

MULTIPLE MATTERS

The official magazine of Multiples New Zealand

Te Takitini o Aotearoa



Summer · 2019/2020

multiplesnz
Te Takitini o Aotearoa

- Mental Health
- National Training Forum

Our Summer Multiples



Finn and Caelan, Whangarei



Mana and Noah, Wellington



Maddy and Chloe, Samoa



Ruby & Jade, Auckland



Heidi & Layla, Whakatāne



Riley and Miller, Hibiscus Coast



Charlie & Joseph, South Auckland



Indie & Meila, Opotiki

Multiples NZ

Postal address

PO Box 1258, Wellington
0800 4 TWINS ETC
0800 489 467
www.multiples.org.nz

Membership

\$70 Associate Member
\$50 Full Member
\$30 Online Member

Advertising

For advertising rates, contact Multiples NZ Marketing and Promotion Officer, at marketing@multiples.org.nz

Magazine contributions

Multiple Matters is published quarterly by Multiples New Zealand, and we welcome submissions of articles and photos. These can be sent to magazine@multiples.org.nz

Submission deadlines

Summer edition: 29 February 2020

Feature topic: Triplets Plus

Disclaimer

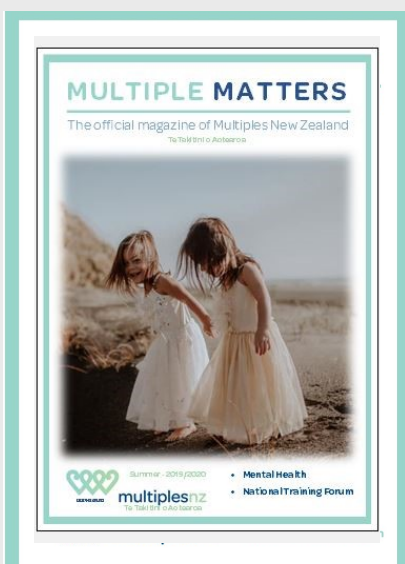
This magazine is created by volunteers and copyright is asserted on all material enclosed. All rights reserved. The views expressed in the magazine are those of contributing individuals and do not necessarily reflect those held by Multiples NZ. Multiples NZ takes no responsibility for the endorsements of the advertised products or companies within this magazine.

Printing

Our magazine is generously sponsored by Prestige Print
72 Abel Smith St, Te Aro, Wellington
(04) 802 5471 www.prestigeprint.co.nz
ISSN 1179-8211

Cover photo

Our summer multiples: Twins Harper & Chloe Irons on the beach at Raglan.



Contents



In Every Issue

From the Editor 4
Summer days

From the President 5
President's Report

Feature: Mental Health

Te Whare Tapa Whā 8

Taboo 12

Who were you before twins and more? 14

It takes a village 16

Postnatal Depression is Not the Baby Blue 18

Did I make my twin crazy? 20

Club Scene

National Training Forum 24

Volunteer Awards 2019 26

Our new Executive 28

Ideas for Collaboration 32

International Volunteer Manager's Day 33

Regular Columns

Book Review 21
Twins in Session

Volunteer Scene 30
Stuck in the busy trap

International Scene 34
Support for Multiples' Families

ICOMBO Scene 38
Top Research Priorities

Tamariki Scene 40
Summer Activities

Contacts & Services

Executive & Officers 4

Huggies 23

Discounters 37

Twin Zygosity Testing 32

Multiples NZ Login 39

Club/Multiples NZ Contacts 42

Prestige Print 43

Multiples NZ

Patrons

Mary Lambie and James Mora
(Contact via President)

Medical Advisor

Dr Emma Parry
(Contact via President)

Executive

President

Heather Ben
0274841526
president@multiples.org.nz

Vice President

Michelle Kitney
027 681 4956
vicepresident@multiples.org.nz

Secretary

Bron Dutton
027 425 8854
secretary@multiples.org.nz

Treasurer

Vacancy
treasurer@multiples.org.nz

Magazine Editor

Kirsty Saxon
021 128 4719
magazine@multiples.org.nz

Marketing and Promotion

Amy Dean
marketing@multiples.org.nz

Support roles

Archivist

Refer to Secretary

Grants

Refer to Vice President

Higher Needs Support

Desiree Morgan
specialneeds@multiples.org.nz

Magazine Support

Sarah Miller & Claire Nevans

ICOMBO

Carolyn Lister 03 214 4476
Carolyn@icombo.org

Resources Review & Development

Terri-Lynn Mitchell
09 434 0032 • 027 7251131

Register, Research Coordinator

Joy Brown 03 214 4476
register@multiples.org.nz

Resources Distribution

resources@multiples.org.nz

Triplet Plus

Stacey Morunga
09 266 1114 • 021 669 632
tripletsplus@multiples.org.nz

Hello Summer!

Kirsty Saxon (Multiples Canterbury), Mummy to Xavier and Lilian (6), and Ruby (8).

Wow! This year has flown by. I can not believe this is our Summer 2019/2020 magazine. Our whānau is now settled into our new home in Methven, the kids have started school and I'm busy finding new friends (AKA mums to drink wine with). We arrived in the South Island in the school holidays at the end of Term Three, and were really lucky to get a trip up to Mount Hutt before the end of the season. This was the first time any of our children had seen the snow. I am sure there will be plenty of this white cold stuff in their future.

This issue is dedicated to the mental health of our whānau and tamariki, a topic which is close to my heart, due to my own personal journey. The 2017/18 New Zealand Health Survey found that: one in six New Zealand adults had been diagnosed with a common mental disorder at some time in their lives. This includes depression, bipolar disorders and anxiety disorders. It is of particular importance to mothers of multiples, with the instance of postnatal depression affecting up to one in five. I hope you enjoy the stories from our community this issue. Also I am beyond excited to preview a new feature on pages 40 and 41, in conjunction with multiple mama Rosie Ponifasio-Hughes from Green Grubs.

In 2020 we will also be celebrating the 40th Anniversary of our organisation, which is a huge milestone and achievement for our little country at the bottom of the world. We will be meeting in Christchurch the 18th and 19th of October 2020, with the venue to be confirmed. We are incredibly grateful to Multiples Canterbury for their invaluable help in organising this upcoming event.

After our Annual General Meeting in October, we farewelled our President Ainslee Jacobson, who has been a volunteer with our organisation for over ten years. Before becoming the President of MNZ, Ainslee was the Marketing and Promotions Officer, then elected as Vice President then President in 2016. Ainslee has worked with many organisations outside of MNZ. Her work as liaison with WINZ has been incredibly appreciated by families who she follows up when they are turned down when they shouldn't be. She has also worked closely alongside and developing relationships with Emma Parry, Neonatal Trust NZ, Purple Butterfly Initiative, SANDS, Ministry of Health, PADA (Perinatal Anxiety & Depression NZ), and many more. In November

2018 Michelle Kitney (Marketing) and Ainslee participated in a fundraising event for PADA. In her current employment - Ainslee travels around the country dropping MNZ brochures everywhere and making sure that support services know about us. This is helping to form connections, promoting our organisation, looking for better outcomes for our babies. Ainslee was honoured with the Community Dedication Award for 2019, with Michelle Kitney saying, *"Ainslee has always demonstrated through her actions commitment, passion, and determination, which inspires and fosters in others a belief in the power and potential of being a volunteer and contributing to communities."* We know this is not goodbye, and Ainslee will continue to be involved with our community.

We warmly welcome Heather Ben as our new President. Heather has stepped up from the Multiples NZ Executive Treasurer position, and is also a member of Multiples Counties Manukau. Heather is mum to Amelia (10), and Kaitlyn and Cameron (6). See page 26 for photographs of the 2020 Executive.

As usual, we welcome submissions on any topic related to multiples or anything relevant to our families. Send me an email if you have an idea for a story you would like to write or co-write with a friend. We are also keen to get your pregnancy and birth stories, as I know we love reading about everyone's individual experiences. Next issue's theme is 'Triplets PLUS' so if you have any thing to contribute, please get in touch!

Enjoy your summer break!

He rā ki tua Better times are coming!

Kirsty

Xavier, Ruby & Lilian in the snow at Mount Hutt (October)



President's Annual Report 2019

Multiples NZ outgoing President Ainslee Jacobson, delivers her final report, and introduces our new President Heather Ben.

Kaua e hoki I te waewae tū
tuki, ā pā anō hei te ū poko
paku.

*Do not turn back because of
stumbling feet, but only for a
broken head.*

Executive

This past year saw a few changes on the Executive. We farewelled our Treasurer, Vicki Fiet who had held the role for three years and has now focussed her volunteer attention on fire fighting in the Hawkes Bay. Heather Ben, stepped into the role of Treasurer, and Lizelle Lombaard, from Multiples Wellington, joined the Executive in the role of Website and Social Media. The Executive continued to meet online monthly and face to face only twice in the year. Our Executive is made up of seven volunteers, all of whom have paid jobs, and many still volunteer on their local club committee as well. Over the past year we have begun reviewing and analysing the workflow within the Executive outcomes that we, as an organisation, are achieving. We have concluded that it is now time to consider a new, more modern, governance structure to ensure that the Executive members have the appropriate time to focus on governance and strategy. This is a similar approach taken by organisations such as Bellyful NZ, and La Leche League NZ. Ultimately our goal is to role model best practice leadership in the multiples community.

Birth Statistics

Statistics New Zealand released birth figures for the 2018 year. In 2018 there were 714 sets of twins born, which has dropped since 2017 (759 sets of twins) and the percentage of multiple births that make up the overall birth rate was 1.24%, dropping 0.04% since 2018. Triplet births stayed the same

with 3 sets born in 2018. Note these triplet figures include stillbirths (counting those born after 20th week of pregnancy), although not neonatal deaths, and have been randomly rounded to three by Statistics NZ to protect confidentiality. Stillbirths made up 2.11% of multiple births compared to 0.49% of singleton births.

In 2018, we had a set of quads born in the South Island. The last set of quads were born 20 years ago. Sadly Statistics NZ no longer records quad births.

Grants

Investment from the NZ Lotteries Grants Board:

• 2018/2019

In 2017 Multiples NZ applied for a multi-year grant with the NZ Lotteries Grants Board. Multiples NZ applied for \$30,000 per year, and were granted \$10,000 per year. In 2018/2019 grant funding was applied to the operational infrastructure costs required to actually run the organisation. This includes website maintenance, communications costs, postage, phone, flights for the Multiples NZ Executive to meet once a year, SurveyMonkey, Xero etc. The second area the funding was applied was to the National Training Forum, specifically the costs of contracting Kerri Tilby-Price from Exult Ltd.

• 2019/2020

This is the second year of the three year grant and again, Multiples NZ will apply the grant funds in exactly the same way as in 2018/2019. The 2020/2021 year will be the final year of NZ Lotteries grant funding. An application will need to be submitted at the end of 2020 to ensure the possibility of future funding.

Lottery Minister's Discretionary Fund

In 2019, Multiples NZ was granted \$14,645.00 from the Lottery Minister's Discretionary Fund for Governance and Financial Training. This funding will enable us to provide targeted upskilling in specific areas as well induction training for new volunteers onto the Executive.

Other Grants

Multiples NZ successfully applied to Pelorus Trust to support the delivery of the 2018 National Training Forum.

An application for a Community Post grant was unsuccessful in 2018.

Corporate Partnerships

Huggies

Our Huggies relationship is 39 years old! Over the past 12 months, Kimberley Clark have distributed 342 boxes to families with multiples throughout New Zealand. This is an amazing contribution and a great way to start a journey with multiples.



Prestige Print

Multiples NZ has continued to print hard copy issues of the quarterly magazine Multiple Matters and this has been supported by the Multiples NZ preferred Wellington-based print company Prestige Print.



Prestige Print
since 1965

President's Summer Report (continued)

Support Organisations

- **The Neonatal Trust** - released the Purple Butterfly initiative
- **NZ Maternal Fetal Medicine Network (NZMFMN)** - continue to raise concerns and share support material.
- **NZ College of Midwives (NZCOM)** - concern that the lack of midwifery resource in NZ will impact the level of care available to our families.
- **Ministry of Social Development (MSD)** - addressing WINZ Home Help Grant issues
- **The International Collaboration to Harmonise Outcomes for Twin-Twin Transfusion Syndrome (CHOOSE)** - Participated in TTTS and sIUGR survey
- **Inland Revenue Department (IRD)** Best Start Payments and Multiple Births - IRD has confirmed issues with Best start payments processed through SmartStart - this has now been identified and corrective action has been taken.
- **NZ Maternal Fetal Medicine Network** - more comfortable number of qualified Maternal Fetal Medicine specialists within the DHB's.

Capital and Coast DHB have two MFM specialists to cover the lower North Island, and Canterbury now has one specialist in place.

- **Bereavement Support** - Multiples NZ has now set up its own Bereaved Whānau Group. In the process of setting up this group, we have begun liaising with Sand NZ to see how the two organisations can work together in support of our whānau.
- **Sands NZ** - Sands supported MNZ to develop the new Multiples NZ Bereaved Whānau FB group.

