

# MULTIPLE MATTERS

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Spring Edition · Sept 2019

**multiplesnz**

- International Multiples
- National Training Forum



## Our International Multiples



**Luke & Luna, Hamilton via Brazil**



**Anne & Rita, Thames via Japan**



**Kai & So, Japan via Tauranga**



**Taira & Milia, Perth via Matakana**



**Tadgh & Alfie, Nelson via Ireland**



**Morgan & Riley, Wellington via South Africa**



**Ruby & Poppy, Christchurch via India**



**Sakura & Miyabi, Auckland via Japan**



# Multiples NZ

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## Membership

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\$25 Full Member  
\$15 Online Member

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## Magazine contributions

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## Submission deadlines

Summer edition: 31 October 2019  
Feature topic: Mental Health

## Disclaimer

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## Cover photo

**Our international multiples:** Twins Patrick and Benjamin, born to parents from Brazil and now living in Mount Maunganui.



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## From your Editor

# Hello Spring!

Kirsty Saxon (Multiples NZ), Mummy to Xavier and Lilian (5), and Ruby (8).

By the time you read this issue our family will be frantically making a huge transition and moving to West-Canterbury. We are leaving our beach house on 90 Mile Beach, and swapping the coast for mountains. My husband has a new position at Mount Hutt College, Methven, which starts in Term 4. Methven is one hour west from Christchurch so we are swapping the winterless North for the Southern Alps. Both Jack and I are originally from Nelson, our children were born in Marlborough, and we have spent the last five years in Ahipara. We are looking forward to returning home to our kainga and whanau in Te Wai Pounamu, but at the same time it is bitter sweet leaving our friends and colleagues here. One thing I am really looking forward to is actually being in a place where I can get to club events! In fact, that was the first thing I told the Executive when we were considering the move. If you flick to page 29, you will see a big range of awesome events our clubs have been putting on around New Zealand. And Multiples Canterbury – I will see you all at one very soon!

This issue is dedicated to our international multiples, and it has been an interesting task collating their stories. Just looking at the photos on our inside and back covers, you will see we have multiple parents and children from all corners of the globe ... Japan, Brazil, Ireland, South Africa, to name a few. The recurrent theme through the stories is the wish to keep the language and culture

alive, and I commend these parents for their passion and dedication to make this dream a reality for their children.

It is now just a month to go until the Multiples NZ National Training Forum (NTF) 2019. As we prepare to head to Wellington, I would encourage you all to have a look at the programme and consider putting together a grant application for 2020 in Christchurch. In 2020 we will also be celebrating the 40th Anniversary of our organisation, which is a huge milestone and achievement for our little country and the bottom of the world.. Have a look at the Exult article on page 32 about how to create successful funding applications and talk to your committee early about preparing for NTF 2020.

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 'Mental Health' so if you have any thing to contribute, please get in touch!

See you in Wellington in a few weeks!

Kirsty



Xavier, Lilian, Dad Jack, myself & Ruby Ahipara, Far North



# President's Spring Report

Multiples NZ President Ainslee Jacobson, delivers her Spring report, and shares what is happening at club level within Multiples NZ.

I grew up on a farm in Marlborough and spring meant lambing time. I love this time of year, the smell of lambs and the smell of cherry blossom are one in the same; and while it's still cold in the morning, the days are generally warm and the sun is shining.

I have a Google search set up to send me emails whenever twins New Zealand or triplets New Zealand appear in any news stories and spring is when the articles get really interesting. Of course, they're usually related to a particularly high lambing rate or an unusual set of triplet calves.

Anecdotally, this year, it would seem that spring is definitely baby season. Our NICUs are full, our midwives and doulas are booked up solid, and we have noticed an increased number of triplet pregnancies, certainly more than in the previous two years. It's an exciting time and we hope that these whānau are able to join their local Multiples Club and share their journey with those of us who have been there before.

## Club Membership

Our Multiples Clubs provide an incredible opportunity for whānau to come together, to meet, to share experiences, to build community and to access multiples-specific services.

