5) and Felicity was smaller than they thought (5lbs5).

The babies were both taken to NICU and were put in incubators but I was able to start breastfeeding the next day. After a couple of days they allowed us to go back to Oamaru hospital where we were looked after for about a week. You weren't kicked out of hospital so quickly back then.

What kind of support was available?

I got the 240 hours home help (I think it was that much). I could choose how I used it so I got someone in to clean.

What is your favourite thing about having twins?

All of those lovely times, that because they were the same age they played so nicely together. Even though they were so different from each other, they always got along well. It made life easy because they were so happy playing together. Although they did gang up and maraud around with their little plots around the house.



Even with that, you'd be in tears of laughter and you had to walk away because you were supposed to be grumpy but it was just hilarious.

What is your favourite story?

Because they used to be the little gang of two, even when they were about 18 months we had to put all of the chairs on top of the table so they couldn't get onto the bench and into the cupboards. I had two other children so I had a lot to do and if I ever left them alone they'd be into everything. One time I found a frozen pea trail up the hall and I found them at the end of the hall eating frozen peas, and one time Eloise got into the leg of lamb from the fridge and she was sitting at the end of the hall munching away on it.

What did you find the hardest about having twins?

The hardest was that first year. The unremitting time of trying to feed and organise two babies at the same time. The nights were the hardest, you know when you have one baby you just get them up, change their nappy, feed them and put them back to bed but with two you have to do it all twice. If you leave the other one to sleep and just feed one, you just get back to bed and the other one wakes up and you get even less sleep. It's just so hard.

The other thing I found is when they were older I found it really hard to be fair because they were different people. One will do something well and you'll be wanting to praise them but you don't want to hurt the other ones feelings. You don't want to say 'Oh you're a wonderful girl' because they got 8/10 on the spelling test and the other one only got 5 because by praising the one that has done better, you feel like you're almost putting the other one down. With my other two, they're two years apart so they're doing different things and it doesn't matter. The expense is definitely hard too.

When it came to kindy and school did you find you had to do things differently than when your singletons started?

I had a party when they started school [laughs]. I didn't really do anything differently because they looked so different from each other. I think if you had identical twins it would be very different. I didn't have to worry about dressing them differently or the same. My twins started in the same class at primary school and once they'd been at school a while it became evident that Felicity wasn't progressing and I was worried that she might be dyslexic. It turns out that she had been sitting back and letting Eloise do all of the work so we split them up into different classes it was definitely the best decision. Felicity started progressing rapidly and they stayed in separate classes up until high school.

How did you deal with birthday presents? Same/different?

Usually I bought the same present because if I bought two different ones then they might fight over one of the presents or they might think that I loved one of them more because they thought one of the presents was better. Sometimes I bought all of the kids the same presents at Christmas because they all needed them – like sleeping bags. Once they were older I bought them different ones.

How did you organise birthday parties?

They shared a birthday party, shared one cake and they were allowed to invite a few friends each. We always made an occasion of birthdays but I didn't do birthday parties every year.

How did you feel when you found out one of your twins was having twins?

I was stunned! It really was like déjà vu. My husband and I were at the first scan so we all found out together and I have to admit I laughed when the radiographer said that she could see two heads. I got up, gave her a kiss and said 'I'm so sorry Eloise' because I felt a bit like I had jinxed her. When she told me how sick she was I had made a little joke about being really sick when I was pregnant with twins. I was quite



surprised that they were identical though since she is a fraternal twin.

What advice do you have for other grandparents of twins?

I helped my daughter far more than anyone would expect if it were a singleton. Part of the reason is because I had very little support when I had my twins. My family was across the other side of the world and my parents in law were elderly so they couldn't really help in a practical way. I found it such hard work that I was prepared to give her as much support as she needed.



Having a baby changes your life but having twins is just a whole different experience, a completely different level.

My advice would be that there might be more help required than you can understand. I'm sure grandparents would get very excited, and it is exciting, but you have to realise what very hard work it is and what a lot of support they need.

The type of support needed would also be different for different people so ask exactly what you can do. Some parents might like you to do housework so they can focus on their children, or they might like you to play with the kids while they get something else done. Don't give the support you think they need,

OH, HELLO!

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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 Serena Olsen
PO Box 439 Hastings
Phone 0800 653 050
serena.olsen@heinz.co.nz

Karicare

Nutricia
Ph: 0800 688 742

Peak Infant Formula

Attn Beverley Julian
Ph: 09 836 0330
Beverley@silverferninternational.com

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.



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Conference 2016

Here is a very brief summary on what we learnt while at conference. We couldn't put everything in this report, so feel free to chat to any of us at the playgroup or Christmas party if you would like to learn more!



