



# 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).

## Your FPMBA Committee

The FPMBA Annual General Meeting was held in October at the Frankston RSL. Over dinner, agenda items of memberships, finances and events were covered, as well as the current and required FPMBA committee positions.

In order to keep the club operational, a minimum of three executive roles is required (President, Treasurer and Secretary). While we are currently thin on volunteer capacity, Ross Bruce, Emma & Paul Greenfield and Julia Cafiso have kindly stepped into these roles respectively, in order to enable FPMBA to continue supporting our community.

With our current reduced committee, any events and initiatives will be run based on volunteer capacity and availability. While we are short on time and resource, we are still committed to continuing to support our members wherever possible.

If you are able to assist with keeping the club running, either in an ongoing role or to help with a specific event/function, we would love to hear from you! Get in touch via Facebook or [fpmba@hotmail.com](mailto:fpmba@hotmail.com)

## Christmas Party 2025



Christmas tunes, a load of presents, and a very special visitor could only mean one thing... FPMBA's Christmas party!

This year 27 families (with 70 kids!) celebrated together, with fun and games by Jacob from Yarnberg Entertainment. The kids were also kept busy with a scavenger hunt, making ornaments at the craft table, and fishing for candy canes. cont...

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## Christmas Party continued...

The festive spirit was alive and well amongst our community, and it was wonderful to see so many members get involved. Thank you to all who attended, making this year so much fun!



## Help Needed

Our club is run entirely by volunteers, and we currently have various roles vacant. We need your help to keep supporting our wonderful multiples community!

Current vacancies:

- Vice President
- Fundraising/Grants Coordinator
- Playgroup Coordinator
- Events Coordinator
- General Committee

No experience is necessary - the committee supports each other and training will be provided where needed.

You can commit as little or as much time as works for you, and volunteer hours may contribute to CCS activity.

If you are interested in learning more or joining a passionate and fun group of multiples parents, and giving back to the club, please get in touch via Facebook or [fpmba@hotmail.com](mailto:fpmba@hotmail.com).



## Raffle

A huge thank you to our Christmas raffle sponsors. With over \$900 worth of prizes to be won from local businesses, don't forget to buy your tickets now! Raffle will be drawn on 20th December. [Click HERE to get your tickets](#)



## Expectant Parents Information Evening

The next Expectant Parents Information Evening is running this Monday 15<sup>th</sup> December at 7pm. Any new parents or those expecting multiples are encouraged to join this online session where you will have the opportunity to learn some of the nuances of raising multiples, ask any questions, and hear from those in the know.

[Click this link to register now!](#)



**we are here  
TO HELP**

Raising multiples can be hard.  
Your FPMBA village is here to help.  
Complete our confidential form using the link.



## Father's Day at Devilbend Brewery

To celebrate the fathers and father-figures in our community FPMBA hosted a Father's Day afternoon at Devilbend Brewery in late September. A fun afternoon was had by all, with drinks in hand, a great chance for a chat, and ice-cream to boot (mainly for the kids).

Congratulations to the winners of our door-prize \$50 Bunnings Voucher - Pru Solomon and family.

## In It Together

**Tell us a bit about yourself...**

Hi, I'm Bianca, though most people call me B. I previously worked in event management but have taken a few years off to focus on family life. I'm a mum to three little ones — Matilda (3), and twins Oscar & Jemima (1).

**What's your role in the Committee, and how did you get involved with FPMBA?**

I recently became the Membership Coordinator. I first heard about the association through word of mouth and knew I wanted to join and connect with other families once my twins arrived. A few months ago, I saw a callout for committee positions and thought this role would be a good fit.

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

I'm fascinated by forensic genetic genealogy — though I'm pretty sure a week wouldn't be enough!

So instead, I'd try upholstery. I love the idea of bringing old furniture back to life and making something beautiful again.

**What's your multiple parenting hack?**

The 'assembly line' - doing the same task for each child one after the other seems to work best for me. It saves time, keeps things organised, and makes the day run more smoothly.