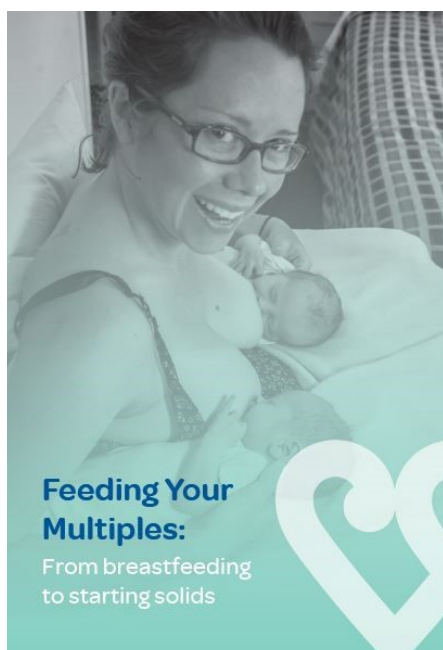
Volunteer Support

We are now in the sixth year of the Multiples NZ Volunteer Awards programme and Multiples NZ has now made changes to the programme to remove barriers for nominating.

Awards have been rebranded, some categories removed and a new category 'Volunteer of the Month' will be introduced before the end of the year.

Multiples NZ Resources

It has been a very long process to re-brand our resources and we're still at it. That's because we're not just re-branding, we're reviewing as well. We've also been working on our Feeding Resource for roughly five years, but we are confident we will have a copy in your hand within the next month. The first print run will be distributed to Clubs free of charge and when that stock is depleted we will need to charge. While we are committed to converting these resources to eBook, we are not confident that this will increase the accessibility of the document. We ask that Clubs consider alternatives to posting the resources to members as it is very important that members can access the information contained in the resource.



National Training Forum

Last year was the inaugural Multiples NZ National Training Forum. The event was a huge success and we were pleased to read so many positive comments and outcomes from attendance. We are still aware that cost and time are still barriers to attendance, with at least three Clubs not represented at the 2018 event.

0800 4 TWINS ETC

Our 0800 number is an important communication tool for our organisation. This year, we have been well represented by Jessica Zame (Upper and Central North Island), Fiona Purchas (Lower North Island), and Jacqui Newall (South Island). Both Fiona and Jessica will be stepping down this year due to other time commitments. Calls continue to be about login details for the Multiples NZ website (callers are referred back to their local Club), or support services looking for multiple-specific support for families in their care.

The Coming Year

I have now completed the last year of my three year term and will be stepping down from the role of President. Stepping down is bittersweet - there's still so much I want to do, or feel I could have done, and yet I know that our incoming President, Heather Ben, will bring a new perspective and approach to leading our organisation.

I recently found videos of my boys when they were two years old. They really were gorgeous little kids and you can see on the screen the joy of having multiples in your life. It's sometimes overwhelming, it's sometimes exhausting, but it's always rewarding. I encourage you to take some time to reflect on where you've come from and be proud of what you have achieved.

In closing, I have to acknowledge all the amazing people that I have worked

President's Summer Report (continued)

with in the six years that I have been on the Multiples NZ Executive. I consider you all great friends and I only wish we could have had more face to face meetings in a year so we could have really celebrated our successes. I am very excited about where Multiples NZ is heading. With the support of our 14 Clubs we can make sure that whānau in the future have everything they need to successfully carry and raise their multiples.



Ainslee is mum to nine year old twin boys Cameron and Hunter, and lives in Wellington with her husband Craig. Ainslee juggles her Multiples NZ President role with her work at the National Perinatal Pathology Service and Wellington Multiples.

On behalf of all the Executive Members and Club Presidents that Ainslee has worked with over the past six years (plus many more years before at club level) ... we wish her all the best and thank her most gratefully for her contribution to the Multiples NZ community.

Ma whero ma pango ka oti ai te mahi

With red and black the work will be complete.

Introducing our new Multiples NZ President

Hi my name is Heather Ben and my entry into this community came when my husband Kora, along with our elder daughter Amelia (now 10) welcomed our boy/girl twins Kaityln and Cameron (now 6) in 2013. We were warmly welcomed into our local club – Multiples Counties Manukau. We attended a brilliant Antenatal Class (Multiplied) and took advantage of the equipment hire, nappies, borrowing prem clothes, and all the things our awesome clubs do ... so after that I was keen to give back to this amazing community.



After spending time as Treasurer and President at Multiples Counties Manukau, I joined the Multiples NZ Executive, first as Website and Social Media, moving to Treasurer, and more re-



cently moving to President. The work this team of volunteers do is awe inspiring. Working with our uplifting, energetic and dedicated volunteers is truly heart warming.

Ainslee has been an amazing President of Multiples NZ for the last three years and we are very lucky to have her remaining, involved especially in an advocacy role. She leaves behind rather large shoes to fill and I will do my best to follow and do justice to the role. You can contact me via email at: president@multiples.org.nz.



Heather is mum to six year old twins—Cameron and Kaitlyn, as well as ten year old daughter Amelia. The family live in Karaka, Auckland; along with dad Kora.



Te Whare Tapa Whā

Kirsty Saxon (Multiples Canterbury/Multiples NZ Executive) explores mental health from a tikanga Māori perspective.

The topic of mental health is something I am really passionate about, as a mum who suffered from Postnatal Depression (PND) with both my singleton in 2011, and my twinkles in 2013/2014; and also someone who still struggles with depression.

Mothers of multiples are at a higher risk of experiencing PND – approximately 1 in 5 mothers of twins and triplets are diagnosed by their health professional as suffering from (PND). A further 1 in 5 mothers think they may have had PND, but do not receive medical confir-

mation or treatment. (Dr. Erika Fraser, TAMBA, 2010). When I was reflecting on these statistics, I decided to explore this topic from a Māori perspective. This Māori philosophy is based on a holistic health and wellness model called Te Whare Tapa Whā, developed by Dr Mason Durie in 1984. Mason Durie KNZM is a New Zealand professor of Māori Studies and research academic at Massey University (psychiatry). He is known for his contributions to Māori health. Durie is currently Emeritus Professor of Māori Research & Development at Massey University.

Te Whare Tapa Whā can be ap-

plied to any health issue, whether it involves physical or psychological well-being (wairua and whānau). Wairua is also linked to connection via mother and child through the whenua (body) and birth (karanga, sacred lifting of tapu and replacing with noa). This is what makes it holistic opposed to westernised version of wellbeing such as the biomedical model. The biomedical model of health focuses on purely biological factors and excludes psychological, environmental, and social influences. It is considered to be the leading modern way for health care professionals to diagnose and treat a condition in most Western

Te Whare Tapa Whā

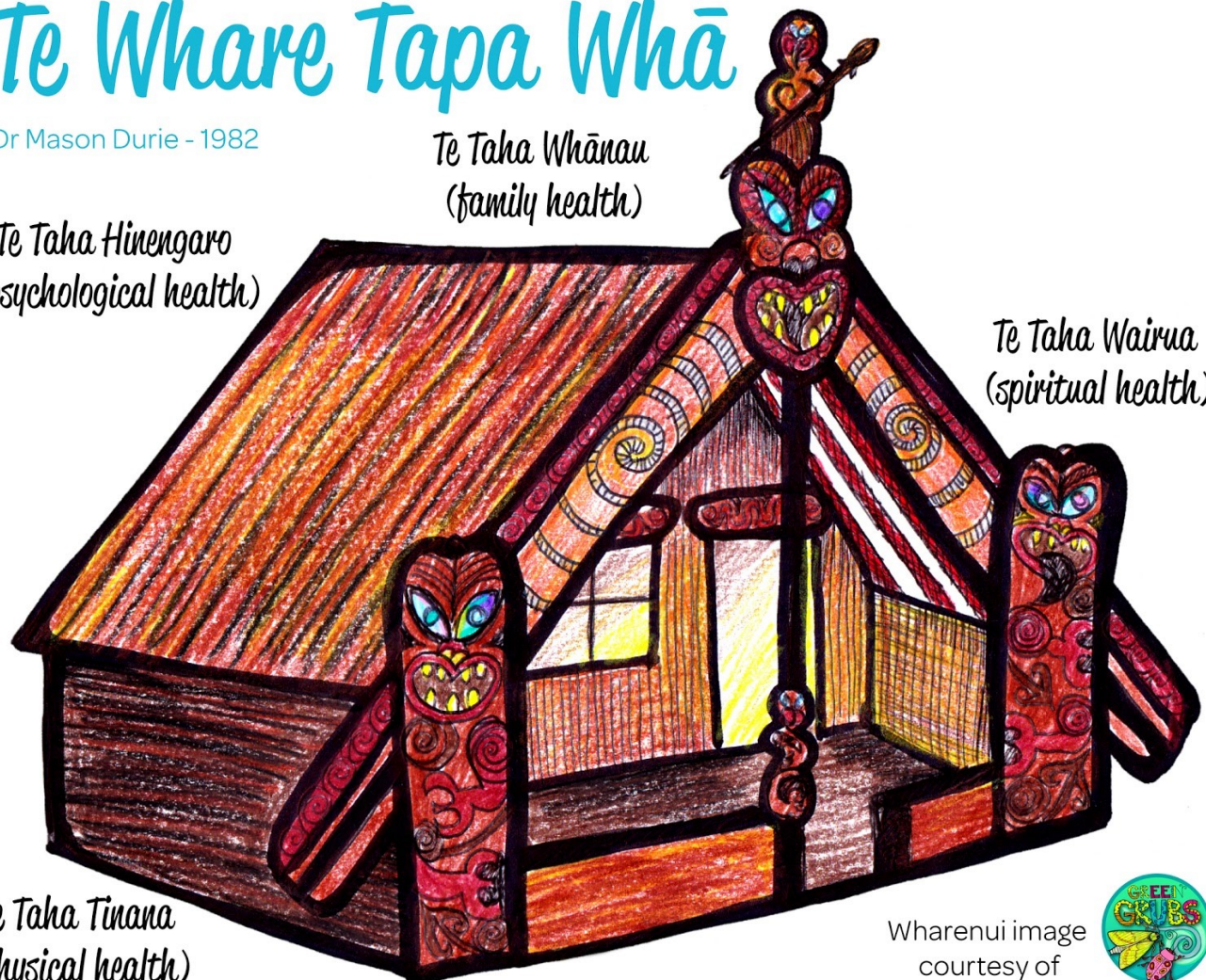
Dr Mason Durie - 1982

Te Taha Hinengaro
(psychological health)

Te Taha Whānau
(family health)

Te Taha Wairua
(spiritual health)

Te Taha Tinana
(physical health)



Wharenuī image
courtesy of



countries. This might be an interesting lens to look through for PND.

Te Whare Tapa Whā

The model is underpinned by four dimensions representing the basic beliefs of life – te taha hinen-garo (psychological health); te taha wairua (spiritual health); te taha tinana (physical health); and te taha whānau (family health). These four dimensions are represented by the four walls of a house. Each wall is necessary to the strength and symmetry of the building. Connection with the whenua/land and roots forms the foundation. All of these kaupapa are interrelated, as when one becomes "sick" or "unstable" the others are affected too. To me, this holistic approach of ensuring all four dimensions are strong in order to create a strong parent and whānau are a valuable tool in our kete when creating happy and healthy families.

Te taha hinen-garo (psychological health)



This refers to psychological health, with a focus on emotions. It is understood that the mind and body are inseparable, and that communication through emotions is important and more meaningful than the exchange of words. Taking care of taha hinen-garo is important for everyone, regardless of whether or not you've experienced mental illness or distress. When your taha hinen-garo is strong, you can better cope with the ups and downs of life. You can express your feelings and reach out for support from friends, whānau and hoamahi/colleagues if you need to. The kupu in te reo Māori is Whakawhanuanga – to build relationships, relate well socially, and communicate. Some things you can do in this area could be

spending quality time and talking with whānau, friends, workmates and neighbours, connecting with support groups or programmes, volunteering your time, or getting outside for exercise and reflection. Reinforce that there is strength in asking for help. With new mums, they may not admit it themselves, but do your best as a family member or friend to assess the situation, is this new mama/whānau coping? How can her village wrap it's support so tightly around her she will never be let down?

Te taha wairua (spiritual health)



This refers to spiritual awareness, including when considering the spiritual attachment between mother and baby. It is recognised as the essential requirement for health and well-being. It is believed that without spiritual awareness, an individual can be lacking in well-being and therefore more prone to ill health. Wairua explores relationships with the environment, people and heritage. Feeling comfortable in your identity, values and beliefs helps you feel secure in who you are and what you stand for. When you are content with yourself it is easier to cope with challenges, build strong whānau relationships and discover the things that uplift you. Connect with your special places/tūrangawaewae (place of belonging) or a place that recharges you. Find a spiritual practice you can become completely absorbed in, such as meditation, investigate your heritage/whakapapa, who you are, where you are from and where you stand; skilfully reflecting on the past can enhance our appreciation of the present moment. But how do parents of multiples find time for self and spiritual care? Charles Buxton said, "You will never find time for anything. If you want time you must make it." Be intentional about your spiritual goals, write them down, find a moment which

is yours alone.

Te taha tinana (physical health)



This refers to physical health and growth and development as it relates to the body. This focuses on physical well-being and bodily care. Tinana suffers when a person is under emotional stress, or is unwell. Pain in different parts of your body is tinana communicating what is going on consciously or unconsciously. Trying to nourish and strengthen your physical wellbeing will help you to cope with the ups and downs of life, this can include nourishing your body with food as medicine and rongoā Māori (natural remedy, traditional treatment, Māori medicine). Feeling physically well helps us to feel mentally well. Having strong taha tinana means we can be there for our whānau and take leadership in helping our loved ones live longer, healthier lives too. It's important to acknowledge that sometimes your taha tinana may not be as good as you'd like it to be, and this might be beyond your control.