KEYNOTE SPREAKERS:

Dr Eileen Pearlman

The Psychology of being a Multiple and Raising Multiples

Multiples develop in relation to each other. They start their lives together in utero and generally spend more time with each other than they do with any other person. Much of this talk was about separation and Individuation how do twins learn to be individual people? Babies, when first born, do not know that they are separate from their mother or from other multiples. As they grow, they learn where their body starts and stops. From about 7 months multiples start to be aware of each other, they start babbling to each other from 11 months and after 14 months they can start to copy each other's behaviour. As they grow and start preschool it is important that they have some apart to enable them to develop independent relationships with each of their parents and siblings, although they are likely to still spend most of their time together. A multiple's desire to be an individual depends greatly on their personality but as multiples grow towards 12 and then in to adolescence this need to be an individual can cause behaviour issues. Adolescent multiples who are trying to separate from their parents as well as their multiples, can ignore each other or fight as they struggle to work out who they are. Be careful about creating labels for multiples that locks them in to a particular role e.g. "artistic one", "sporty one", "skinny one" and mix up the order of their names so one is not always first.

Loss of a twin is hard on the whole family and multiple parents experience loss of a child more than singleton parents. The grief process is also more complicated when you've lost a multiple but the other multiple(s) survive. When your family experience the loss of a multiple it is important to consider the different stage of development of members of your family and that everyone will process their grief differently. If you understand your own grief first you are better able to support your surviving children. Multiples can have many questions such as "Why did I survive?", "Did I cause the death?", "What could I have done?". If you create a home environment where the twin that has died is talked about in a positive way this helps surviving multiples to acknowledge and process their feelings and distinguish between what can and cannot be altered.

John Parsons

Cyber Safety

John Parsons presented the Cyber Safety workshop. He spoke about the things that children need to be able to keep themselves safe online. The most important concept he stressed was the importance of an open and supportive relationship between the child and their parent/s. He stressed the importance of creating an environment where children have the ability to talk to their parent/s

when they have made a mistake; teaching them how to create an online identity; the types of information that is appropriate to share online and, perhaps most importantly, teaching your children how to react in a situation in which they feel they might be at risk.

Another idea he introduced was a 'lighthouse' person. This person could be a close extended family member or close friend of the family who they feel safe enough to talk to about things that they might not necessarily be comfortable talking about with their parents. This gives the child a chance to talk to an authority figure without the anxiety of sharing with their parent straight away. The role of the lighthouse is to advise the child but also bring the child back to the parent/s.

Playful Interiors

Presented by Resene this workshop covered current trends in decorating and tips and tricks for decorating kids interiors.

Helen Campbell **Loving Literacy**

Learning to read involves:
Reading to...
Reading with...
Reading by...

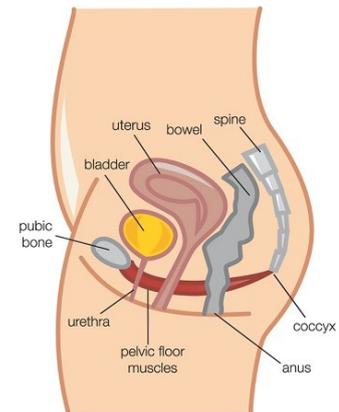
Helen Campbell presented the Loving Literacy Workshop. She discussed how children need to hear words before they can read and write them so reading to must come first. And how to be able to appreciate imagery in books they need to have experiences to relate to - they need to know what it feels like to have sand between your toes, they need to know what it sounds like to feed the ducks, what the view is like from the top of a hill. So that when they read about things they can create pictures in their mind. She suggested one way you can engage them in the story before starting but asking questions like "I wonder what will happen in this book? I think ... will happen. Do you think I'll be right?" This will help them to concentrate. During the story ask questions about what is happening and what might happen next. At the end ask if the child thinks you were right?

Thank
You



Pelvic Floor in Women

The pelvic floor muscles are a layer of muscles that span the bottom of the pelvis, like a hammock, from the pubic bone at the front to the tailbone at the back. These layers of muscle support a woman's uterus, bowel and bladder. Their main function is to give us control over our bladder and bowel functions. They also help sexual function.

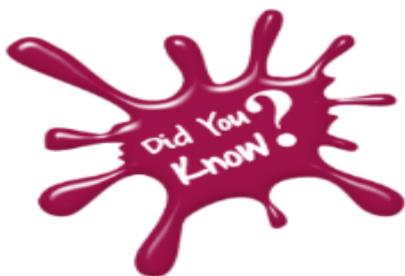


How do I know if I have a pelvic floor problem?

Common signs and symptoms of a problem with your pelvic floor include:

- Accidentally leaking urine when you exercise, laugh, cough or sneeze
- Needing to get to the toilet in a hurry or not making it there in time
- Finding it difficult to empty your bladder
- Accidental loss of faeces or wind
- A prolapse (In women, this may be felt as bulging into the vagina, heaviness or discomfort, or a feeling of pulling, dragging or dropping down)
- Pain during sexual intercourse
- Poor sensation or loss of bladder control during sexual intercourse

Pelvic floor exercises before and during pregnancy helps the body cope with the growing weight of the baby and fit, healthy muscles before the baby is born will mend easily after birth. After pregnancy the exercises below will help you restore your body back to its pre-pregnancy condition. Not to scare you, but if you don't strengthen these muscles you may require corrective surgery later in your life.