Multiples Canterbury continues to hold the title of our largest Club in New Zealand. Covering Marlborough, Nelson, the West Coast and Timaru. Multiples Canterbury has to spread its services far and wide. With the support of small satellite groups specifically set up in Nelson, Marlborough and Timaru, those services can reach the smaller regions where it is needed.

Many of our Clubs are finding that new expectant families are keen to join the Club; the challenge is trying to retain members. In many cases, Club Membership numbers have remained static or dropped slightly. Multiples Counties Manukau has experienced the greatest increase of membership, but

noted that this is mostly due to new members coming on board.

Overall, there has been a significant drop in membership numbers of 24%, which is concerning. Given all the amazing work that our Clubs do, there is a risk that whānau are missing out on the benefits of being a part of our community.

The topic of membership will be an important discussion topic at the upcoming Multiples NZ National Training Forum in Wellington. Bringing all our Club Committee volunteers together in one place gives us a fantastic opportunity to share, network and develop strategies to strengthen our services.

## Volunteers always Welcome

Did you know that Multiples NZ and the regional Multiples Clubs are completely volunteer-run? That means parents, just like you, are working hard to support current and future families who are expecting, mourning and raising twins, triplets, and quads.

I began my volunteer journey as the Newsletter Editor for Wellington Multiples, when my boys were just one year old. I became a volunteer, mostly because I wanted to keep my admin skills fresh for when I returned to the workforce. What I didn't realise was that I would meet some amazing people who are now firm friends, and that I would gain an understanding of the health system that was key to an offer of employment. I now have the opportunity to contribute to the wellbeing of our whānau in both my paid and my unpaid life, something which is incredibly fulfilling.

Our Clubs need volunteers in order to provide the services that our families need. I would encourage you to find your nearest Club Committee member and ask them what you can do to help.

See the table on page five for a breakdown of numbers.

## Bereavement Support

In my paid job I have the pleasure of working alongside healthcare professionals who support whānau who have lost their baby or babies. It is incredibly heartening to see the care, and respect these amazing people show towards whānau who are suffering.

Twin Loss NZ was an amazing resource for our whānau who had experienced bereavement. Sadly, this organisation is no longer active and the responsibility now lies with Multiples NZ to carry on in its place. There is now a specific Multiples NZ Bereaved Whānau Facebook group. This Facebook group provides a safe environment to share experiences and to be supported and to access multiple-specific resources and material that may help whānau. Multiples NZ also encourage whānau to connect with Sands NZ and any other bereavement services available locally.



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.

## President's Spring Report (continued)

### Club Membership for 2018 & 2019

	Total Membership Numbers		Number of higher-order multiple member families
	2018	2019	2019
Multiples Auckland North	260	236	9
Multiples Auckland Central	120	170*	
Multiples Counties Manukau	84	107	5
Multiples Bay of Plenty	98	73	0
Hamilton Multiple Birth Club	53	70*	
Multiples Hawke's Bay	71	71*	
Multiples Taranaki	44	49	2
Manawatu Multiples	60	44	2
Kapi-Mana Multiples	62	59	1
Multiples Hutt Valley	73	79	0
Wellington Multiples	84	79	1
Multiples Canterbury	278	245	4
Multiples Otago	43	29	0
Southland Multiples	72	62	1
	1402	1062	25

\*This number is estimated



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**Notice is hereby given of the  
39th Annual General Meeting**

**Sunday 20 October 2019  
11.30am  
Brentwood Hotel, Wellington**

**Draft Agenda**

Welcome  
Roll call, apologies and proxy votes  
Meeting procedures  
Minutes of the previous AGM held on Sunday 28 October 2018 in Wellington  
Matters arising from previous AGM held on Sunday 28 October 2018 in Wellington  
Minutes of the previous SGM held on Wednesday 12 December 2018, online  
Matters arising from previous SGM held on Wednesday 12 December 2018, online  
Minutes of the previous SGM held on Thursday 23 May 2019, online  
Matters arising from previous SGM held on Thursday 23 May 2019, online  
ANNUAL REPORTS (Summary) from Multiples NZ  
FINANCIAL STATEMENT Multiples NZ  
ANNUAL REPORTS (Summary) from affiliated Multiples Clubs  
ELECTION of Multiples NZ Executive  
REMITTS  
GENERAL BUSINESS  
Any other Business  
Close of Meeting  
Date of next Multiples NZ AGM



## Citizens of the World

Ruth Pais (Multiples Hutt Valley) shares her journey from the United Kingdom to New Zealand.

