



# MULTI VERSE

## Welcome

Welcome to the Multi Verse, our seasonal newsletter. We will be advertising events, providing updates from the multiples world and sharing tips and advice. We would love to hear from our members, please email any feedback or ideas to [fpmba@hotmail.com](mailto:fpmba@hotmail.com).

## Focus on Wellness

After securing funding from Frankston City Council and working in partnership with Peninsula Aquatic Recreation Centre, FPMBA committee are excited to launch a free 8 week wellness program to our FPMBA members.

Caring for multiple children simultaneously can be physically and emotionally demanding, and the colder season brings its own set of challenges. Prioritizing parental wellbeing ensures that we have the necessary energy and resilience to provide the best care for our little ones. Winter can be isolating, with limited outdoor activities and increased susceptibility to illnesses. Focusing on self-care practices such as exercise, nutritious meals, and sufficient rest to bolster our immune systems and combat fatigue, can also help alleviate the pressures of parenting multiples.

Best of all we have been able to accommodate the kiddos into our program.

For the program details refer to our website and facebook page. We will be updating you continually throughout the 8 weeks.

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**EXPLORE YOUR OPTIONS**

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PARC site tours  
Thursdays & Fridays

Nutrition Seminar  
21st June 7pm

Water Safety Seminar  
13th July 7pm

Book via our website  
[www.fpmba.tidyhq.com](http://www.fpmba.tidyhq.com)

**WALK YOUR WAY TO WELLNESS**

Friday 11.30am and Saturday 11.30am  
14th July til 5th August

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Book your place now  
[www.fpmba.tidyhq.com](http://www.fpmba.tidyhq.com)

**FIND SOME BALANCE ON YOUR WEEKENDS**

Every 2nd Saturday 1pm

Body Balance & Active kids 5+

Creche available 17th June & 15th July

Book your place online  
[www.fpmba.tidyhq.com](http://www.fpmba.tidyhq.com)



## In it Together

Let us introduce you to fellow multi parent and FPMBA Treasurer Amy, who with Luke have 4 year old twins.

### How did you become involved with FPMBA?

I joined online when my twins were in SCN after doing a facebook search of multiples near me. I had a lovely member loan me her Spectra pump and I knew I had found my village :)

### If you could take a week off from your regular life and learn something new, what would it be?

I have always wanted to be fluent in another language, so if I could do that within a week I think it would be fun.

**What is your favourite family tradition?** We go camping at Easter with my whole family and another 5 families we have known for 30+ years. It's so lovely seeing the next generation of kids growing up each year together and bonding of things like bike rides, river swims and marshmallows on the fire

**What is your favourite time of day?** Bedtime! I love being able to sit down at the end of the day, reflect on the highs and lows and get ready to do it all the next day

**What is your multiple parenting hack?** In the early days, if someone asks to help, or bring something. Always say yes. My husband was very happy with the amount of lasagna we ate in those first few months

## Out and About

Colder weather has set in and sometimes the usual park haunts are just not cutting it. Here are some winter ideas to keep the kids stimulated and out of the house.

- Story time at the libraries we love Frankston and Carrum Downs for their forgiving librarians and distance from kids area to the entry.
- FPMBA Playgroup space at TAFE Chisholm is available Monday and Wednesday mornings during school term times.
- [Small ideas book](#) gives you some great discounts to indoor playcentres.
- Embrace the cold, rug up and splash in puddles or explore the beach.





## Navigating NDIS

AMBA is excited to host a two-part webinar series with the NDIS Fairy, Anna Commons in June & July. The board are very thankful to EAMBA, DVMB, FPMBA, NWMBA, NIMBA, CAMBA, WMBA & CDMBA for funding and organisation these webinars for the benefit of all AMBA clubs. If anyone else is in a position to extend a webinar to the entire community, please get in touch with the AMBA Board as it is a wonderful way to utilise our shared resources and network.

Please see some text and graphics below we will share on the AMBA page and that can be used by clubs.



Part One - Getting Access to the NDIS - Monday 19 June 2023 7:30pm AEST

<https://attendee.gotowebinar.com/register/4757923695242409818>

Part Two - Empowered Engagement with the NDIS - Tuesday 11 July 2023 7:30pm AEST

<https://attendee.gotowebinar.com/register/6989532077395664220>

Proudly funded by AMBA Victorian clubs. Go to our website or members facebook page for login details.

## MBAW Celebrations

A big thankyou to everyone who attended our Multiple Birth Awareness Week Easter Event at Angus and Rose Cafe, The Briars. Utilising our grant from Mornington Peninsula Shire we were excited to watch little colourful faces run through the maze, hunting down chocolate eggs.

MBAW also involved AMBA released a [report](#) highlighting the inequalities faced by families and hosting a playgroup at Parliament House raising awareness of the unique challenges faced by multiple birth families and the support required by the government to allow families to thrive not just survive. FPMBA president Sharon Zantuck, former president Julia McCarthy and grants coordinator Belinda Forbes were able to attend this playgroup to advocate to Members of Parliament including our local member Peta Murphy.





# Volunteer

Our club is run entirely by volunteers. We are always appreciative of additional hands and new perspectives, if you would like to get involved please reach out to us via the links below.



## we are here **TO HELP**

We know raising multiples can be hard, and sometimes we just don't have the resources to do it all ourselves. Your FPMBA village is here to help. Complete our confidential form using the link.



## Midweek Meals

Winter makes mid-week meals seem a bit harder. Help yourself by factoring in foods with vitamin d foods to help improve everyone's mood. Fatty fishes, mushrooms, eggs, fortified foods such as dairy. What better way to do this than having breakfast for dinner, not only is it easy but the switch up might entice kids, win win for everyone.

### Favourite fluffy pancakes

**INGREDIENTS**

- 2 cups all purpose | plain flour, (290 g | 10 oz)
- 1/4 cup granulated sugar or sweetener, (60g | 2 oz)
- 4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 3/4 cups milk, (440ml)
- 1/4 cup butter, (60g | 2 oz)
- 2 teaspoons pure vanilla extract
- 1 large egg

Combine together the flour, sugar (or sweetener), baking powder, baking soda and salt in a large-sized bowl. Make a well in the centre and add the milk, slightly cooled melted butter, vanilla and egg.

Heat non-stick pan, cook til golden and bubbles appear before flipping. Serve with fresh fruit and yoghurt.

<https://cafedelites.com/best-fluffy-pancakes/#recipe>



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CANVA STORIES