



# 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](mailto:fpmba@hotmail.com).

## Autumn Adventures

As the days start to get cooler, thinking of low stress but high joy activities can be challenging. But the milder weather brings a perfect opportunity to explore and discover beautiful Autumn textures and colours.

### Leaf-Collecting Walks

Get out and about locally and let each child collect leaves of different colours or shapes. This is great for sensory play, and a lovely way to explore your local surroundings.



### Botanical Gardens

If you're looking for wide paths, open lawns, plenty of space for prams or scooters, and maybe even some hidden gem playgrounds, check out George Pentland Botanic Gardens in Frankston, Seawinds Gardens in Arthurs Seat, or Mornington Botanical Rose Garden.

### Short Nature Trails

Enjoy the fresh air with these excellent pram-friendly nature walks on the Mornington Peninsula - Try the scenic Balcombe Creek Boardwalk in Mt Martha, the gentle 2km Wetland Walk loop at The Briars, and wander through the trees with the flat Red Hill Rail Trail.



## Easter and MBAW 2026

Celebrate the 2026 Multiple Birth Awareness Week and Easter with the FPMBA at Mornington Park! Join us on Sunday 29<sup>th</sup> March for a sausage sizzle, fruit platters, games, a fantastic playground and a good time. There will also be Easter activities, an egg hunt and colouring competition for the kids. Print off a colouring sheet per child to submit on the day for a chance to win an easter hamper! See page 4 for more details!

Make sure you RSVP on [TidyHQ here](#) for catering purposes.

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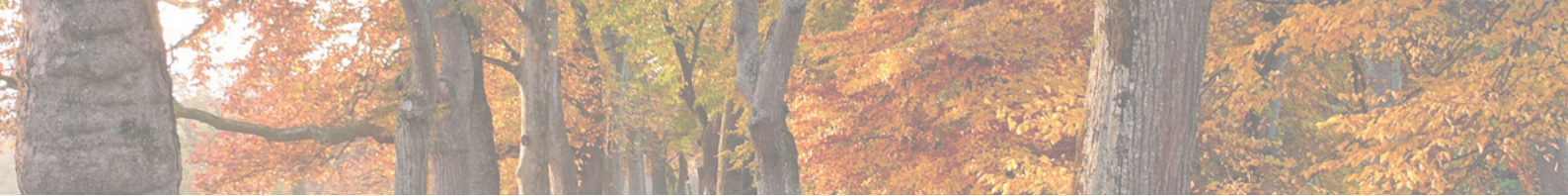
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## In It Together

Introducing Emma and Paul Greenfield!

Tell us a bit about yourselves...

We are the committee's Treasurers. Emma is a Learning and Development Consultant who works with businesses to help develop people and build skills. Paul is a secondary school maths teacher and Year 8 Assistant Coordinator. We have 5-year-old identical (MCDA) twin girls, Rose and Lily, who have just started school this year. Together, we manage the committee's finances and enjoy contributing our time to support the community.

**How did you get involved with the FPMBA?**

When we found out we were having twins, we were recommended to join the Frankston Peninsula Multiple Births Association and attended an online expectant parents session. As we didn't have much support around us when we had our girls, the association has been a big help—especially the playgroups, which have been a great way to connect with other families and feel supported.

**What's your favourite family tradition or habit?** We don't really have a set family tradition, but we do have a few habits we love. On Friday nights, we take the girls swimming at the pool—it gives us more time together than traditional lessons. Saturday nights are movie nights, where the girls set up their couches with pillows, blankets, and toys to make their own little cinema. The girls also love camping, and when they were younger, we found they slept much better on camping trips, so it's become a special way for us all to unwind together.

**What's the one item you can't live without?** When the girls were babies, we couldn't have lived without the Baby Breeza, it made bottles so much easier, especially for those night-time feeds. Now, it's snacks, they're constantly munching little bits throughout the day!

**What's your multiple parenting hack?** Our multiple parenting hack is to always try to get out of the house—even when it feels impossible. Whether it's a trip to the park or just the shops, it breaks up the day and makes life feel a lot easier. Sometimes we also split up the girls, with one of us taking Rose and the other taking Lily. Life feels much more manageable this way, and we find they're more helpful and more likely to open up and have a conversation.