*My husband and I were born and bred in the United Kingdom and came to New Zealand for work in December 2014. We quickly settled into life in Wellington, and it wasn't long before we started our family.*

Our son was born in August 2015, and our twin girls joining the party two years later (almost to the day!).

With both sets of grandparents and all our siblings in the United Kingdom and America, we have really been on our own throughout our parenting journey. We have incredibly supportive families, and have both had our folks visiting us for extended periods of time when the babies arrived. But as they now approach four and two, the visits are becoming further apart and there is more of an expectation that we will start going back to the United Kingdom more.

The last four years have been hard. There is a fragility of existence that comes with being a migrant to a new country that I



did not fully appreciate before. The realization that, when it comes to the care of your children who are so wholly reliant on you for survival, there is just you and your partner. No backups. Your cavalry lives a thirty hour flight away. This reality always comes into sharp focus during particularly ghastly times, often when one of you is away or sick, and the other is left, literally, holding the babies. It can be overwhelming if you think about it too hard. I have tried not to!

I come from a family of migrants. My grandparents were born in a southern Indian town, Mangalore, but emigrated soon after marriage to Malawi for my grandfather's work. There, my grandmother raised her five children. An ocean away from her mother, in the days before air travel. My parents in turn, emigrated to the United Kingdom after they got married and raised us far away from their support people. People migrate for a lot of different reasons, but with a common theme underpinning them all – an appreciable improvement in their quality of life. This was no different for me and my husband.

We both enjoy our lives in Lower Hutt with our children. We have a wonderful work-life balance and feel that we have made the right decision for our little family. We both work full time and so the kids are in a mix of childcare with daycare, kindy and an in home nanny. But we are home every night to bath our children and put them to bed. We are

home most weekends to take them to the park, teach them to ride bikes, skateboards, climb trees and generally marvel at their development. I'm certain we wouldn't be able to do these things if we were raising them in the United Kingdom with shift patterns, commutes and generally toxic working conditions associated with healthcare workers.

It doesn't always feel right, of course, particularly with respect to our parents and grandmothers who are still alive and kicking in the United Kingdom, and who only get to see their (great) grandchildren sporadically via facetime calls. Part of me mourns the fact that my children do not know these people, who are so important to me and my husband. And it pains me that our extended family may just be faces in a photo album with a few patchy memories attached to them. My husband and I have plans to coordinate family holidays with extended family members, so that we can meet mid-way – in south east Asia, or America etc. Giving everyone an opportunity to meet and see a new part of the world. It would be wonderful if this could ever come to fruition and would benefit everyone.

We are approaching the first five years since we moved to New Zealand. We finally don't have babies anymore, and life is considerably easier in some ways. Whilst toddlers hold their own challenges – they SLEEP, which enables us to do things we haven't been able to con-



template before: camping trips, air travel, frequent date nights for hubby and I. My husband and I are just tapping into this new found freedom. We are re-learning all the things we used to enjoy doing before the endless sleepless nights, nappy changes and general drudgery of babies. Watching films, READING BOOKS, catching up with friends are becoming more and more common place with the both of us, giving us sanity in the whirlwind that has become our lives.

We have a couple of family holidays planned for the next twelve months. It will be refreshing to go somewhere and not have your baby(ies) wake up every five minutes for a feed or a cuddle because the conditions of the holiday home aren't 'just right'. We are even planning on a return trip to the UK for my sister's wedding, and I cannot wait to have the chil-

dren see all their extended family in the flesh, and also meet all their great grandmothers and cousins. Memories waiting to be made.

