



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.

Caring for the carers

Raising multiples, whether twins, triplets, or more, is a unique journey that comes with its own set of joys and challenges. Amidst the chaos, it's easy to forget that self-care is not a luxury—it's a necessity. Here are some tips to help prioritise your well-being while raising your troop:

- **Physical wellbeing matters:** Even a short walk around the block can rejuvenate your spirit and give a 5 minute mental break.
- **Relationship TLC:** Parenthood can strain even the strongest bonds, so communicate openly and try to find moments to connect. Remember, you are a team. Reach out to other multiples parents, to connect, have a laugh, share stories, and know that you are not alone on this rollercoaster. Take advantage of the social events run by FPMBA, or connect on FPMBA Facebook page.
- **Celebrate the small victories:** Any triumphs count - did you survive a hectic dinner? Did you manage to get all kids bathed this week? Acknowledge your effort and be proud. Perfection isn't the goal right now, love and effort (and survival) are.



- **Give yourself compassion:** Be kind to yourself. It's okay to feel overwhelmed sometimes. Accept help to give yourself "me time" if you have the opportunity.
- **Take a moment:** Allow yourself to take a minute to just look into those little eyes or watch them play. You are shaping their world, and you are doing an incredible job.

Discover more tips with AMBA's On Demand Webinars, free for FPMBA members.

- The psychology of raising twins and higher order multiples

<https://www.amba.org.au/support/resources/webinar-series/psychology-raising-twins>

- You can't pour from an empty cup

<https://www.amba.org.au/support/resources/webinar-series/you-cant-pour-from-an-empty-cup>

Codes for access are located in our member's area library: <https://fpmba.tidyhq.com/public/pages/library>.

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In It Together

Introducing... your FPMBA President, Belinda Forbes! Belinda has 4.5 year old twins and a 2.5 year old singleton with her husband Graham. Belinda does an incredible amount of work for the club, making sure members are supported and events are a success.

How did you become involved with FPMBA?

We joined on recommendation from a friend and after attending one of Julia and Ariane's expectant parent sessions. I have always enjoyed volunteering

and the club works really well with the family. A bonus when I initially joined the committee was that it increased my CCS benefits to make it easier to access childcare while I looked for work.

How long have you been president, and have you held any other positions? I've been in the president role for 6 months, and 12 months prior to this I helped as Playgroup Coordinator and Grants Coordinator.

What's one item you can't live without? To do lists, savoury comfort food and plants.

What's a funny thing your twins have done recently? They debated the intricacies of besties, and decided although as a twin they are automatically each other's bff's they would also allow each other to have a bff outside of the twinsphere.

What's your multiple parenting hack? I try to spend one on one time with the twins. Often this means my partner will take one to Bunnings while I stay home with the other and clean or cook together. Take a breath and persevere, it's only a chapter, sometimes a footnote.

Latest Activities

What started as a windy morning on Australia Day, ended up as a sizzling success for the FPMBA Bunnings Sausage Sizzle fundraiser. Feeding the hungry DIY warriors raised \$1,736 in profit for the club. Thank you to the FPMBA Committee and members who made the day such a success.

Since the start of December, we have hosted 12 playgroups, park plays and morning teas for multiple families to come together.





Embracing Autumn

With the cooler weather on it's way, Autumn is a great time to explore the great outdoors. Getting out and about might mean a day trip with all the family in tow, or a quick trip to a local playground in between naps. Whatever time or capacity you have, here are some ideas to make the most of the milder weather and fresh air:



- Pack a picnic and go for a walk in your local nature reserve.
- Create an autumn-themed scavenger hunt. Give each child a list of items to find – gumnuts & seed pods, pinecones, red leaves, etc. – and set them loose. The thrill of discovery and friendly competition will keep them engaged.
- Enjoy greenery, fresh air and snacks with strawberry picking. Hot tip: Rocky Creek Strawberry Farm's U-Pick season runs until April.
- Plan a Storytime in Nature. Bring some blankets, cushions and books to make a cosy outdoor setting for reading to the kids. Invite some friends and bring snacks to make a morning/afternoon of it.

Upcoming Events

Join us at the annual Multiple Birth Awareness Week Easter Event and Egg Hunt, coming up on Sunday 17th March. Join the multiples fun with kids craft activities, Easter egg hunt, face painting, pony rides, morning tea and a free coffee/tea for adults. Connect with other multiples families in the beautiful surrounds of Angus and Rose at The Briars, Mount Martha. Book your tickets now!

Don't forget to see page 4 for the colouring competition! Prizes will be drawn at the Easter event.

Here are more FPMBA events to put in your diary:

- Clothing Swap - 20th April
- Bumblebee Market - 19th May
- Mother's Day Event & Raffle - First weekend May
- Fathers Day Event - TBC late August
- Clothing swap - 12th October
- Halloween Family Dance Party - 26th October
- Frankston Festival of Lights - 23rd November
- FPMBA Christmas Party - end November/start December

Multiple Birth Awareness Week Easter Event

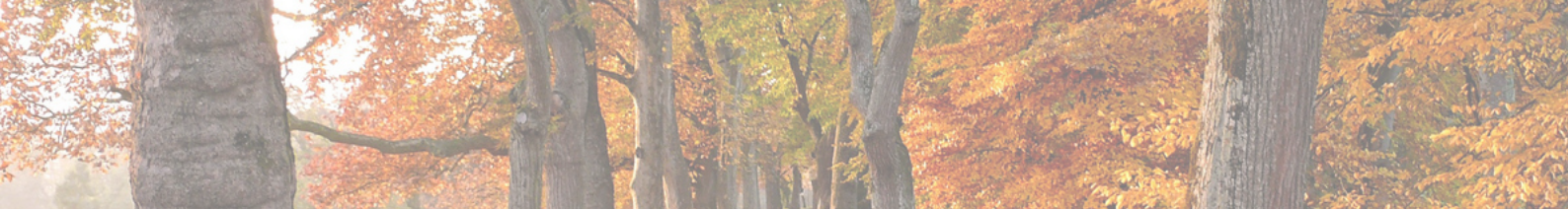
SUNDAY
17 MARCH 2023

10am - 12pm
Angus & Rose at The Briars
Book for free via our website

Member & non-member families welcome

Frankston Peninsula Multiple Birth Association | WWW.FPMBA.TIDYHQ.COM | Mornington Peninsula Shire

[CLICK HERE to book your tickets to the MBAW Easter Event](#)



Easter Colouring Competition

Our Annual Colouring Competition will take place at the MBAW/Easter Egg Hunt on Sunday 17th March.

Please print one of the three pictures for each child's entry, colour in at home and bring along on event day to enter the competition. There will be 3 prizes to be won!

Click [HERE](#) to print the colouring sheets or if you need them emailed to you please contact fpmba@hotmail.com

Note: Prizes will be won via random draw from all the entries.



Australian Breastfeeding Association Giveaway



Early in February, FPMBA were successful in obtaining grant funding from Frankston Council for Australian Breastfeeding Association 'Virtual Village Plus' memberships to give away to a small number of members. This membership includes an online education session, ebook, 12 month access to the online village and more, worth over \$200.

[Click here](#) for more details on the membership, and reach out to FPMBA via facebook or fpmba@hotmail.com if you are interested.

Volunteer

Our club is run entirely by volunteers. We are always appreciative of more hands and new perspectives, committing as much or as little time as suits your situation. If you would like to get involved please reach out to us via the links below.

We are currently seeking volunteers for:

- Reaching out to new members and getting them set up
- Helping to arrange any events
- Hosting a playgroup or park play



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.