## Upcoming Events

- The committee is working hard to bring back the much-loved play groups and morning teas. Keep an eye on social media to find out when they are arranged!
- Enjoy a Mother’s Day treat and take a night off! Join us for dinner (at own cost), and the club will buy your movie ticket for our annual Mother’s Day event. This popular event is a great way to have a night out and connect with other mums and mum-figures. Once the details are finalised, please RSVP via Facebook to confirm your ticket.
- Expectant Parent Webinars have been receiving fantastic feedback from recent attendees. To celebrate and support MBAW this year the Australian Multiple Birth Association is running a nationwide “Getting Ready for Multiples Masterclass”. Free for FPMBA members! See below for details:

We invite all expectant and new parents to join us for a chat about what you can do to prepare for twins, triplets or more. On the night, we will discuss all things pre and post natal, share our top tips and answer your burning questions

Thursday 26<sup>th</sup> March at 7pm  
<https://attendee.gotowebinar.com/register/7593080420650931296>  
 Password: Ready2026!



Last year’s Mother’s Day Movie Night was a great success and had members raving about it for long after!



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.





# Easy Autumn Meals & Snacks for Busy Multiples Families

The seasonal produce in Autumn is naturally sweet and kid-friendly. This is the time to take advantage of soups, bakes, and slow-cooker meals that can be doubled to easily stretch across many meals. Here are some batch cooking ideas to make dinnertime a breeze.

## Pumpkin & Sweet Potato Soup

Smooth, sweet, and freezer-friendly. Perfect for kids and easy to portion up for the freezer.

<https://itsnotcomplicatedrecipes.com/spiced-pumpkin-and-sweet-potato-soup/>

## Hidden-Veg Pasta Bake

Blend veggies into a sauce, add browned chicken (optional), top with cheese, and bake. Great for leftovers and lunchboxes.

<https://mykidslickthebowl.com/chicken-pasta-bake-family-friendly-loaded-with-vegetables/>

## Mini Frittata Muffins

These high-protein, veggie-packed finger foods are perfect for easy breakfasts or lunchboxes.

<https://www.recipetineats.com/healthy-egg-muffins/>

## Slow Cooker Chicken & Veg Stew

Brown the chicken, throw everything else in, and come dinnertime all you need to do is serve!

<https://cookingformysoul.com/slow-cooker-chicken-stew/>



# Easter Colouring Competition

Our Annual Colouring Competition will take place at the MBAW and Easter Event on Sunday 29th 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. Prizes to be won!

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

Note: Prizes will be won via random draw from all the entries at the MBAW Easter Event.



# Multiple Birth Awareness Week: Sunday 15 - Sunday 22 March 2026

Connected. Supported. Stronger.

Multiple Birth Awareness Week is here, and we'd love you to be part of it. From 15–22 March 2026, we're coming together to shine a light on the lived experiences of multiple birth families — celebrating the joys, acknowledging the challenges, and recognising the strength it takes to raise twins, triplets and more.

Our goal is simple: by the end of the week, multiple birth parents feel more connected, more supported, and stronger, knowing they are part of a village that truly understands them. This week is for families of twins, triplets, quadruplets and quintuplets — and for the wider village around them, including health professionals, educators, policymakers and community supporters.

How you can get involved:

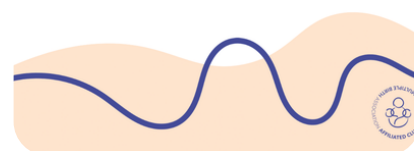
- Attend an event - Join your club community, connect with other families and be part of something that strengthens us all.
- Share your story on social media to help raise awareness

There is power in the "me too" moments of raising multiples. Whether it's the chaos of the newborn days or the unique joys of watching your children grow together, your journey matters. This Multiple Birth Awareness Week, we're inviting you to share your story.

Tag [@ausmultiplebirth](#) | [#MultipleBirthAwarenessWeek2026](#)  
You can find the Australian Multiple Birth Association on:  
[TikTok](#), [Instagram](#), [Facebook](#), [LinkedIn](#)

Connected.  
Supported.  
Stronger

Multiple Birth Awareness Week  
15 - 22 March 2026



Together, we can help families feel connected, supported and stronger.

Because connected and supported  
parents are stronger parents.