What's important is that you take care of your taha tinana and do what you can to nurture it, regardless of your current physical abilities. Make a commitment with your whānau to make healthier choices together, get involved in a sports group or club, be aware of what triggers less healthy behaviour – for me this is eating when I'm stressed, get out there and be adventurous – physical activity helps prevent or manage a lot of health conditions. Exercise, if you love or hate it, you can not deny that it does something awesome for your body and mind. It releases endorphins and makes you feel better. So whatever you love doing, do that. For me, it is dog walking with friends (walk and whinge) and crossfit. Get what you love in your schedule.

Te Whare Tapa Whā (continued)

Kirsty Saxon (Multiples Canterbury/Multiples NZ Executive) explores mental health from a tikanga Māori perspective.

Te taha whānau (family health)



This is the most fundamental unit of Te Ao Māori. Whānau may include up to three or four generations, and its importance

will vary from one individual to the next. The beliefs, expectations or opinions of the whānau can have a major impact on the personal choices that an individual makes. Whānau can also be used as a strength, to allow mama to rest or to share their parenting tips. Traditionally this is what the Kuia and Kaumātua roles were within the hapū. Mothers went gathering, fathers went hunting and Nanny and Papa taught and nurtured the mokopuna. This is often hard to translate into today's society as our whānau structures have changed and adapted to a more western version of family.

Spending time with whānau, doing things for them and getting involved gives you a feeling of purpose, connection and wellbeing. It benefits you and builds the strength of your whole whānau. As a core source of strength, support, security and identity, whānau plays a central role in your wellbeing. To nurture your family, spend time with your kids, make time for your friends and wider family, get outdoors – go for a walk, have a picnic.

Treasure our extended and elderly whānau ... invite them for meals; help with their laundry, cleaning or dishes; or take their kids for a walk while mum has a decent shower.

The wharenuī (meeting house)



This is the symbol used to illustrate these dimensions of well-being. Just as each corner of the house must be strong and bal-

anced to hold its structure, each dimension of well-being must be balanced for health to exist. Developing self-awareness is key to creating balance and harmony in all aspects of life. All four walls are needed, and must be in balance, for the house to be strong. So taking care of your physical health is important, but to live your best possible life, you also need to pay attention to your mental health, spirituality and the strength of your whānau. The good news is there are lots of everyday things you can do to build health in these four areas. You're probably doing a lot of them already – it's just a case of recognising their value and making them a priority.

Whenua (land)



Whenua is the place where you stand. It is your connection to the land – a source of life, nourishment and wellbeing for everyone. Whenua includes soil, rocks, plants, animals and people – the tangata whenua. We are linked physically and spiritually to the land – it is the earth through which you are connected to your tūpuna/ancestors and all the generations that will come after you. You can also think about whenua as your place of belonging – that means

the spaces where you feel comfortable, safe and able to be yourself. It could be around your friends, at home with whānau, as part of a sports team or even at your place of study or mahi/work. Everything in the Māori world has a life force, the mauri, and when our natural resources are not looked after, this life force is weakened. This has a direct impact on mental health and wellbeing. Get your whānau together and explore your local maunga/mountain; challenge yourself to produce less waste. It's amazing to see how much we use each day that isn't necessary! There are plenty of tips online for how you can reduce, reuse and recycle; or plant trees or a vegetable garden.

Reflection

On a personal level, I still struggle through some days, but they are few and far between now. What helped was purely time ... time with my children, time with myself, and just taking one day at a time. My parenting journey has been one of definitive highs and lows, but through it all I have learned to take each moment, hour, day, as it comes, and know that things will eventually get better; to enjoy the little things, as one day you will look back and realise these are the big things in life; surround yourself with people who will love, support, listen, laugh and cry with you; and most importantly of all - everything happens for a reason. It is never apparent at the time, but there are lessons there eventually. When one door closes, another opens.

As a parent of multiples, it is a delicate balance, finding the time to make sure I am nurturing Te Whare Tapa Whā. But it is something I am becoming more mindful of as the years go by.

He whakataukī



Whakataukī are proverbs and like pepeha are often used in whaikōrero speech making. They can also be used to give further meaning to a korero (story, speech, discussion, narrative, etc).

The following whakataukī refers to emotional, spiritual and family waiora dimensions of an individual. Expanding on this, an individual's waiora is maintained by a balance between all four wellbeing dimensions and this whakataukī draws on being positive.

He ōranga ngākau, he pikinga waiora

*Positive feelings in your
heart will enhance your
sense of self-worth.*

References:

Māorimenshealth.co.nz

Mason Durie, 1984

MHAW.nz

R2R.org.nz

Tamba.org.uk

Stacey Ruru, Maree Roche, Waikaremoana Waitoki; Journal of Indigenous Wellbeing, June 2017.

Thank you to:

Hermione John for her invaluable contribution during the writing of this article.

Rosie Ponifasio-Hughes / Green Grubs NZ for her beautiful wharenui image on page 8.

Kirsty is mum to Ruby (8), Xavier (5) and Lilian (5); married to Jack. Their whānau have recently moved from 90 Mile Beach in the Far North, to Methven in Canterbury. Kirsty sits on the Multiples NZ Executive as Magazine Editor.



Taboo

An anonymous member of our Multiples NZ community shares thoughts on a taboo subject when becoming a parent.

I regret having children ... there I said it! People don't want to hear that mothers don't want to be mothers, it screws with the stereotype.

It is tough to admit, especially in today's climate of keyboard warriors, people assume you're not a nice person, but I do, hand on heart, love my children. I just could never have foreseen the suffocating drain becoming a mother would be. If I could have foreseen it, I would never have become a mother. I am not saying this due to lack of social life or reduced career opportunities, I am talking about the everyday stuff ... sleep, getting out of the house, running errands, going to the toilet, taking a shower, getting tea ready, etc. I love my children very much, but I preferred life before.

There are very few articles or research exploring mothers who regret having children. It has been a taboo subject, how dare we say we regret becoming parents? It is unspeakable ... nevertheless, it is a feeling I had never anticipated. One article that I did come across did say it is impossible to know how common this is for mothers to feel.

I know I'm not alone. But admitting that parenting is hard, or there are parts of it we don't like, is still something of a taboo. There is a ridiculous amount of pressure on us to make everything amazing all the time. And

yet we can't really talk honestly about what it's like to live with that pressure and those sacrifices. When we do complain, we do it in the most socially acceptable way, through memes declaring "the struggle is real", or by talking about how much wine we need to get through this. We joke, but it doesn't feel very funny.

Telling someone they should appreciate what they have, because not everyone can have it is just papering over the cracks.

And perhaps for some, those cracks can be fixed with a job or interest, or with professional help for the adult or the child. Or with more support from a partner, or even just the passage of time. But for other parents, the regret is very real, and telling them they're bad people for feeling it doesn't make it go away. The kids are fine, I do a lot with them, they're loved. But how I wish I could turn back the clock.

I have everything I dreamed and planned for: husband, work, lifestyle, children, pets...

I've got it all. And yet every day I wish I had my life over, so I could talk myself out of having children. We can test drive cars, outgrow a house, but hell would we be judged if we admit to wanting to turn back the clock on kids. You don't know how you are going to feel until you are in



the depths of motherhood when the realities of parenting hit home. I did enjoy being a mother, and I mean thoroughly enjoyed it with our first child (singleton). However once our first child hit two years old, I soon realized this age and stage was not for me, but by that time our new babies had arrived. Preschoolers are hard, especially when there is more than one! We all have different strengths at different stages, toddlerdom is just not one of mine.

The truth is that kids are a strain: on time, finances, marriage and mental health. The mental load of motherhood breaks you. You can feel your nerves fraying at the seams as your child refuses to listen to anything you say. There are going to be days. Days where it's all too much. Days where the fighting and bickering send you over the edge. This is what no one tells you about. The hard stuff. The moments that break you open, that send you to the brink.

You're going to feel your blood pressure rise and your patience

dwindle. You're going to lose it. You're going to question yourself – all the time. You're going to wish bedtime would come sooner. You're going to cry a lot. You're going to long for five minutes to yourself. You'll wonder if you are getting any of this right or if you are cut out for this job at all. For now, I will just survive each day, look forward to mini childless holidays and hope there comes a time when these kids are easier and the good outweighs the bad.

A note from the Editor

Once I started looking at the information online about mums who regret having children, I found a huge amount of articles and blogs on this topic. In August 2018, Stuff.co.nz published an article called 'The parents who regret having children' by Ariane Beeston. This article was previously published in the Sydney Morning Herald. Israeli sociologist Ona Donath explored in research published in 2016.

As part of her study, Doath interviewed 23 women aged from mid-20s to mid-70s – all of whom regretted their choice to have children. What she found was that while most of the mothers stressed that they love their children, they hate the "maternal experience". In her paper, she quotes the writer Adrienne Rich:

"My children cause me the most exquisite suffering of which I have any experience. It's the suffering of ambivalence: the murderous alternation between bitter resentment and raw edged nerves, blissful gratification and tenderness."

Sydney psychologist Jocelyn Brewer explained last year that feelings of regret can occur on a spectrum from mild longing for

a life before or without kids, to significant psychological distress caused by parenting when circumstances might be complicated. So what can parents do to cope? Brewer advised parents to seek professional help when feelings of regret are intense and/or frequent, to the degree that they are impairing their ability to care for their children. "If the feeling is persistent and significant it can require additional skills to help reframe and build new ways of seeing the situation and approaching the role," she explained. "We put so much time and energy into preparing for birth of children," Brewer noted, "but when we have them needing support with parenting or attending parenting classes it's really stigmatised as something being wrong with the parent to need help and advice."

"I think birth is a relatively straightforward and temporary process - it's the next 18 years which we need the real guidance on," she said.



Who Were you Before Two ... or More?

Tori Pinfold (Multiples Kapi-Mana) shares her thoughts on making time for yourself, as a parent of multiples. *This article was previously published in the Kapi-Mana Newsletter, May 2019.*



Hi Everyone,

I got to thinking about this month's topic whilst having 30 minutes to myself walking our local bush walk. As I closed the door on my husband and pyjama-clad children and climbed up the hill beside our house I couldn't help reflect on my life before kids. In the early days my husband Evan and I bonded over running together and would use up most of our weekends by entering whatever events we could find. Many times we had paced the full version of this very bush walk with no kids in tow going as fast as we fancied. Being outside was so much a part of our identity that we even chose to do the Milford Track for our honeymoon, not really thinking through the fact that we'd be bunk-bedding with 40 strangers each night!

Life has definitely changed and a new version of Tori and Evan have emerged. It's amazing to sit and reflect on some of the daily roles we have now morphed into... from Short Order Chef to Hair Stylist. Professional Launderer, Dramatic storyteller, Potty Trainer, Baby calmer, Fort Engineer, After-Hours Paramedic and Seat Safety Expert ... I could go on!

The demands on us as parents are relentless and ever-changing. It's no wonder we often find ourselves out of breath and frazzled. Whenever the wheels fall off (which seems often!) I try to go back to the blueprint...who was I before these guys arrived? What did I use to do that gave me life? Although I can't go back to that person full time it's nice to give her an appearance on a regular basis!

For me, this means heading out on that bush walk, scheduling in a date night or trying to adapt one of our sports into a family friendly version (cue bike seats and trailers!)

Here are some tips for making space for you, they were gleaned from the fun Aussie mum blog www.amotherfarfromhome.com

Schedule it in

Things like nap time and structured playtime between siblings are great for two reasons. One, they benefit the kids. Two, they benefit you. Since I work from home I absolutely rise and fall with my schedule. Every morning and afternoon there is some allotted time in which I am alone. Whether

it's outdoor play in our holding pen fenced in play area or room time, I need time of peace and quiet.

Learn how to lock doors

And I'm not talking about closet doors with your children inside. Sometimes when I need a few minutes I ask my husband if it's okay if I go into the bedroom and lock the door. Locking the door is key. If not, I will have barely positioned myself prostrate on the bed when the door opens and I hear "mommy, get up, mommy!" That, my friends, is not an environment conducive to relaxing.

Sometimes I'll take a bath or long shower or go into the barn to work out and, while my husband is on duty, I'll lock the door. It may seem weird, but it has momentarily restored sanity for me many a time. Sometimes even 15 uninterrupted minutes is the difference between a mother with no patience and a mother with enough patience to be sweet until bedtime. Or, even if I need to bring the babies along, at least I'm getting to do something for me.

Don't throw the time you have into the black hole

By black hole I mean things that may lead you to say "I just sat down and three hours have gone by for nothing." These things will vary according to the person. Since I do a lot of work online, anything "screen" is typically a waste of time for me. Completely non-relaxing. TV, Facebook, or Netflix may help me escape but, when I'm finished, I don't feel refreshed.

For some those things may be exactly how you refresh. We're all different. I try to make myself bake, sew, paint something, or read a book that actually has pages I am turning in my hand. These things help me to feel like I had some of my own personal time. Know what

your 'black hole' behaviours are and do your best to completely avoid them during your precious free moments.

Find outside help

There are many other ways to get some time to yourself. Whether you hire a babysitter, a family member, a neighbour, your spouse, or you simply schedule it into your everyday life. However you do it, make it a priority. It isn't the one hour here that gets you down. It's the one hour here, one hour there, 50 hours later when you are on the verge of meltdown ... Working some time to focus on you will make all the difference.

- **If we never get time alone we lose ourselves.**
- **If we lose ourselves we stuff our emotions.**
- **If we stuff our emotions we**

explode on everyone around us.

- **It is not easy, but it is simple.**

Here's to making moments to check in with yourself and enjoy a taste of those things that are unique to you whether that's good coffee, reading a book or getting out amongst it!