## Surviving Summer With Multiples: Keeping Cool, Safe & Sane

Summer on the Mornington Peninsula is beautiful — but with twins or triplets, it can feel like a marathon in the heat. Here are some simple strategies to help your family stay cool, calm and in control.

### Shade Before Sun

Plan outings around shade first, sunscreen second. Early mornings at local beaches such as Mothers Beach in Mornington, McCrae Beach and Dromana Beach offer natural shade and fewer crowds.

### Two-Minute Hydration Hack

Fill multiple small insulated bottles the night before. In the morning: grab, go, and skip the chaos.

### Water Play at Home

Try:

- Two small splash tubs
- Ice cube scooping
- “Painting” fences with water and a brush

These give everyone space and reduce sibling clashes.



### Create a Cool-Down Corner

A quiet, darkened room with damp face cloths, soft music, and a simple snack can transform post-play meltdowns into peaceful resets.

## Day Trips on the Mornington Peninsula That Actually Work With Multiples

The Peninsula is full of great destinations — but not all are multiples-friendly. These local spots offer the easiest logistics.

- Morning Beach Walks

Pram-friendly paths run through Mount Eliza, Mount Martha and Dromana. Morning = shade + fewer crowds.

- Hastings Foreshore Reserve

Fenced playground, toilets, shade, and open space. Perfect for little runners.

- Rain Hayne & Shine Farmyard (Baxter)

Gentle animals, easy parking, low-key sensory experiences.

- Ice-Cream Incentive Outings

Short strolls to local ice-cream shops at Main Street Mornington, Mount Martha Village, or Rye make for easy half-hour adventures.



Hot Tip: Pack gear in matching sets (identical cups, identical snack boxes) to reduce negotiations.

## Colouring-In Fun: Christmas, Bluey & K-Pop Demon Hunters

These colouring pages are perfect for quiet time, long car rides, or giving parents a much-needed breather.

- Christmas Colouring Pages

Holiday colouring books and sheets:

<https://www.reddit.com/r/Coloring/comments/18ot4hd>

<https://www.reddit.com/r/coloringpages/comments/18ow5zy>

- Bluey Colouring Pages

Fan-shared Bluey colouring pages and printables:

<https://www.reddit.com/r/bluey/comments/pymke1>

- K-Pop Demon Hunters Colouring Pages

Massive collection of printable colouring sheets (over 100 designs):

<https://kpopdemonhunterscoloringpages.com>

<https://colorise.app/coloring-pages/kpop-demon-hunters>



Hot Tip: Print a handful of each and store them in a folder so you always have quick, screen-free activities ready to go.

## Summer Crafts

Get crafty these holidays by some creating some cute little friends. These activities can be adapted to the level of your children and is a great way to pass the time with some family fun!



### Paper Chain Caterpillar

All you need is construction paper, scissors, glue or tape, googly eyes and pipe cleaners. Plus any stickers to decorate!

Cut paper into 5cm x 15cm strips. Apply glue to one end of a paper strip (or use tape) and join it with the other end to make a ring. Choose another paper strip and loop it through the previous ring before gluing the ends together to form a second ring. Repeat the process until the caterpillar is as long as you'd like it to be.

Glue two googly eyes to the front of the first ring. Cut out two short pieces of a pipe cleaner. Twist the end of each pipe cleaner to make curls. Then, tape the pipe cleaners on top of the caterpillar's head.

<https://rockyourhomeschool.net/paper-chain-caterpillar/>

### Tissue Paper Butterflies

This activity for all ages just needs some tissue paper, scissors and pipe cleaners. Cut tissue paper into 15cm x 30cm rectangles, and fold over to make 2-ply. Lay 4 sheets on top of each other, pinch the middle of the sheets together to make wings. Take a pipe cleaner and wrap it around the middle, twisting once or twice at the top of the butterfly. Fluff up the tissue paper wings a little, and you've got yourself a fun little butterfly!

<https://familyfocusblog.com/easy-spring-craft-make-paper-butterflies/>