I wonder what my children will consider themselves to be when they grow older? Born and brought up in New Zealand by English parents, with mixed race heritage. Personally, I hope they grow up to consider themselves to be citizens of the world. I hope they grow up celebrating their diverse cultural heritage, not feeling alienated because of it. In a world where the political climate has become so polarized between left and right, and xenophobia and racism is becoming more commonplace, they give me hope that things have changed and that things will become better.



Ruth is an alumni member of the Auckland Central Club and lives in Lower Hutt with her husband Alex. They are the proud parents of Jack (4), Rosie (2) and Tilly (2).



## Bonding through Language and Culture

Sophie McInnes (Multiples Canterbury) shares her journey from Christchurch, UK to Christchurch, NZ

*When I was growing up in England, most of my friends were only half-English, if that. Our mums (usually) came from other countries, bonding through mutual struggles with language and culture.*

My mum was “only” French; my best friends’ were Japanese, Honduran, and Indian. Back then, I never really considered that one day I might be the foreign parent.

So here we are: a family of five living just outside Rolleston, near Christchurch, New Zealand. Ironic, considering that I grew up in Bournemouth, just to the west of Christchurch, in the United Kingdom. Rob and I have been together for 19 years now (OMG!), we met in England when he was on his OE. After his visa ran out, we went to Sydney for three years, got married in New Zealand, then went back to the UK for six years, and finally emigrated to New Zealand in 2010 (great earthquake timing). Our children are Katelyn (12), Jack (3), and Chloe (3). I was granted New Zealand citizenship a month after Jack and Chloe were born.

In spite of our common language and very similar culture, we spent much of the first few years ironing out translation issues and complicated customs. Like the fact that Rob stole most of his jokes from Billy T and that afternoon tea is something you do on a Sunday with fancy crockery. To me, a dairy had always been a place for processing milk, and we surely we all breathe air, not “ear”? Our time in Australia probably didn’t help much; to this day I can’t remember whether to call it a chilly bin, esky, cool box, or whatever else! Our beloved Katelyn has a lovely Kiwi accent, just like her dad, but also gets her pronunciation corrected by her pedantic mum now and then.

My perspective on being an “international” family is very much wrapped up in the presence of grandparents in our children’s lives - or lack thereof. My parents still live in England, halfway round the world. They are best accessed via FaceTime, when the kids don’t squabble over the iPad so much that the call ends quickly. Rob, however, is Kiwi; his dad lives up near Whangārei, but his mum Lyn is in Christchurch and she has been a lifesaver throughout our multiples journey so far. I genuinely love my mother-in-law!

The best part about having a retired grandparent nearby is that she has - within limits - helped us out so very much over the last few years. Particularly when the twins were very little, she would come by most days and hang out the laundry, do the dishes, bring cookies, play with the kids while I caught up on sleep, that sort of thing. We didn’t qualify for home help, and Katelyn was struggling at school (and with jealousy), so having Lyn around was amazing. These days she babysits occasionally, and comes to our playgroup pretty much every week, it’s near her house, she loves interacting with the mums, and all the twinnies want her to push them on the swings.

The downside of having only one grandparent nearby is that she gets everything lumped on her. This is because she is present and we value intergenerational care, and because the other three simply can’t shoulder their share. Thankfully she’s a strong woman, mother of boys, with three older grandkids (including Katelyn). We’re very lucky to have her.

Over the last six months, we’ve actually managed to visit and stay with the other three grandparents. First was a mere week with Doug, up in Northland as part of our Great North Island Road Trip. I don’t think we managed a full week, actually - we decamped (or decaravanned?) to the home of one of Rob’s old friends. While it was fantastic to see Poppa and his lovely wife, with no grandchildren nearby at all the house was very “nice”. Very tidy. Very child-friendly too. To be honest, the owners were very paranoid about things we’d ... um ... given up on years ago. I don’t think my kids are particularly badly behaved, but I do know that they are active, curious and egg each other into fun and mischief ever so easily. All of which was acceptable and encouraged remotely ... until it landed on their doorstep. Oops.

