



MULTI VERSE

Frankston Peninsula
MULTIPLE BIRTH ASSOCIATION

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.

Multiple Birth Awareness Week

March is always a huge month on the AMBA calendar and this year is no exception with Multiple Birth Awareness Week (MBAW) occurring from Sunday 19th March to Sunday 26th March 2023. This year's MBAW theme, 'Equality for Multiple Birth Families', was chosen following consultation with parents of multiples from all around Australia. AMBA is leveraging this week to highlight the inequality multiple birth families face and to launch a request to the government for a Multiple Birth Payment for all parents with twins, triplets or more.

The AMBA Board will be launching a costed policy document at a Parliament house event on March 20th, which will be attended by a number of ministers and multiple birth families. This event will see the beginning of AMBA's advocacy campaign for increased financial support for families. To ensure our voice is heard, we are asking all members of the multiple birth community to get involved! You can support us by:

Sharing your personal story

www.australianmba.typeform.com/mbaw-equality

Purchasing an AMBA or MBAW T-shirt

www.etsy.com/au/shop/AMBAOfficial

Donating to the Family Support Fund

<https://www.givar.com/campaigns/amba-family-support-fund>

Stay tuned to the club and AMBA Facebook page throughout March for further details about how you can support this worthwhile cause and ensure our important message is heard.

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MBAW

Multiple Birth Awareness Week

Equality for multiple birth families

Sunday 19 March to Sunday 26 March, 2023



In it Together

Let us introduce you to fellow multi parent Emma McCracken, who with Rob have 3 year old triplets.

What are your favourite family activities?

We love pottering in the garden, digging mud, cutting leaves, making potions, watering the veggies, painting the walls and tables with water, spotting bugs, listening to birds, watching the trees dance in the wind.

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

I'd love to try scuba diving. I love swimming and I imagine it would be so peaceful... and the kids couldn't find me underwater... mwahahaha...

What is your favourite time of day? Whenever the kids randomly share something they've discovered or learnt or find funny.

What is your multiple parenting hack? Not strictly multiples related, but I clung to the mantra "everyone fed, no one dead". It was all about keeping a check on expectations. This was much harder to accept on some days and in relation to some aspects of life than others, but helped me to let go of a lot, when time/energy/resilience was extremely low.

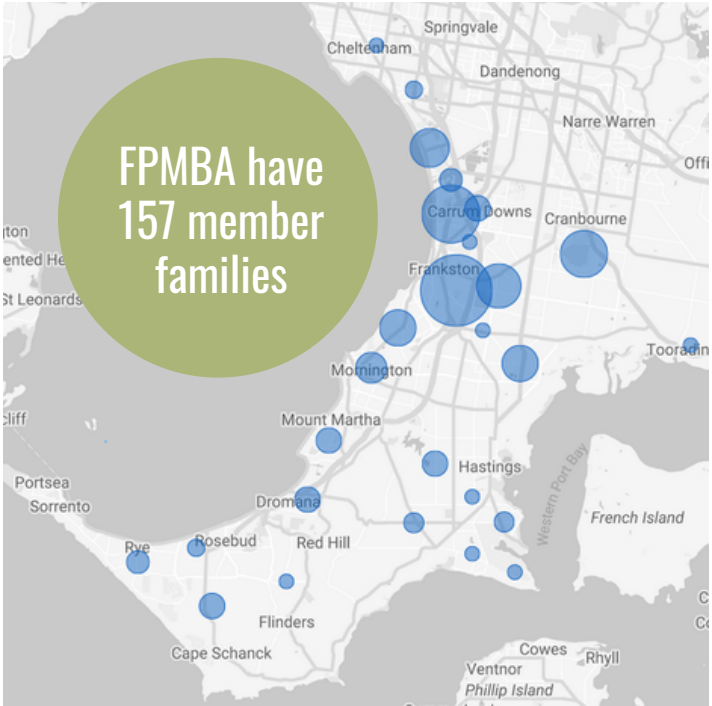
FPMBA Stats

Ever wondered what makes up FPMBA? Get to know your village.

60% of FPMBA member children are aged 4.5 years and under.

FPMBA has been supporting parents of twins, triplets and more for 42 years.

14 volunteer committee members operate FPMBA



MBAW Celebrations

This year to support MBAW we will be holding celebrations for the month of March, kicking off with some drinks at Mr Pauls's, Mornington on Sunday 5th March.

In club tradition we will be holding an Easter themed event at Angus and Rose Cafe, The Briars, Sunday 26th March from 10am-12pm. Fortunately the committee have secured a grant with Mornington Peninsula Shire to help fund this event which is open to all families with twins, triplets and more. We are planning an egg hunt, face painting and a variety of kids activities. We will also have our annual Easter raffle, use the QR code below to purchase your tickets.

Check out our MBAW events below and keep an eye out for your invites on our website.



WWW.FPMBA.TIDYHQ.COM



When you discover you are expecting multiples, it's like the universe said, "Let's see what you are really made of."

Out and About

Summer's ending and the weather is cooling, it's a great time to make the most of outdoor play. Not only are there obvious benefits; physical activity and sensory rich experiences but nature play increases positive social-emotional skills, mental health, and overall wellbeing. Frankston and Mornington Shire councils have implemented a plan to update their play spaces. For information on the councils upgrade plans see <https://engage.frankston.vic.gov.au/frankston-play-and-local-parks> and <https://www.mornpen.vic.gov.au/Activities/Child-Youth/Playgrounds>.

Below are our favourite playgrounds to explore this season, all have double swings, and are reasonably fenced.

- 📍 Roy Dore Reserve Playground (toilets available)
17 Dyson Rd, Carrum VIC 3197
- 📍 Carrum Downs Recreational Reserve (toilets available)
Wedge Road, Carrum Downs 3201
- 📍 Bruce Park Playground (no toilets)
21 Bondi Ave, Frankston VIC 3199
(Carpark accessible from Margate Ave)
- 📍 Rye Community Playground (toilets available)
Rye VIC 3941



Special mention: Lady Emily Reserve Playground, 12R Lady Emily Way, Skye 3977 (Fenced, bike track, no toilets)



Autumn Refresh

How is it possible to accumulate so many clothes? Multiples that's how. If your kids winter clothes from last year are getting a little small, have a clear out while the weather is still warm and head on down to our bi-annual clothing swap on the 1st April.

Best of all it's at the CFA in Langwarrin so your little ones can get a photo with the fire engines (subject to availability) and play in the outdoor area while you are getting their new winter woollies.



Clothing Swap



SATURDAY 1ST APRIL
1:30 - 3:00PM
 Langwarrin Fire Brigade, (CFA), 184 Centre Rd, Langwarrin
 More info : www.fpmba.tidyhq.com

AMBA Webinars OnDemand

Watch AMBA webinar series on demand 24/7. Choose from a host of topics from toddler behaviour and sleep, parental mental health, improving outcomes during pregnancy and many more. Email fpmba for your discount code and access.

Australian **multiplebirth** Association
AMBA WEBINAR SERIES
Better Together
 Gain knowledge | Be informed

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.



Thank You

We are heavily reliant on fundraising and securing grants. So we wanted to say thankyou to some of the local business who have donated to us to make our raffles and member prizes so awesome.