Tori

Evan and Tori live in Waikanae and are parents to Lottie (3 years), and twins Leah and Noah (almost 2 years old).



It Takes a Village

Jaime Winklemann (Multiples Otago) shares her Mental Health journey.

My name is Jaime Winklemann and I would like to share my experience and journey with Mental Health.

I have eight year old, soon to be nine, fraternal boy/girl twins. Ora, my girl, the oldest (because it matters haha), is a child who loves school, and her sport. She plays rugby, touch and athletics. My boy, Neihana, LOVES sport, any sport - he plays rugby, cricket, touch, and aims to start miniball next year. I am currently working part time in the freight industry, during school hours which suits our family perfectly.

When I was 16, in the fifth form, I had glandular fever, which in turn lead to some mild depression. My GP wanted to put me on a small dose of antidepressants, but my parents were totally against this. After quite some time with no improvement, and my condition worsening it was decided to try the lowest dosage.

It turns out that I had what they thought was a reaction, and I went into a severe psychotic/manic episode. This meant that my mood was elated, "high" as they refer to it as. Aggressive, and out of touch with reality, I was admitted to a psychiatric ward very very unwell. I spent over a month in hospital. The doctors said I had bipolar, but this wasn't accepted at the time as people thought it was a reaction to the medication. I was slowly weaned completely off them along with some high end counselling through the Youth Mental Health Services. After around 12 months I felt like I was back to my old self. I completed high school and moved on to the working world. I had some good jobs, good friends, and was living my life as any young person would be. This episode was put down to the medication reaction and no more was thought about it.

Then at the age of 21 I experienced psychosis and mania again, this time brought on by nothing specific. I was diagnosed with bipolar disorder. This diagnosis came about after a traumatic few days in the hurricane again. I didn't even

know what was real anymore. I was hospitalised for a number of weeks in a secure psychiatric ward, receiving therapy as well as medication trialling. The recovery process after this was huge. I had to resign from my job, move home from my flat. Following this, the depression hit like a freight train. After a high, coming down isn't as simple as I would have hoped. I hit rock bottom. But as I had come out of the mania, I did with the depression too.

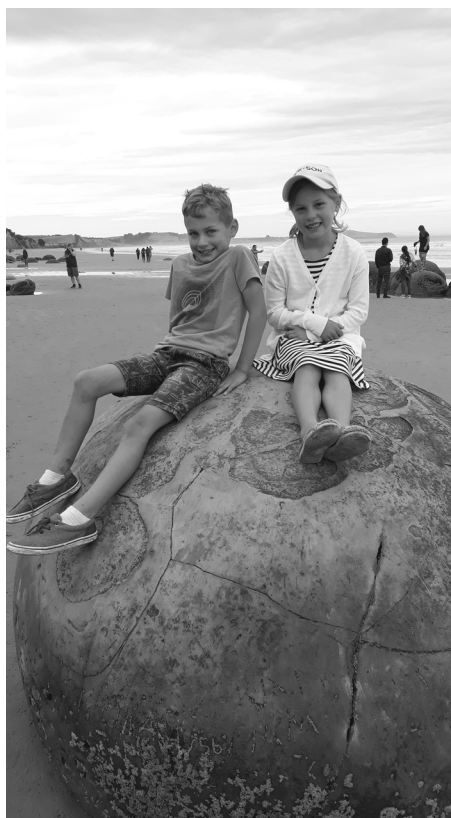
Over a period of 18 or so months I had another six or seven admissions to hospital. My life felt like it was out of control and I would never get it back on track. The highs, the lows, the instability, it was all so confusing and super hard to deal with time after time. But then, like the first time, I regained the stability and life just went back to the way I had always known it. I got a new job, moved back out of home, and continued leading a healthy life with my Mental Health intact.

It took a long time to accept that I had this illness. I researched as much as I possibly could to learn how to manage it the best I could. By doing this, and creating tools to deal with triggers I lived completely bipolar free for five years.

In 2010 I fell pregnant, and soon found out it was twins! Knowing how pregnancy could affect my health I was super anxious about the impact on my health and trying to keep it intact, especially as I was heading to be a single mum to two babies.

My pregnancy went well, but soon after I delivered my babies in 2011 I became very unwell.





The psychosis and mania hit while I was in the NICU and I was hospitalised in the psychiatric ward for three months. My babies went home without me! I then spent six weeks in a specialised unit in Christchurch with the twins to form a bond and effectively learn to be a new mum. This period of time was spent with Postnatal Depression hammering me. The traumatic experience of postnatal mental health difficulties is the single, most horrible thing I have ever been through in my life.

Having got through all of that I became stable once again, but then in 2012 that mania hit again and it felt like history was repeating. I felt like I was never going to get my long term stability back, but again, I came through the other side, until 2013. In 2013, two days after my sister was married and the twins being just two and a half years old, I was admitted to hospital, again! I really couldn't see light at the end of the tunnel. But, I came through, back to stability, and went back to life. In the back of my head I couldn't shake the feeling and worry it would just happen again.

Now, six years on, I have remained stable. The twins keep me super busy, and I'm working after being a stay at home Mum for eight years. Life is peachy and I can only live with the hope it stays this way. Any mental illness is more manageable if you can identify your own personal triggers. Having an action plan in place I found to be super helpful. There is a heap of helpful info online, John Kirwan's website and book are both amazing tools, in my opinion.

If I had any personal advice for people struggling with Mental Health, it would be to keep the lines of communication open. Talk - talk to someone, to anyone, family, friends, a work colleague, a fellow parent or a health professional. Medication isn't always the answer, it just has been necessary for my journey. Exercise is a great tool, as is a good diet and decent sleep, of course the sleep isn't always so easy when you're parenting multiples! Support is the most important thing, build a support network, because after all, it takes a village.

Jaime lives in Dunedin with eight year old twins, Ora and Neihana. She is currently secretary for Multiples Otago.



Starting the conversation

(from John Kirwan's depression.org.nz website)

It can be tricky to bring it up, but if you're worried about saying the wrong thing, don't be. The best way to start is to just ask them if they're okay.

If you think someone might be dealing with depression or anxiety, you might avoid them because you don't know what to do or say, or maybe you don't really understand what it's all about. This can make it harder for them to get through it. To make it go better, for both of you, here are a few tips:

- Pick a place that's quiet and private
- Give yourself plenty of time
- Listen, more than talk. Really listen closely to understand how they're feeling
- Save your advice for later
- Show you're really listening
- Sit face-to-face so they can see your reactions
- Listening isn't the same thing as agreeing. You can understand another person's point of view without agreeing with it.
- Try to ask open-ended questions like; "How are you feeling?" or "Why do you think that?"
- Offer reassurance and hope. Say things like "Thank you for telling me this", "There is a way through this", "I am here for you".

Website Link:

depression.org.nz

Postnatal Depression is Not the Baby Blues

Anna Younger (Guest Contributor) shares how to help mums with Postnatal Depression.
(Previously published on twinsandmore.co.nz)

Postnatal depression literally sucks all the fun and enjoyment out of having a baby and instead turns it into a sad, angry, anxious, resentful and distressing time. PND makes the day to day life of caring for your new twins so much harder, with simple tasks being almost impossible to do.

So tired that all you want to do is sleep and having the desire to run away and leave everything behind is so common with PND, but sadly many new Mums simply think that is how it's supposed to be. Well, it's not and we're here to not only explain what postnatal depression is, but also who gets it, what the signs and symptoms are and where you can go for help!

What is Post Natal Depression?

Postnatal depression is not the baby blues. Nearly all Mums suffer from the baby blues and feel sad, anxious, angry or hopeless during the first two weeks after the birth of their twins. PND is when those feelings last longer and don't seem to be getting better. It can happen anywhere from straight after the birth of your twins, right up to when they are 12 months old.

The scary thing is, any Mum can get it, regardless of whether you have suffered from depression or any other mental illness before as PND does not discriminate. On average, about 8-13% of all new Mums suffer from PND at some stage, though in twin Mums this can be higher. With more effort required to care for two babies instead

of one, around 16-26% of twin Mums suffer from postnatal depression.

The signs and symptoms can include some or many of the following:

- Crying a lot
- Feeling sad
- Feeling hopeless
- Feeling numb
- Having thoughts of harming yourself or your babies
- Being angry and you don't know why
- Worrying that you just can't cope
- Struggle to care for yourself or your babies
- Loss of appetite
- No interest in things which used to give you joy
- Trouble sleeping even when your babies are
- Anxious that something is going to happen to your babies
- Feel incredibly tired
- Unable to make decisions
- Not motivated to do anything
- Large periods of emptiness where you don't remember what happened
- Non or little enjoyment of anything
- Aches and pains
- Headaches
- Suicidal thoughts or actions
- Feeling overwhelmed
- Resentment towards your babies
- Negative thought

Postnatal Depression does not go away on its own

PND is more than just feeling sad. It's an overwhelming combination of feeling angry, helpless, scared, anxious and upset. It is NOT something which will get better on its own with time and does require the help from a professional trained in this area.

Postnatal depression not only affects a new Mum, but also her babies. That's why it is absolutely vital if you or someone you know could possibly be suffering from PND, get help quick! PND makes the day to day life of caring for your new twins so much harder, with simple tasks being almost impossible to do.



Finding help

It's really important to seek help if you or somebody else is suffering from PND, even if you don't know for certain. Talking with a professional such as your Doctor or midwife will let you explain how you are feeling and then they can do a quick assessment to see if you do have any of the signs or symptoms. If you do, that's perfectly ok and it is nothing to be ashamed about. Instead, it is great news that they know and can help put into place a wide range of strategies to help you feel better again. In fact, it is far easier to deal with PND if you are receiving help, whether that is with medicine, counselling, home help or a listening ear.

If you don't feel brave enough to speak to a health professional, choose a friend or family member whom you trust to chat with first instead. You are also able to take a support person with you to see a health professional and they can help explain how you are feeling on your behalf.

If you do have PND, don't stress that you will be put onto antidepressants and turn into a zombie or anything. The truth is, antidepressants will only be prescribed with your consent, no one can make you take them and the ones used by new Mums nowadays are incredibly safe for you and your babies, even if you breastfeed. In saying that, antidepressants are only part of the help available for new Mums with postnatal depression.

Finding help online

There are many websites which contain more information about postnatal depression and support services which can help you:

- Mothershelpers.co.nz
- Mentalhealth.org.nz
- Plunket.org.nz
- Depression.org.nz
- Kiwifamilies.co.nz

How Friends and Family Can Help Mums with PND

Friends and family are a great support system too. While you may not have the experience with or knowledge about postnatal depression, you do know this new Mum. You can help her by:

- Being a listening ear. Avoid judging her or giving advice. Just listen to her.
- Encourage her to get professional help. Go with her to appointments if necessary.
- Bake or cook for her. Bring meals and snacks around to her home.
- Babysit her older kids and even her twins. Give her time to catch up on sleep, read a book, have a shower, go for a walk etc.
- Help with the housework. Folding the washing, doing the dishes or mowing the lawns are all jobs which are going to be low on her to -do list at the moment, so do them for her.
- Reassure her this is not her fault and it will get better.
- Avoid offering advice. PND is not a quick fix solution. Listening is a better choice.
- Be there without strings. If you get

yelled at, ignored or cried on, it is all part of PND. Just be there for her, regardless.

- Ask for help. If you feel she needs more help, then ask on her behalf. If you feel that you too may be suffering from depression, then also ask for help for you!

Postnatal depression is a nightmare, but it does pass. With professional support and the love and help from family and friends, you will start enjoying life and your twins again.



Anna lives in Auckland and is mum to five year old fraternal twin girls Taylor and Amelie. She runs the website twinsandmore.co.nz. Special thanks to Anna for allowing us to reprint her article in our magazine.



Did I Make My Twin Crazy?

Joan A. Friedman (PHD) shares her thoughts on twins dealing with mental illness.

It breaks my heart when I speak to an identical twin whose sibling has a psychiatric disorder. In addition to the healthy twin's distress and sadness about her sibling's state of mind, she often believes that she somehow contributed to her sister's mental condition. Most of the twins I have worked with experience an enormous sense of guilt and shame over their sibling's psychological disturbance.

The healthy twin can identify specific experiences where her sister may have felt resentful of her relationship or career successes. Or she may recall how she and her twin competed in looks and popularity. The underlying issues of envy and jealousy weigh heavily on the "victor" as a punishment for about triumphing over her twin.

Interestingly, in most of the cases where I am directly involved, the psychiatric diagnoses are clear—manic depressive disorder, borderline personality, and drug and alcohol addiction. Naturally, identical twins have difficulty understanding why one twin is afflicted and the other is not. They know that they have the exact same DNA—so how does this happen? At this point, I explain the importance of epigenetic influ-

ences on the development of illness in one twin and not the other.

Even more upsetting is the fact that many twins acted as parental surrogates for each other. Thus, their reactions of guilt and failure feel akin to those of parents who grapple with a child's mental difficulties. Unfortunately, incessant negative and dangerous interactions with one's ill twin can damage the twinship beyond repair. On one hand, the healthy twin is relieved that the deteriorating connection is severed, but on the other hand, she remains terribly sad and bereft, mourning the passing of the beautiful moments of her special relationship with her sibling.

The loss of a still-living twin is profound. Helping the healthier twin to acknowledge her ambivalence about her sister's condition and to accept that she is not responsible for it is an ongoing process. She must eventually recognize that she tried her best to help her twin in the face of serious emotional and physical harm. Sometimes, one can do little besides accept the sad reality of the situation and work through feelings of blame, helplessness, and defeat.