This gave us fair warning for the next trip, from which we have just returned: a month in the United Kingdom, stay-





ing with my parents and - for three nights only - my grandparents, over in France. My parents also have a "nice" house, inhabited by those who believe it will be destroyed by the forces of twindom. To start with the word "NO!" definitely got in the way of relationship building. It was seriously distressing, to be honest, but thankfully gave way to a more playful détente (relaxation) by the time we waved goodbye. We went out a lot and visited a lot of playgroups while we were there (including the Christchurch twin club!), and seeing them interact with others, speaking with other multiples parents, seemed to help convince my mum that our parenting isn't completely slack and weird. Maybe.

During both the Northland and United Kingdom trips, we came to the conclusion that like any parents we do what works for us. We do this without having witnessed how these choices came to be - especially contrasted with my brother's family, to whom my parents are very close - we probably do seem a bit quirky. Ok, a lot quirky. My mother-in-law has seen all of that, and accepted it. Plus all of our kids know the boundaries at Granny Lyn's house, whereas Poppa's house and Grandpa & Grandma's house were exciting new labyrinths to be explored. Given how many other Kiwi families have either migrated to other parts of New Zealand or the world, I'm

guessing that we're not alone in this. My French grandparents, now in their 90s, were happy yet bewildered by the twinadoes rushing through their house. We all knew that this trip was about saying hello and goodbye ... before the inevitable, a gloomy thought that skirted around the edges of cooking with Mamie and helping Papie in the garden. It was so great to see them again though; our last visit was when Katelyn was only six years old. But when I was growing up, one of the biggest parts of my own "international" upbringing was spending all summer, every summer, at their home in France. I didn't properly appreciate that at the time. Now, of course, I wish I could give my kids that same opportunity, but Aotearoa is pretty awesome too.

Following our travels, I aim to train - somehow - the twins to not wrestle for control of the iPad, so that they can continue to build a good relationship with their faraway whanau. Whether or not they agree with our parenting choices, I know that all four grandparents are proud of us and love our kids, and distance is no longer the barrier it was to communication. When I was a kid, it took us around 24 hours to reach my grandparents, door-to-door; now it's about the same from New Zealand to Europe. Plus chatting via FaceTime is amazing compared to crackly old phone lines! We may not be able to

hug and share our experiences in the traditional sense, *but we have the means* to keep in touch far more tangibly than was possible even 10 years ago. Maybe Mamie and Papie will even make it online one day!

On that note, I also hope to speak more French with all the kids and Rob, because it's something I should have built into our lives years ago and I feel bad that Katelyn was so limited in her communication while in France. Languages are important, and a huge part of sharing culture. We don't incorporate enough te reo Maori into our lives either, for that matter (through his dad, Rob, is Ngai Tahu). I also need to tell my mum-in-law (again) that she's seriously loved and appreciated, and try not to lean on her as much as I probably have in the past. She's such a gem.

Sophie is a committee member of Multiples Canterbury and lives in Rolleston with her husband Rob. They are the proud parents of Katelyn (12), Jack (3), and Chloe (3).



## Keep Your Identity Alive to Thrive

Ben Ponifasio (Multiples Auckland North—Whangarei Satellite) shares how he keeps his Samoan heritage alive for his family.

*Ma'au i lou ofaga.  
Mau'a lou fa'asinomaga."*

*"Keep your identity alive to thrive."*

### My Poppa comes from Samoa

My Dad stepped off a plane from Samoa in the early 1970's, straight into boarding school and then Police college. I can't imagine how intense that must have been coming from the warm air and large extended aiga (family) in Samoa, to the cold and somewhat lonely environment of Aotearoa.

### Growing up

Dad married my beautiful kiwi Mum and went onto have myself and my three siblings. We moved around New Zealand a fair amount (due to his work as a Police officer), and I don't recall seeing much of him during my early days as he is a really hard worker! I spent most of my time with Mum, so wasn't raised speaking Samoan. I don't think being a Pacific Islander in NZ during the 1970s was seen as a very positive thing due to the dawn raids and politics of the time. But I have fond memories of big family gatherings in Porirua and Mangere – food, music, cousins and lots of alofa (love) from my Aunties and Uncles.

