



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!

The School Dilemma

We have all thought it at some point, should they be split up at school or kept together and what are the pro's and con's of each? UNE's recent research may help put your decision a little. After completing a decade long study using NAPLAN results and including 2,762 twin pairs, 40 triplet sets and 1,485 non-twin siblings. They had the following main findings:

- Genetic differences among students are the single biggest influence on differences in literacy and numeracy standing and growth, accounting for half or more of that variability across tests and across time.
- The home environment that twins share has an unexpectedly modest influence on NAPLAN results after genes have been taken into account. Most of the non-genetic (environmental) influence is due to factors that are unique to members of twin pairs, such as individual friends or health conditions, with many of these factors as yet unidentified.
- Identical twins learning in different classrooms with different teachers perform almost as similarly in literacy and numeracy as pairs sharing the same classroom and teacher, indicating that the influence of individual teachers may have been overestimated.

For the above and more details refer to <https://www.une.edu.au/connect/news/2022/10/multiple-insights-in-a-decade-of-twins-data>

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In it Together

Let us introduce you to Sharon Zantuck, fellow multi parent and our club president.

How you first got involved in with FPMBA?

I had been involved in previous AMBA groups across Melbourne, so joined when I moved to the area to meet some local people. Fairly soon after the president Julia put out a call for committee members and I volunteered..

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

Something crafty with fabric - like screen printing or sewing

What's your favourite family tradition? Making (and eating) my Nans Christmas Pudding. They're traditional English style and absolutely to die for.

What is your favourite time of day? Evenings. I love being outside as the sun goes down and don't get to do it enough lately. Bring in summer.

What is your multiple parenting hack? I have two. The first is do everything together. If one wakes to feed, feed the other. If one naps, put the other down. I found keeping their routines similar was really helpful in getting much needed time for other things. And the second, reset your expectations. Having multiples is life changing, and our expectations are no different. Whether it's time for work, play, or home life - doing all the things the same as you did pre multiples just isn't realistic and it's so important to give yourself a break.

FPMBA Christmas Party

Inflatable runs, toys, pizza, chips, gifts, booze & Santa on a fire truck, what more could you ask for a Christmas party? I'll be honest we hadn't attended a FPMBA function before, you know what it's like, logistics, anxiety, multiples. Next time we won't hesitate.

The chaotic symphony was comforting, the parental gazes were understanding and when I inevitably lost track of one of the kids (our youngest), I found them safely being watched over. This was our village, these are our people.




As I negotiated my twins out of the ball put at the end of the evening, it was clear that we had all had a fabulous time, even if it was a carry them both out at the same time job.

Joining the parade of parents (some broods literally kicking and screaming) it was clear a merry time was had by all.

Thank you to all the committee members, we'll be there next year with bells on.





KEY INGREDIENTS		
 1 cup flour	 1/2 cup salt	 2 tsp cream tartar
INSTRUCTIONS		
<ol style="list-style-type: none"> Mix 1 cup flour, 1/2 cup salt, 2 tsp cream of tartar, 1 tsp oil and 1 cup water in a pan. Cook on medium heat 4-5 minutes until mixture becomes doughy. Remove from heat and start kneading. Split into equal balls, press well in centre of each and add 3-5 drops of food colouring. Knead 		<p>Storage Store in airtight container either in fridge or pantry.</p> <p>Modifications Can add food flavouring to make it smell great. For gluten free option, use 1.5 cups of rice flour.</p>

Our famous Playgoup Playdoh, courtesy of <https://www.drkristynsommer.com/>

AMBA Member Discounts

As part of AMBA our members have access to exclusive offers, for more details refer to AMBA website using the link below or contact us via email.



VOLUNTEER

Did you know 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.



Parenting multiples means you will never love so hard and sleep so little.

FPMBA Playgroup

It is almost end of year for our playgroup, but we've had a fantastic year meeting new faces and making new friends. Unfortunately we have have closed the doors on our SeaWinds playgroup for the time being but will continue our Frankston playgroup at Chisholm TAFE. We are also planning a unique playgroup with Frankston Library over Summer so keep an eye on our Facebook page. In the meantime we are really excited to be celebrating end of year at two special playgroups.

On December 7th from 4pm-6pm we will be joining the Frankston Council playgroup network at George Pentland Botanic Gardens for an end of year 'teddy bears picnic'. Bring a blanket at picnic dinner and join in, RSVP via the Facebook event.

Our second special playgroup event will be on Wednesday 14th December where Hey Dee Ho will facilitate a music session for us at the Hungry Peacock church hall. This event is free and you can book your free tickets on our [website](#).





Hitting the Beach

Doing anything the first time can be daunting more so when you have two or more in tow whose listening skills are selective at best. With summer on our doorstep (generally speaking) it is the perfect time to make use of our gorgeous coastline, and we are here with some helpful tips to make that first endeavour smoother. You got this.

1. Scope it Out

Go somewhere you know or have checked out. Is there a shower? Easy access to the beach? Toilets? If you have a runner in your midst choose a stretch of beach with a carpark which is a bit sheltered from traffic, and clear sighted access. Worried about the non-swimmers? Visit during low tide where they can play between the sandbars.

2. Transport

It's tempting to bring everything you could possibly need, and you probably will but you don't need to take it all to the sand with you. How many helpful hands do you have? Many parents opt for a wagon to act as the stroller/backpack. Others make do with a carrier. Do what you are comfortable with and what will suit your little ones. TIP: Back into the carpark so you can use your boot as a safe space to dress the kids and organise yourself.

3. Snacks & Water

For you, them, spare cause someone just dropped theirs in the sand, and some more because it took longer get into the car than you anticipated and now its mealtime. They won't care that its banana and crackers for lunch, you won't care because they are quiet. TIP: Concerned about hydration? For kids that love juice or colours consider popping half a hydrolyte tablet in their water.

4. Slip, Slop, Slap

Apply sunscreen while they are strapped into the car, or use a makeup brush to avoid sticky hands. Consider a lightweight sun shelter if the UV is high, some wagon's will have a roof option. Long sleeve rashie/swim suit and hat.

5. Work around your schedule

You don't need to amend your schedule for a beach trip, if they are still napping twice a day go early in the morning, the beach will be empty and the UV will still be low.

6. Organise

Make a list and pack the night before extra snacks, clothes, nappies, beach toys/shovels, picnic blanket/large towel for sand free area. Have a bag/s for the beach and extras for the car.

7. Expectations

Success doesn't mean kicking all your goals, but it does mean getting out the door and back home in one piece (mostly). Set a time and try your best to stick to it. TIP: Have the premium snacks in the car to help lure the kids from the water.



HERE TO HELP

We know raising multiples can be hard, and sometimes we just don't have the resources to do it all ourselves. Particularly around this time of year, we understand finding enough time, money - enough of anything - can be tough. Whatever your circumstances, your FPMBA village is here to help. Complete our form using the link below.