Dr. Friedman is a prominent and well-respected twin expert who shares her passionate views and insights about twins and their emotional needs with twins and their families throughout the world.

The fact that she is an identical twin and the mother of five, including fraternal twin sons, makes her ideally suited to this task. Her commitment to twin research and her treatment of twins of all ages demonstrate the breadth and depth of her skills and experience.

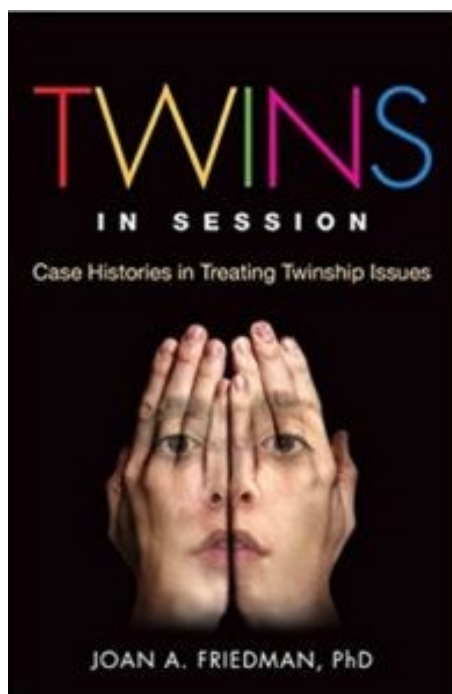


This article has been kindly reprinted with permission from Dr. Friedman.
www.joanafriedmanphd.com/did-i-make-my-twin-crazy/



Twins in Session

Joan A. Friedman (PHD) returns with her third book, *Twins in Session*.



Why would a twin sacrifice her own needs to make sure her same-age sibling is always cared for? What would cause a twin to have panic attacks when he and his brother go away to separate colleges? Why do some twins find it so difficult to develop friendships and romantic relationships? The "twin mystique" and twins' own expectations of their relationship contribute to their difficulties.

Dr Joan Friedman returns with her third book on multiples. Her first book, *Emotionally Healthy Twins*, was a resource for understanding how twins develop and what parents can do to manage and understand twin-specific challenges as twins mature. Her second was about the relationship intricacies of adult twins, titled *The Same but Different: How Twins Can Live, Love and Learn to be Individuals*. She has

now released her third book, *Twins in Session*, and has supplied an advance copy to Multiples NZ.

Friedman is a therapist who understands the psychology of twins and can articulate what's going on between the siblings. *Twins in Session* shows therapists, volunteers and professionals who work with multiples, how important the twin connection is, what it means, why it's sometimes more important than the relationship to either parent, and why some twins don't know who they are apart from the twinship. It will help give multiples and their families perspective about their twinship issues and assist them in developing healthy relationships.

Friedman brings her common sense approach once again to sharing real life problems and challenges between multiples, establishing the historical background, and then breaks down her guidance with suggestions and solutions to establish and maintain healthy relationships.

Twins in Session was an extremely interesting read, learning about the issues which may affect our multiples. The real life examples were particularly helpful for trying to understand the complexities of the multiples' relationship, and how best we can support our children as they grow and find their place in the world.

"... to understand the core challenges twins face growing up as a pair and how their unique experience of having a same age sibling influences who they become as adults and how they manage their lives and relationships."

Dr Friedman provides case studies which help the reader understand their twin client or child - not as a singleton, but through the lens of twinship. Friedman explores the elements of twin attachment, interdependence, identity crisis and more.

Comment from Michael Rothman, PhD, private practice psychologist specializing in twins and Assistant Clinical Professor, Icahn School of Medicine at Mount Sinai.

"Twins in Session beautifully and thoughtfully captures the inner lives of twins. Dr. Friedman grounds her work theoretically and then uses rich clinical material to capture key developmental, relational, and identity issues facing twins. Dr. Friedman masterfully highlights the importance of clinical sensitivity to these issues, which makes this book essential reading for clinicians who treat twins."

This book is available in paperback from Book Depository for NZ\$44.51.

Website Link:

www.joanafriedmanphd.com/

Whānaungatanga (Relationships)

Helen Mountain Harte M.A. (Guest Contributor) shares a summary of her research on traditional Māori parenting kaupapa. *Previously published March 2011—see below.*

Pēpi Penapena

Translation:

Cherish Babies

In the community, helping one another was a fundamental expression of blood kinship and community cooperation. The same cooperation applied to childrearing where there was a shared responsibility of the children especially since the people in one kainga or village were closely related. The young people greatly respected the old people. Grandparents lived with the children as they grew older, and they were rarely treated with harshness.

Each adult had a responsibility to care for all children. The kinship terms describe the generational relationships and their duties to one another. Therefore every child knew everyone in the different roles. Everyone above was a matua (parent) or matua tupuna (grandparent) and everyone in the same generation was a tungane (brother) if you were a girl, or tuahine (sister) if you were a boy. There were tuakana (older sibling or cousin) and teina (younger sibling or cousin), and below you was your tamaiti (son) or kotiro (daughter) and below them, your mokopuna (grand child). As Royal-Tungane notes, *"The tuakana/teina relationship ...operates through the dual nature of ako. Ako means to learn and teach"*. So the teacher can become the learner and the learner the teacher. Aroha (love) was the

basis of this relationship which reinforced whanaungatanga, the binding of the whanau, hapu.

Physical punishment or reprimand was not an option for the parent. Shortland had observed that, *"... were he[or she] to [physically punish a child], one of the uncles would probably interfere to protect his nephew, and seek satisfaction for the injury inflicted on the child by seizing some of the pigs or other property."* - **E Shortland—Published in 'Maori Religion'**

Joel Polack stated a fundamental principle of child raising which was that, *"A child belongs equally to his distant relatives as to the putative father."* - **J Polack—Published in his book 'New Zealand'**

The whakatauki, *"He tangi to te tamariki, he whakamā to te pakeke. When the (impudent) child cries, the elder blushes"*, expresses the idea that there may have been the possibility that the child was responding to a negative response from the minder, hence the adult's embarrassment.

The child was also under the protection of atua which the observers did not recognise. The reports of the father as the constant child carer could describe any male in the father's generation. Similarly with the 'mother' when either blood parent was not available.

This content was originally published in the *Traditional Maori Parenting* report published in March 2011 as commissioned by the Office of the Children's Commission (OCC). Thank you to Pēpi Penapena and the OCC for allowing us to reprint this summary.

Website Link:

www.pepipenapena.co.nz/

OCC Link (full report):

<https://bit.ly/2Bv1wn0>



Helen M. Harte is co-founder of Pēpi Penapena Cherish Babies, with daughter Liz Harte; which is working on a way to give easier access to primarily parents-to-be, young parents, grandparents as new parents and caregivers of Māori tamariki the best information about raising children.



**Double the *love*,
double the *hugs*,
triple the care.**

Every hug is doing your baby the world of good. You might not know it but hugging can lower their heart rate, help them relax and encourage brain development. Hugs can also help release oxytocin - the bonding hormone.

HUGGIES® Nappies understands the power of a hug. That's why we've designed our nappies to hug your baby gently with the Triple Protection of our unique GENTLEABSORB® layer, stretchy, Pocketed Waistband and soft, Breathable Cover to help keep precious skin perfect. They are clinically proven to help prevent nappy rash, and together with HUGGIES® Fragrance Free Wipes, are endorsed by Plunket.

There's nothing like a hug.
Proud Partner of Multiples NZ since 1993.



©Registered Trademark Kimberly-Clark Worldwide, Inc. ©KCWW.

Photos from National Training Forum Gala Dinner 2019



National Training Forum Programme

Kirsty Saxon (Multiples NZ Executive) presents a summary of the 2019 second annual national training forum.

Around 60 attendees met in Wellington in October for our second annual National Training Forum, formerly Conference.

We were thrilled to have Megan Thorn from Exult as our facilitator. Megan was a whirlwind of energy and enthusiasm with more than 12 years experience in facilitation, as well as developing, designing and delivering training programmes.

Our workshops over the weekend included Roles and Responsibilities with not-for-profit organisations: What does governance look like for an organisation that is 100% volunteer run? What are we ultimately responsible for in leading our Multiples clubs? How do we ensure we fulfil our governance role effectively? What does that mean in practice?

Following on from that our attendees explored sustainable volunteering and explored practical ideas and strategies to generate resources that you can implement in your Club to support member and volunteer growth. As we all know this is a significant challenge for the clubs of Multiples NZ.

Late in the afternoon, Megan facilitated a general reflection on the direction of Multiples NZ with our

committee members. Attendees were able to share their thoughts and ideas on successes and challenges at an Executive level. One theme which was highlighted as a challenge was our archaic website, which the Executive were thrilled to report will be replaced with our new version before the end of 2019. This has been in development for a while now and we are really excited to see this go live.

The evening saw our sixth annual volunteer awards and gala dinner. Our immediate past President, Ainslee Jacobson was one of the winners, taking out the prize for the 'Community Dedication Award'. See all the nominees, winners and photographs on page 26 & 27.

Ainslee is pictured here with our new President, Heather Ben, who steps up from her role as Multiples NZ Treasurer. Heather is from Multiples Counties Manukau.

Sunday morning we held our 39th Annual General Meeting, elected our new Executive and presented club reports for 2019. See page 28 to meet the 2020 Executive.

In the afternoon was an opportunity for clubs to work in small break out groups, to explore some key topics together. Clubs and individuals were able to share knowledge, ideas and experience. It was a

great chance to find solutions together, to share knowledge and best practice around certain topic areas. This included problem solving together, with the goal of empowering club volunteers to work collaboratively to solve problems.

As always the weekend proved a valuable learning and networking event and I was thrilled to be attending my fourth conference since the birth of my twins in 2013. It is always wonderful to put a face to the person I talk with within our online community or via email as magazine editor. I hope to see you next year in Christchurch as we celebrate the 40th anniversary of Multiples NZ. It's time to start thinking and talking about how you can fund your committee members to attend. More details will be available soon.

National Training Forum 2020:

18 & 19 October 2020
Christchurch, New Zealand

Hosted by the
Multiples NZ Executive
& Multiples Canterbury



MULTIPLES CANTERBURY

Volunteer Awards 2019

Beate Noldan (Kapi-Mana Multiples) announces the nominees and winners of the 2019 Multiples NZ Volunteer Awards.

The Volunteer Awards were presented at the Multiples NZ National Training Forum Gala Dinner, held in Wellington at the Brentwood Hotel on Saturday 19th of October 2019. See all the photos on the National Training Forum 2019 Facebook Page.

Emerging Volunteer of the Year Award 2019

Awarded to a volunteer who has stepped up and made a difference in their club or the New Zealand multiples community in their **first 18 months** as a volunteer (either on a committee or in a specific volunteer role e.g. starting a sub-branch, running a playgroup, being a contact person). The award highlights not only their contribution thus far, but their potential/intention to contribute to the multiples community in the future. Prize includes \$50 cash and \$100 to the winner's local Multiples NZ affiliated club.

Placing	Name	Club
Nominee	Elizabeth O'Brien	Wellington Multiples
Nominee	Stacey Oldham	Multiples Canterbury
Winner	Jodie McCartney	Multiples Auckland North
Nominee	Pamela Perkins	Multiples Manawatu
Runner Up	Stacey Petkov	Multiples Kapi-Mana

Support Person of the Year Award 2019

Awarded to a volunteer who has provided exceptional service by supporting a family or families with multiples in the past year. Prize includes \$50 cash and \$100 to the winners local Multiples NZ affiliated club.

Placing	Name	Club
Nominee	Lynley Stringer	Multiples Auckland North
Nominee	Ariana Davis	Multiples Auckland North
Nominee	Ellayne Mackenzie	Multiples Hutt Valley
Nominee	Lesley-Anne Kalp	Manawatu Multiples
Runner Up	Nicole Santos	Multiples Bay of Plenty
Winner	Rosie Ponifasio-Hughes	Multiples Whangarei—Satellite of Multiples Auckland North

Community Dedication Award 2019

Awarded to a volunteer who has made an outstanding contribution to their club or the New Zealand multiples community for **at least five years** regardless of their role - from committee members to those people helping behind the scenes. Prize includes \$50 cash and \$100 to the winner's local Multiples NZ affiliated club.

Placing	Name	Club
Winner	Ainslee Jacobson	Wellington Multiples

Volunteer of the Year Award 2019

Awarded to a volunteer who has provided exceptional service for the betterment of families with multiples within their local area or nationally. Prize includes \$50 cash and \$100 to the winner's local Multiples NZ affiliated club.

Placing	Name	Club
Nominee	Amanda Paprzik	Multiples Bay of Plenty
Nominee	Kylie Robinson	Manawatu Multiples
Runner Up	Zelia Boyd	Manawatu Multiples
Nominee	Jacqui Clements	Kapi-Mana Multiples
Nominee	Kim Metahysa	Multiples Auckland North
Nominee	Sarah Miller	Southland Multiples
Winner	Sophie McInnes	Multiples Canterbury

Club of the Year 2019

A \$300 cash prize awarded to a Multiples NZ affiliated club that encompasses all or some of the following attributes:

- Has built and/or maintains a strong sense of belonging in its members.
- There has been significant membership growth and retention of members.
- Develops and implements innovative projects that support the needs of multiple families
- Is governed by a committee that acts in the best interests of its member families, understands its responsibilities and has systems in place to exercise them properly.
- Shows a willingness to share ideas and experiences at a national level.
- Grows and maintains positive relationships with the wider community, support agencies and national sponsors.
- Recovered after facing significant challenges such as dwindling membership, lack of committee or finances.