590,000 New Zealanders suffer from urinary incontinence.

340,000 New Zealanders suffer from anal incontinence

1. Finding your pelvic floor muscles

Option 1:

Sit on a chair, legs bent, sitting nice and tall.

Relax your thighs, buttock muscles and abdominal muscles.

Imagine you are sitting on a silky scarf and you are going to draw that scarf inside of you

To do this, squeeze the ring of muscle around the back passage as if you are trying to stop passing wind. Think about drawing the scarf inside of you. Now bring that squeeze to the front, like trying to stop the flow of urine. Now relax and let it go

Try not to squeeze the buttock. It is a small movement. You won't see anything moving on the outside of your body.

Option 2:

When sitting on the toilet to empty your bladder, try to stop the stream of urine, then start it again. Do this to learn which muscles are the right ones to use – but only once a week. Your bladder may not empty the way it should if you stop and start your stream more often than that.

2. Pelvic Floor exercises - to be completed daily.

Squeeze and draw in the muscles around your back passage and your vagina at the same time. Lift a scarf UP and inside up. You should have a sense of “lift” each time you squeeze your pelvic floor muscles. Try to hold the scarf strong and tight as you count to 8. Now, let them go and relax. You should have a distinct feeling of “letting go”.

Repeat “squeeze and lift” and let go. It is best to rest for about 8 seconds in between each lift up of the muscles. If you can't hold for 8, just hold for as long as you can.

Repeat this “squeeze and lift” three sets x 8 squeezes, with a rest in between. Remember to keep breathing and not to hold your breath.

3. When to seek professional help

Like all exercises, pelvic floor exercises are most effective when individually tailored and monitored. Seek professional help when you have bladder or bowel control problems.

Pilates is another good form of exercise to help you achieve strong pelvic floor muscles.

This article was written by Liz Campbell as well as taken from pelvicfloorfirst.org.au and www.continence.org.au

Interested in Pilates classes?

Look at the great deal Lucy Warren Pilates offers members of Otago Multiples.





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 are now 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. We 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 at the time of taking goods. A contract must also be signed.

Equipment available:

Hire Term	Hire Term	Cost to Hire	Bond	Non Refundable Charge
Breast Pump	3 months	\$60	\$50	\$40.00
Breastfeeding Pillow	3 months	\$15	\$20	
Double Snap N Go	6 months	\$30	\$20	
Electric Swing	3 months	\$30	\$10	
Portacot	1 week	\$5	\$10	
Jolly Jumper	3 months	\$15	\$10	
Jolly Jumper with	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



HIRE

feature

Multiples Otago is very excited to announce that we have purchased **4 Unimom Forte breast pumps** which will be added to our equipment for hire. The award winning Forte model is a durable, hospital grade double breast pump with an extensive suction range that is designed for frequent, long term double expressing. The pump has a hygienic back flow protection system and the rhythmic suction allows for a comfortable and efficient let down and maximum milk supply.

This purchase has been possible through a grant from the Bendigo Valley Sports and Charity Foundation and through support from Express the Best and we are very grateful for the support of both organisations.

Pumps will be available for hire by all financial members for up to three months (or longer if they are available). The cost will be \$20 per month with a \$50 bond and a \$40 non refundable charge to cover the cost of the supply of two new breast shield kits for each user.



Hire equipment is available to Multiples Otago financial members. Hire equipment is subject to availability. You must agree to the terms and conditions of hire and pay any fees prior taking goods.

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 maintenance of existing equipment or the purchase of new equipment.

Hire Equipment contact:

Gidget Henderson 0272512269

Request equipment, check out photos, prices and terms and conditions at:

www.multiplesotago.org.nz

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 Breast-feeding, contact our Breastfeeding Support person Victoria Jameson or our bottle feeding support person Eloise Sime

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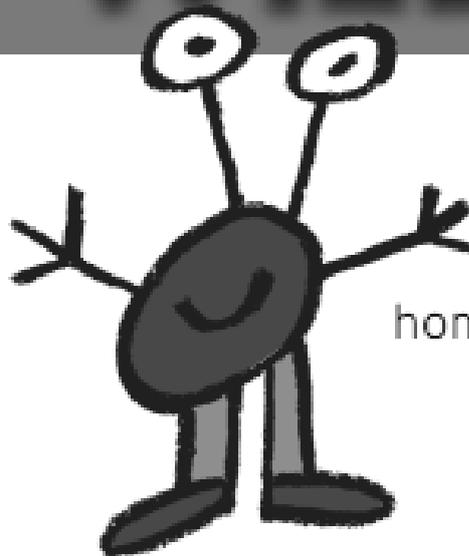
Special Needs Contact

Raewyn Alexander
476 4500

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where children can be children

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

DISCLAIMER:

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