Placing	Name of Club
Nominee	Kapi-Mana Multiples
Winner	Manawatu Multiples
Runner Up	Multiples Auckland North
Nominee	Multiples Bay of Plenty
Nominee	Multiples Hutt Valley



Congratulations to all of our nominees and winners for 2019!

Multiples NZ Executive & Support

After our 2019 Annual General Meeting, we are happy to introduce our Multiples NZ Executive.

President
Heather Ben



Vice President
Michelle Kitney



Immediate Past President
Ainslee Jacobson



Secretary
Bron Dutton



Marketing & Promotion
Amy Dean



Magazine Editor
Kirsty Saxon



Triplets Plus
Stacey Morunga

Treasurer

ICOMBO
Carolyn Lister

VACANCY



multiplesnz



multiplesnz

Facebook Support Groups

Along with our Multiples NZ Facebook page we also support the following specific needs groups:

- Multiples NZ
- Triplets Plus NZ
- School Aged Multiples NZ
- Special Needs Multiples NZ
- Multiples NZ Bereaved Whānau Group
- Multiples NZ Public Page
- Multiples NZ National Training Forum Event Page

We support these externally administrated groups:

- Single Parents of Multiples
- Dads of Multiples
- Twins NZ Buy & Sell
- Multiple Birth PND Support NZ
- NZ NICU, SCBU and NNU Parents Support Group

We support our committees through these specific groups:

- Multiples NZ for Committees
- Multiples NZ Presidents Only
- Multiples NZ Newsletter Editors
- Multiples NZ Discount Coordinators
- Multiples NZ Treasurers Only



Multiples NZ



@multiplesnz



@multiplesnz

Stuck in the busy trap

Kerri Tilby-Price (Exult) explores what it means to be busy. *This article was previously published online March 2017.*

Lately I've been doing a lot of work with people stuck in the 'busy trap'. You know the one. The one where you're so busy, so tired and so stressed. The one where nobody understands just how busy you are and they make stupid suggestions like you should take a break, have a rest or slow down.

Don't they know that if you take a break you will fall behind and never ever catch up? Don't they know that if you have a rest people's lives will be irrevocably impacted and it will be all your fault? Surely they realise that you're only this busy because you're so successful and important. Why aren't they congratulating you for being amazing like everyone else?

Now I'm not trying to be flippant and I'm certainly not trying to belittle anyone who is stuck in the trap, but I do want to publicly challenge the glorification of busy. Too often people measure their worth, or the worth of others, against a sliding scale of busy. And it just doesn't add up.

While we might not do it consciously, there is a common assumption that if you're busy, tired and stressed you

must be kind, selfless, clever and successful. Conversely, if you have plenty of time for yourself, you must be selfish and lazy by default. It has to be one of the craziest notions we humans have ever thought up. But for some reason people keep buying into the premise.

So how do we stop it?

First up we need to stop using, and accepting, being busy as an excuse for not getting things done. When we say things like 'I think I did pretty well considering how busy I am', we're implying that our level of busyness is something out of our control. Something that has been thrust upon us by outside forces and we just have to do our best given the circumstances. When we use phrases like 'considering how much I've got to do', what we're trying to say is 'it's not my fault'.

Now I know we all have times when our commitments collide and things get a little frantic, but if we want any chance of busting out of the busy trap, we need to acknowledge that we are each responsible for creating our own levels of busyness. We have complete control over what we choose to commit to and if we're busy, tired and stressed on a regular basis, then chances are we're consistently taking on more than we should. We're stuck in a trap and it's no-one's fault but our own.

Sound simplistic? Maybe so. But the reality is we all have the power to say

No. We don't have to take on tasks just because someone asks us to. And we certainly don't have to take on tasks simply because no-one else will. If you cut away all the fluff, there are very few things that are genuinely life or death responsibilities. Everything else is a choice.

So why do we keep saying yes to things, even though we're already stretched to our limit? Chances are it's for one or more of these reasons:

Guilt:

We were raised to believe that we need to put everyone's needs before our own, and if we don't, that makes us selfish. The problem with this belief is that over time we've moved from meeting other people's needs *before* our own, to meeting other people's needs *instead* of our own. We think that as long as people are asking, we need to give and give and give.

I like to think of my time and energy as a pot of soup on school camp. I'm happy to let others line up before me, but as I dish out my time and energy, I make sure to save enough soup at the end for me. Putting other people's needs first is commendable, but you don't have to let them come back for seconds before you've had a chance to feed yourself!

Fear:

We may understand the importance of taking time for ourselves, but what if other people don't understand? What if other people think we're selfish and lazy? For some people, fear of what other people might think is a massive stumbling block to saying No, but it doesn't have to be.

In my experience, having the courage to say No is usually met with a positive response (especially if you're typically



the first person to say Yes). When I first started saying No to extra commitments, I was overwhelmed by the amount of people who said things like 'I completely understand, you're always so busy', or 'No problem, it's about time you took some time for yourself'.

People see more than you realise and the truth is, they know how busy you are. But as long as you keep saying yes, they're going to keep asking you to do more.

Pride:

On a logical level we understand that people can only handle so many commitments, but we constantly point out exceptions to the rule. We can all list people who seem to be able to 'do it all', and if they can, we definitely can too. After all, we're every bit as good as they are, if not better. Right?!

I hate to burst your bubble, but I don't know a single person who truly 'does it all'. Even Jesus himself took time out to re-charge his batteries. Sure, we all have varying degrees of capacity, but if you're constantly busy, tired and stressed, it's a sure sign that you're over stretching yours.



Need:

We all like to feel needed, but when we make ourselves indispensable, we're actually hindering the growth of the people or organisations we support. We don't have to do everything in order to be useful, needed or important. In fact, we can only provide lasting value if we empower others to step-up and take part.

There's an old adage that goes 'People will forget what you said and they will forget what you did, but they will never forget how you made them feel.' If you want people to recognise your worth, stop focusing on what you do and start celebrating who you are.

Avoidance:

Being busy is an easy way to rationalise why we're not spending time on the important, but sometimes difficult parts of life. How often have you said 'Yeah I know I need to exercise more, but I'm just so busy'? Or 'I know I need to spend more time on my relationship, but I'm just so busy'?

It's no secret that we make time for the things we value and we subconsciously weigh up the effort required vs. the potential reward. If you're not spending time exercising or working on your relationship, it's because at some level you think there are more important things to worry about. That in itself is not necessarily a bad thing, but acknowledge it for what it is and stop using 'busy' as the excuse.

When you're stuck in the busy trap it's easy to acknowledge that these points make sense,

but it's even easier to explain why they don't relate to you. It might feel like your level of busy is justified or unavoidable, but I challenge you to take another look. You don't need to be busy, tired and stressed to prove you're making a difference.

Read more at:

www.exult.co.nz/articles/

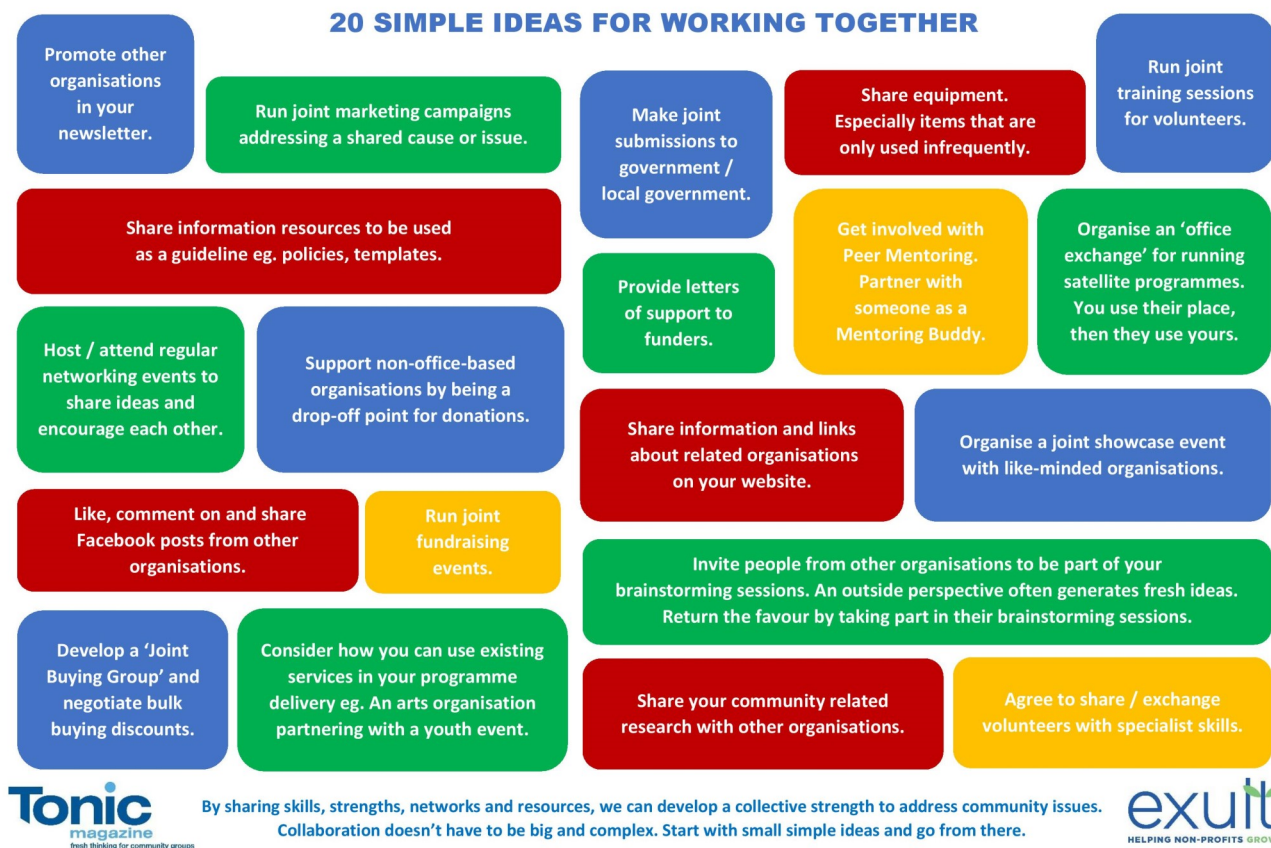


Kerri Tilby-Price has presented keynote speeches and express style workshops at conferences all over Australasia, and her presentations are often referred to as the highlight of the event. She has been the key programme delivery at our National Training Forum in 2018.



20 Simple Ideas for Collaboration

Working in the non-profit sector, being able to collaborate effectively is essential, check out this poster for simple ideas you could try today. *This graphic was previously published in the Exult Tonic Club E-Letter #272 February 2019.*



Twin Zygosity Testing

Find out if your multiples are identical

A simple, easy to use collection kit is sent to you on request.

Please contact us to request your kit:
(09) 571 0474 or email
dna@dnadiagnostics.co.nz

Cost of twin zygosity testing: \$250

Results are reported within seven days of receipt of payment and samples, and sent to you by email.

For more information please see our website: www.dnadiagnostics.co.nz

DNA **Diagnostics**

Volunteering New Zealand

webinar series

lead | manage | develop

International Volunteer Managers Day

Volunteering New Zealand promotes International Volunteer Managers Day.



*We're changing the tune!
International Volunteer
Managers Day! Held this year on
November 5, 2019.*

International Volunteer Managers Day is celebrated annually on 5 November by Volunteering New Zealand. This year marks the 20th year that IVMDay has been celebrated internationally.

The theme this year "changing the tune!" presents an opportunity to reflect how we can move Volunteer Management forward into the next 20-years.

New Zealanders are encouraged to reflect on this as we celebrate the importance of management of volunteers.

It is a challenge to us all to consider:

- How we think volunteer leadership is positioned!
- Attune ourselves to how the future in volunteering might look
- Challenge and change our perceptions on volunteering and how it is changing
- Change how we look at our own well-being in order to be better leaders

International Volunteer Managers Day is an opportunity to celebrate and recognise the work of managers and leaders of volunteers. Their ability to lead, motivate and organise volunteers to make a difference in communities across the globe is inspiring.

While volunteering can be described as the backbone of society, the efforts of volunteers would not happen as efficiently and effectively as they do if it wasn't for the volunteer managers who lead them. They support volunteers by finding and fulfilling their passion across countless organisations each year.

This is a day not only to celebrate their successes, but to set goals for the future – building productive teams where people with responsibility for volunteering have a key strategic voice. A strong and dynamic volunteer programme needs a well-supported manager and the engagement of the whole organisation.

10 resources to support managers of volunteers

<https://bit.ly/313a5zB>



**International
Volunteer
Managers Day**
5 NOV #IVMDay19

Raising Kiwi/Japanese twins in Japan

Nicola Jones-Kuchimura from Tauranga is married, living and raising her twins in the Oki Islands with husband Tetsuro.

Konnichi wa! Kia ora! Greetings from the Oki Islands, Shimane Prefecture, Japan.

My name is Nicola Jones-Kuchimura. I was born and raised in Tauranga, studied in Hamilton, and worked in Wellington as a Japanese language teacher, before moving to Japan "for one year" in 2005. It is 2019 and I am still here! As a young, enthusiastic Coordinator for International Relations on the JET Programme (The Japan Exchange and Teaching Programme). I lived in Matsue City and spent my days translating, interpreting, visiting local schools and running international events. One weekend I visited the nearby national park area of the Oki Islands for a walk/run event ...and the rest is history!

My husband is from Oki, but was never very proud of his hometown, studying and working for many years on the mainland before returning to be closer to his family. He has a good job at the local council, usually in charge of taxes, which he does not like at all! After a semi-long distance (two and a half hours by ferry) relationship, then several years of living together, we got married in 2013 with both sets of our

parents and siblings in attendance.

We talked about having a family, knowing that being an international couple would have many benefits and hurdles. We decided to enjoy our life as a couple and let nature take its course, quietly hoping for some happy news. After several years of no luck (and a lot of people telling us "hurry up and start a family!" - that's what they do in rural Japan) we decided to consult with several fertility doctors and took part in some hormone treatments, injections and IUI, all with no success. We were upset, especially me, but just when we finally accepted "we will be okay, just the two of us, it's not meant to be ...". Boom! Pregnant! Twins! Boys!

I had a tough pregnancy, with morning sickness and nausea from about week two with the nausea lasting for almost all of my pregnancy. I lost five kilograms in the first trimester, but thanks to peanut butter on toast, bananas and jelly, I was able to keep going and worked on and off until the third trimester. I suffered some "maternity harassment" at my office, which had me in tears on many occasions. There is no birthing facility where we live, so I had to visit the neighbouring island every two weeks for scans. Once a month I went to the mainland to see specialists at the Red Cross Hospital.

The boys were growing well and the doctor seemed pleased with how things were going. Then all of a sudden at week 28, after a routine internal scan, he said "take it very easy, your body seems tired and your boys could come early." Then at week 29 (after almost going mad doing very little except napping on the sofa and knitting a blanket), he said "I have called the emergency helicopter - you are going into early labour!". I had no idea, but apparently my boys wanted to be out into the world early! I was hooked up to an IV line, given some horrible drugs to stop the labour, and 30 minutes later my husband and I were in a helicopter. Twenty minutes later we were inside the big hospital on the mainland ... and one hour after that I was in my hospital bed where I stayed for the next eight weeks on an IV drip. I am not a fan of needles or clinics, and I had never been hospitalised, so the goal of getting to 37 weeks was very scary. There were often times when I cried myself to sleep. But thanks to my lovely doctors, nurses and roommates (and weekend visits from my husband), somehow we got there.

Kai (2610g) and So (2380g) were born by caesarean section on 17 January 2018. Both boys needed time in the neonatal intensive care unit (NICU) and growing care unit (GCU). I stayed on the mainland (living with friends or renting a room at a hotel), visiting the hospital every day to deliver expressed breast milk, feed, bath and change the boys, until they were ready to come home on their due date, Waitangi Day. That day, there was the biggest snowfall in 50 years. So we didn't go anywhere, instead we spent one more night in hospital with the boys, my husband and I in our own room ... finally all together!

Adjusting to life as a Mum of one is tough I am sure, but we had two little ones to take care of. My parents were amazing, they came and lived with us for the first two months while my husband went back to work. They experienced the record-breaking snowfalls, icy winds and warm hospitality here in Oki. Without them, I have no idea how we would have survived. We said



goodbye to my parents on 31 March, and from 1 April (start of financial new year in Japan) my husband took one year of paternity leave to be home with us. He was a hands-on Dad. Many men in Japan never even think to take time off to help their new family, even though Japan does have good paternity leave options for employees - for some reason, it's not the normal thing here ... but hopefully we have set a new trend in our rural town. People often said to him, "How lovely, you get a holiday from work!" But we tried to point out that raising twins is no holiday. My husband's parents live nearby, but Grandma K is quite frail so cannot really help us, and Grandpa K has not had much experience taking care of little ones - back in the day that was left up to his wife while he worked. Our neighbours are very kind to us, often giving us fresh vegetables from the garden. Grandpa K goes fishing, so we get some fresh fish (minus the head, tail and bones - I hate gutting fish!), which we all enjoy.

Growing up, my family celebrated birthdays and special days such as Mother's Day, but my husband's family didn't do that, so he didn't realize how important special events are for me. We got a present for his Mum and my Mum, but he didn't get anything for me and I got very upset. Of course I got him something for his first Father's Day. Now, we are trying to incorporate both cultures into what we do for our boys, so I make Anzac Biscuits in April and my husband made the boys samurai hats for Children's Day in May.

We have become much stronger as a couple, but to be honest there were also times when I thought about packing up and moving back to New Zealand (but you cannot legally fly with two little ones and only one adult). I have learned that talking things through is very important, even if you are very tired. We often fell asleep mid-conversation in the early months. Now, we try to have some couple-time or personal time in the evening once the boys are asleep. Having your own time is also important. I usually watch replays of rugby games or English documentaries to keep in touch with what is going on in the world while my husband plays computer games or reads the newspaper.

Here in Japan, we took our baby boys to a small playgroup run by the local church (Monday, Wednesday, Friday)

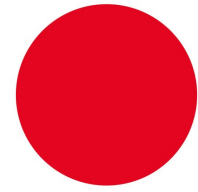
and a mums-and-bubs coffee group (Thursday) as often as we could. It was a mission getting out of the house at first, but once we got used to it, it became a great way for us as parents to meet other adults, talk and ask questions, while the boys made new friends and learned new skills. It was always indoors in a small room, something New Zealand families might not be so used to.

We also took them on several trips to other cities, including a 'practice flight' where we visited close friends at the other end of Japan. This was a good experience and gave us some idea of what to do and what not to do when we flew to New Zealand later on. If you are going to travel overseas, I would recommend doing a few practice trips domestically if possible. The boys loved the trains and planes - I am sure they will love them even more now as they are active toddlers with many boys toys.

Something I would recommend for all international couples is to spend a good length of time in each other's country as a family.

We made the most of both of us being on leave and spent three months in New Zealand (December 2018 - March 2019). It was a fantastic opportunity for the boys to bond with my parents, sister (who visited us twice from Australia), brother-in-law, relatives, my old school friends, neighbours etc. We escaped the cold and soaked up the sunshine - making sure to slip, slop, slap and wrap! It was the first time I had "lived" in New Zealand since 2005. I was now a mother, I was now almost 40!

Thanks to a friend of mine, we were invited to join the Otumoetai Playcentre - here we were warmly welcomed by the other families and the boys loved being outdoors and playing with lots of toys and meeting other children. My husband was always worried about our boys getting dirty or falling over, but after a few sessions of playcentre, he was playing with them in the sandpit or on the slip-and-slide, while I had the boys painting pictures (eating



the paint!) and eating snacks at the kai table. We met a lovely couple, similar to our situation, where the Mum is a kiwi and Dad is from Japan. They have two girls who they want to raise bilingually. What we saw and did with our new kiwi friends was a great boost for all of us.

We also enjoyed attending "Tumble Time", as the boys could crawl around and play with some of the big toys, as well as try riding on bicycles and cars and jumping on the trampoline. Many kiwi kids grow up with trampolines in their garden, but not most kids in Japan. Sadly, we don't have space (or money) for a trampoline here. The boys love being outside now - they always want to pick up stones and slaters! We have made a small sand play area outside our house, and we will take them for lots of swims and playtime at the beach in the summer.

We applied for the boys to attend HOIKUEN (daycare/preschool) in our town. They got a place in the TSUBOMI (flower bud) class and have fun everyday with their lovely teachers and classmates 0-2 years old. The daycare has a Christian-philosophy base, so the boys have learned to hold their hands in prayer before eating and are getting a taste of festivals such as Easter and Christmas that are not commonly celebrated in Japan.

I wanted to be a full-time Mum, but with very little support here (elderly neighbours are lovely, but we can only ask so much) and my husband working way too much, we decided that having the boys in daycare was the right thing for us all. It took a while for our boys to get used to the pace, but now they enjoy going to "school" as I call it, and get excited putting on their shoes and getting in the car in the morning...and they are now determined to walk to and from the carpark when we get there - which is a bit of a tricky challenge as one walks much faster than the other! Every morning before I drop the boys off, I have to prepare their

Raising Kiwi/Japanese Twins in Japan (continued)

Nicole Jones-Kuchimura from Tauranga is married, living, and raising her twins in the Oki Islands with husband, Tetsuro.

cutlery set, feeding apron, face wipes (morning tea, lunch and afternoon tea) and hand towel, as well as write their diary. These all come home every afternoon and I re-pack their bags the next morning. Every Monday we have to take their futon set (mattress, blanket and pyjamas) and this comes home on Friday to be washed. Everything must be neatly named and in separate bags...it's a lot of work getting everything sorted but the boys love helping carry their backpacks and unpacking them at school. Snacks and lunch are provided by the daycare - we pay a fee for each meal, plus an annual fee for rice (staple diet in Japan). The boys eat well, trying all sorts of food, and their teachers help them eat with a fork and spoon, then eventually chopsticks. I am very grateful to the staff as my boys love going off to school and are learning so much! Kai rarely cries now, but So cries until he can't see me any more - then starts playing. They have seven other friends in their class ranging from 6 months - 2 years.

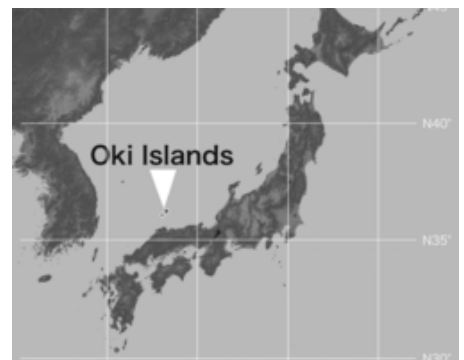
Last year, we were so busy with our boys that we did not have much time to enjoy the outdoors or summer festivals. This year we have tried to get

out and about when we can and give our boys lots of opportunities. There was a shrine festival just last week (18 - 19 July) and we let the boys stay up late to enjoy the dancing and craziness of drunken, sweaty fisherman carrying a 800kg portable shrine through the streets! I think they enjoyed the sounds and colors of the festival. Maybe one day they will be the ones in the parade?!

Our next challenge is to decide what to do for our family - the small community here is great, but it can also be very restricting. We want our boys to be bilingual and enjoy both cultures. If we were in Tauranga my parents and extended group of family and friends would be able to help us more, but I would have to work full time in a good job to support us all. I love taking the boys out to playgroup and daycare, but could I do this in NZ also? That is where my husband would have to step up and become a very hands-on Dad ... and practice English and work part-time.

I am not sure what we will be doing in 2020, but maybe we

will enjoy the 2019 Rugby World Cup and 2020 Olympics, then make a plan. I love following the Multiples NZ Facebook group - see you all there for questions and answers some time.



Family Profile:

Mum: Nicola Jones (born and raised in Tauranga, New Zealand - living in Japan for 14 years)

Dad: Tetsuro Kuchimura (born and raised in the Oki Islands, Japan - visited New Zealand five times)

Identical Twin Boys: Kai Oliver Kuchimura, So Alexander Kuchimura (born 17 January 2018)

We live on Nishinoshima Island (population 2800), part of the Oki Islands group in the Sea of Japan, Shimane Prefecture (western Japan).

We visited the Tauranga Multiples Group in January 2019 when we were home.





multiplesnz

Club Member Discounters

Brolly Sheets 



phil&teds

MERINO KIDS™
the natural choice



sleepytot
A helping hand in slumberland



mocka
Golding Craft Supplies

Find your discount code using your club or member login online in the member's area at

www.multiples.org.nz

Top 10 Global Research Priorities

Carolyn Lister from ICOMBO (icombo.org) & Multiples Canterbury shares her new report on the newly released Top 10 global research priorities for multiple-birth family health.

A multiple-birth pregnancy can bring great joy and excitement, but it can also bring unique challenges compared to a singleton pregnancy.

Internationally multiple pregnancies are disproportionately represented in stillbirths, neonatal deaths and conditions including cerebral palsy. It is also well established that parents of multiples are at risk of mental health issues after birth and in early parenting. In addition, raising multiple infants of the same age also puts parents at an economic disadvantage. Although there are various research priorities for reducing stillbirths they tend not to include multiples pregnancies. Likewise several studies have highlighted developmental difficulties for multiples and the mental impact on their parents but research is lacking on what can be done. Thus, in order to improve the outcomes of multiple pregnancies and families, we must focus on the specific needs of multiples, their parents and health professionals who work with them.

To drive more action in addressing these issues, a Global Priority Setting Partnership (PSP) was formed in November 2017 during the Congress of the International Society for Twin Studies in Madrid. The project brings together multiple-birth experts, and community, research and education organisations from around the world. Leading the collaboration are: Twins Research Australia based at The University of Melbourne, Twins and Multiple Births Association UK, and St George's University of London. I represented Multiples NZ and also ICOMBO on the Steering Group along with several other parents of multiples from around the world to ensure the parent voice was heard. The aim of the group was to gather and prioritise responses to: "What questions would you like future research to answer for the health of multiples?" The long-term intention is to reduce mortality

and morbidity in multiples and to improve long-term health outcomes for multiples and their families.

In order to answer this question a stepwise process was undertaken. The first step was to put out an appeal globally to twins, parents of twins, clinicians, health professionals, and researchers to undertake an initial survey. This survey asked them to identify their most pressing unanswered questions relating to multiple-birth health. In response, over 1100 participants from 31 countries suggested a wide-ranging 2891 questions! We had an awesome response from New Zealand, especially from parents of multiples, and were second in the number of responses, only behind Australia. An additional 37 questions were added based on a search guidelines from around the world relevant to the health of multiples. From this massive list of questions many were eliminated as duplicates, questions that were not specific to multiples, those that were too broad (relating to the health of multiples in general, rather than a specific topic area) and incomplete questions or because they have already been answered (but in many cases not communicated adequately to stakeholder groups or implemented to improve health outcomes – that is another project in itself!). At the end of this phase the list of 2928 questions was whittled down to 89. A rigorous process, including a further survey and workshop, then prioritised these and narrowed down the questions to a final top 10 (see full list below).

Professor Asma Khalil, Consultant Obstetrician and Multiple Birth Lead at the Fetal Medicine Unit at St George's and specialist advisor at Tamba, said: "Our final top 10 questions point to the most pressing issues being in the areas of clinical care for multiple-birth babies and mothers, and psychological health and social supports for parents. This includes care during and beyond pregnancy for the short and long-term."

We now know the important questions – but how will they be answered? The next step will see researchers and multiple-birth agencies working together – within their specific countries as well as globally – to seek funding to enable these studies to happen, and to happen quickly. "Evidence-based findings from our research, in turn, can guide future directions in multiple-birth education and training, health care and practices, and government support and policies. Ultimately we hope these questions can be translated into action to benefit the wellbeing of multiple-birth families around the world, now and for the future."

See the questions on page 39.

Read the full paper here:

<https://bit.ly/2PryHA8>



Carolyn is mum to Rose and Finn (14), a past president of MNZ and current research director for ICOMBO. She works at Plant & Food Research, and lives in Christchurch.

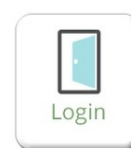
Global top 10 multiple-birth research questions*

- Would staff with specialist training in multiple pregnancies improve outcomes in these pregnancies?
- How can we reduce multiples' admission to the neonatal unit? If admitted, how can we reduce multiples' length of stay in the neonatal unit?
- What interventions prevent and support postnatal mental health problems in parents of multiples?
- How can we prevent maternal complications of multiple pregnancies?
- What are the short- and long-term outcomes in multiple pregnancies? How are these outcomes affected by antenatal events & medical interventions?
- How are higher order multiple pregnancies best managed?
- What are the expected growth patterns of small-for-gestational-age multiples? How can we assess the growth of infant multiples and ensure that they follow a satisfactory growth trajectory?
- What parental interventions can improve the developmental outcomes (ie. speech, language, education) of multiples?
- What are the short- and long-term maternal health risks following a multiple pregnancy?
- What prenatal factors (including changes to lifestyle, health history, personality characteristics etc.) and supports for parents of multiples have the most benefit on birth and ongoing health outcomes for both parents and their children?

**Based on findings from the Global Twins and Multiples Priority Setting Partnership*

'HOW TO' LOGIN TO THE MULTIPLES NZ WEBSITE

- 1 Open up the Multiples NZ website (www.multiples.org.nz), then click on the 'Contact us' tab (depending on your screen resolution, these tabs may appear on one row, or two as shown here). Select 'Login/Logout' from the drop down list. Or click the Login button on the front screen of the website



- 2 When you click on 'Login/Logout' you will come to this screen. Here enter in:
 UserName: MultiplesNZ_member
 Password: (provided by a Club)
 Click the Log In button (if you tick the Remember Me you won't need to enter the login details again).

- 3  
 Home | Join | Parenting Journey | I Need Help | Information | News/Events | Support Multiples NZ | Buy Online |
 Links | Contact Us | Members Area | Multiples NZ Magazine | Multiples NZ Contacts |

There will now be two new tabs on the website menu, 'Members Area' and 'Multiples NZ Magazine'. Clicking on 'Members Area' takes you to Member Discount information while clicking on 'Multiples NZ Magazine' takes you to current and back issue copies of 'Multiple Matters'.

KIDS' CORNER



Summer Wordfind

Can you read & understand all the words? What do the Māori words mean? •WATCH OUT, the words in this word find go forwards, backwards & diagonally!

S	U	M	M	E	R	Q	E	P	A
F	A	M	I	L	Y	L	H	W	G
K	N	A	T	U	R	E	A	E	N
E	A	K	N	B	J	K	U	X	I
H	H	I	U	A	U	D	O	P	E
C	W	S	F	T	T	X	R	L	B
A	H	S	U	O	A	U	A	O	L
E	I	H	U	L	O	H	R	R	L
B	O	W	E	N	B	D	G	E	E
P	C	R	F	T	O	G	S	A	W

FAMILY	WHĀNAU	HAUORA	NATURE
RELAX	SUMMER	PŌHUTUKAWA	BUSH
WELLBEING	EXPLORE	KAI FOOD	BEACH



10 Summer challenges!

How many can you tick off?

- 1 Spot a Pōhutukawa tree in full bloom.
- 2 Enjoy some pavlova or hokey-pokey ice cream. 
- 3 Stay up late for some star gazing & marshmallow toasting.
- 4 Ask the older members of your family about their favourite childhood summer holiday memories.
- 5 Spend time in the bush or at the beach.
- 6 Have a water-play day at home! Set up a fun challenge for your siblings to complete.
- 7 Choose some food (or your time!) to donate to charity.
- 8 Take an evening drive or walk to see some Christmas lights.
- 9 Learn how to cook a special family recipe (maybe learn some BBQing tips or Pavlova making skills from the experts in your family!)
- 10 Reflect on your biggest achievements & challenges from the past year. Talk about them with your siblings & family.

Kei te pēhea koe? HOW ARE YOU?

Riri. Angry.



Whakahi. Proud



Hōhā. Bored.



Mānakanaka. Worried.



Pōuri. Sad.

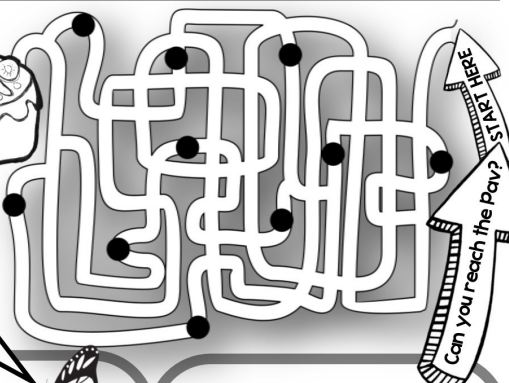


Harikoa. Happy.



Kei te ____ ahau.
I AM _____.

Can you use symmetry to complete the monarch's wings? Colour when complete!




Start Here
Can you reach the Pav?
End Here

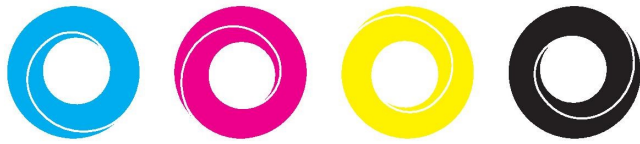
Illustration, layout and graphic design by Jodie Murray © 2019 GREEN CROSS



Multiples Clubs	
NORTHLAND	
Northland & Whangarei	
Contact: Rosie Ponifasio-Hughes 021 165 3885 • rosie_hughes@yahoo.co.nz	
Multiples Whangarei is a satellite club of Multiples Auckland North.	
AUCKLAND	
Multiples Auckland Central*	
Co-President: Hayley Lavender Co-President: Rachel Bovin president@multiples-ac.org.nz www.multiples-ac.org.nz	
Multiples Counties Manukau*	
President: Desiree Morgan 021 077 8062 president.multiplescm@gmail.com www.multiplescm.org	
Multiples Auckland North*	
President: Kim Metahysa 021 046 2398 president@multiplesaucklandnorth.org.nz www.multiplesaucklandnorth.org.nz	
Waitakere	
Refer to Auckland Central & North Shore Clubs	
WAIKATO	
Hamilton Multiple Birth Club*	
Co-President: Michelle Ericksen (07) 855 0373 michelleericksen@extra.co.nz Co-President: Fiona Stokes-Rouse (07) 856 3330 • hamiltonmbc@hotmail.com www.hamiltonmbc.co.nz	
Matamata, Piako (Hamilton Club)	
BAY OF PLENTY	
Multiples Bay of Plenty*	
Jo Carswell president@multiplesbop.org www.multiplesbop.org.nz	
Rotorua Part of Multiples BOP	
Taupo Part of Multiples BOP	
HAWKES BAY	
Multiples Hawkes Bay *	
Katherine Russ president@multipleshb.org.nz www.multipleshb.org.nz Gisborne Part of Multiples Hawkes Bay	
TARANAKI	
Multiples Taranaki *	
President: Anne Llewellyn 021 059 7512 • multiplestaranaki@gmail.com	

MANAWATU-WANGANUI	
Manawatu Multiples*	
Zelia Boyd manawatu.multiples@gmail.com Manawatutwins.org.nz	
Wanganui Part of the Manawatu Club	
WELLINGTON	
Multiples Hutt Valley*	
Claire Sumner Lawry hvmbcpresident@gmail.com	
Kapi-Mana Multiples*	
President: Stacey Petkov president@kapimanamultiples.org.nz www.kapimanamultiples.org.nz	
Wellington Multiples*	
President: Natalie James president@wellingtonmultiples.org.nz www.wmbc.org.nz	
NELSON	
Part of Multiples Canterbury	
MARLBOROUGH	
Part of Multiples Canterbury	
WEST COAST	
Part of Multiples Canterbury	
CANTERBURY	
Multiples Canterbury* (also covers Nelson, Marlborough & Canterbury)	
Co-President : Sophie McInnes Co-President : Meredith MacDonald president@multiplescanterbury.org.nz	
Ashburton Part of Multiples Canterbury	
Kaikoura Part of Multiples Canterbury	
South Canterbury Region (Timaru)	
Part of Multiples Canterbury Local contact: Kelly Stockwell southcanterbury@ multiplescanterbury.org.nz	
OTAGO	
Multiples Otago*	
Liz Campbell treasurer.multiplesotago@gmail.com www.multiplesotago.org.nz	
North Otago/Oamaru Region	
Part of Multiples Otago Contact person: Anna Jameson	

OTAGO contd.	
Central Otago/Wanaka Region	
Part of Multiples Otago Contact person: Gwen Hendry 021 147 7380 gwendoloonny@hotmail.com	
South Otago/Balclutha Region	
Part of Multiples Otago Contact person: Shelly Smith (03) 418 2285 • soss@slingshot.co.nz	
SOUTHLAND	
Southland Multiples	
Co-President: Lizzie Stephenson (03) 213 1611 Co-President: Kelly Gentle (03) 230 4970 southlandmbc@gmail.com www.southlandmultiples.org.nz	
NZ Triplets Plus	
Contact: tripletsplus@multiples.org.nz Stacey Morunga • stacey.mbc@gmail.com (09) 266 1114 • 021 669 632	
0800 Regional Contact People	
North Island	
Ainslee Jacobson 0277275523 cjacobson@gmail.com	
South Island	
(All of South Island—all 03 numbers) Jacqui Newell (03) 347 4587 • 021 154 3141 0800SthIs@multiples.org.nz	
 <p>Supporting parents of multiples 0800 4 TWINS etc</p>	
<p>Our free phone number 0800 4 TWINS ETC (0800 489 467) is provided by Multiples NZ to assist people to contact their local multiples club. Manned by volunteers throughout the country, this number prevents clubs needing to reissue all their flyers when committee members move on. It is <u>your</u> number for <u>your</u> clubs, so please use it as often as you like!</p>	



Prestige Print
since 1965

We take pride in the quality of our finished product.

Brochures / Flyers

Various options for getting your message to market.

Books and Booklets

Well finished quality books.

Office Stationery

Letterheads, Pads, Envelopes, Business cards

Promotional Print

Calendars, Vouchers, Tokens, Posters

Print

Our machinery and people is all you need to produce the high quality article that we are proud to create and you will be proud to present.

Deliver & Store

We regularly deliver within the Wellington region and nationwide. We also offer a comprehensive warehousing and online ordering system.

Ground Floor, 72 Abel Smith St, Te Aro, Wellington

Phone: 04 802 5471

www.prestigeprint.co.nz



Te Takitini o Aotearoa
PO Box 1258, Wellington
0800 4 TWINS ETC (0800 489 467)
www.multiples.org.nz

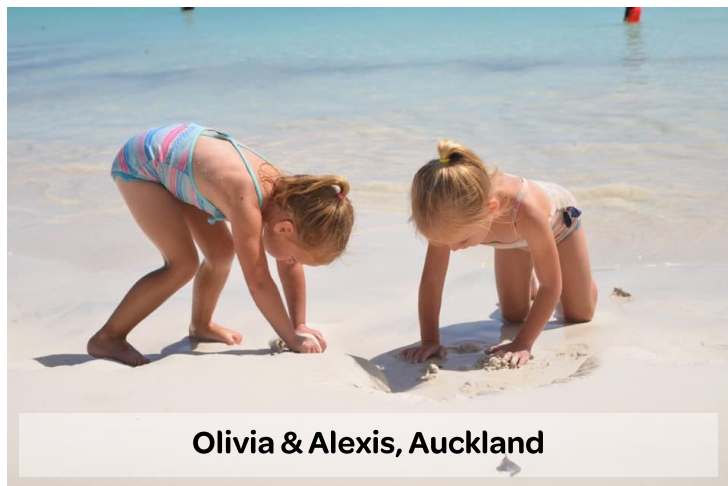
Multiples NZ Mission Statement

To address the diverse needs of families with multiples through networking, education, support and advocacy. Working in partnership with local Multiple Clubs, community groups, health care providers and educators to ensure our values are upheld.

Our Summer Multiples



Logan and Rozlyn, Palmerston North



Olivia & Alexis, Auckland



Charlie and Flynn, Wellington



Ari & Indi, Masterton



Jack and Ella, Auckland



Henry, Lily, Zara and mum Amy, Hawkes Bay

Supporting families of multiples