### Māsaga Ulavavale—Double Trouble

Fast forward to now, where I have three children of my own ... Our big boy Hughie is now six, and our boy/girl fraternal twins Ash and Lani are three, māsaga ulavavale – double trouble!

My goal is to make sure that I raise

my children to feel comfortable, confident and connected to this amazing part of their heritage. Genetics are a funny thing ... my sons have both inherited my dark eyes, hair and olive complexions, whereas my girl twin is pale and blonde! We often get asked if they're related, and I do sometimes get funny looks if it's just me out and about with my daughter. We talk a lot about how the twins both have the same amount of 'Samoaness' although you wouldn't know it by looking at them. It raises a lot of interesting thoughts around identity and fitting in, that we discuss often.

We regularly have Sunday lunch at our house and try to cook and include as much Samoan food as possible. We have Sapa sui (chop suey), pineapple pie & Panipopo (coconut buns) which are always favourites.

We lay the table with our Samoan table cloth, crank the Island tunes and talk about our family. We also relish displaying special Samoan treasures in our home – siapo (tapa), 'ie toga (fine mats), tanoa fai'ava (kava bowls) and lei among

other things.



When the kids were very little we sang them Samoan lullabies. If they're unsettled, they still ask for us to hum them the tunes. Since the birth of our first born, we've also made an effort to attend every Pacific Island festival possible. They get so much out of seeing the dancing, hearing different languages being spoken, and watching the food cooking. My wife has a passion for gardening and loves to incorporate touches of the Pacific into our garden. We have hibiscus, gardenia and frangipani, which are all thriving and she's planning a taro patch!

One of my biggest regrets was not being able to have a fluent conversation in Samoan with my Grandma (she only spoke a little English and has since passed). I hear she had a wicked sense of humour and I wish I'd been able to have a bit of banter with her. I think it's important to be honest with our kids about the way things are/were, and to show them that we value this part of our heritage.





**Learning and sharing**

I've taken a few Samoan language courses, and try to use basic commands, greetings and vocabulary with our children in our daily life. My wife (a primary school teacher) loves family history, and makes little readers and Samoan resources for the children. One of their favourites is called 'My Poppa comes from Samoa' and includes family photos, facts about where he grew up, and things you might eat and see in Samoa.

We've been blessed to have day care teachers that truly nurture our children's cultural heritage. During Samoan Language week we try to send in a big bag of goodies for them to share with their buddies (lava-lava, lei, woven mats & fans, Samoan shells, books & Samoan fruits such as mango, pawpaw, pineapple and coconut). This year their teachers went above and beyond by cracking open some coconuts and baking pineapple pie with the kids!



We hope to take the kids to Samoa sometime in the future, but until then ...

*"Fafaga fanau i upu ma tala. Tautala i lau gagana".*

*Feed the children with words and stories. Speak your language.*

Ben and Rosie live in Whangarei where Ben is a Case Manager for Work & Income, and Rosie runs her own small business creating educational resources for Kiwi teachers while wrangling the kids! They are parents to Hughie (6), and Ash and Lani (3).



## Raising our Bilingual Twins

Hayleigh Schimmel (Multiples Auckland North—Whangarei Satellite) shares how she is raising her twins speaking English and German with German husband, Maik.

“Sit Down.” A simple instruction. Quickly followed by a room full of sideways glances directed my way. Each, quite clearly suggesting that my 19 month old twin boys were defiant/naughty/not listening or all of the above ... Reality was, my boys didn’t understand. So, they just stood there. Hagen and Emmett, simply, just stood there. Which, if I’m being completely honest, was a pleasant change to them running in every direction! My husband, Maik and I have probably said, “Sit down.” to the same degree as most other multiple parents out there. It’s a common phrase in our family, that usually gets paired with, “come here” “stop it” and “can you NOT put that in your mouth?!” In our household however, these phrases are not always spoken in English. “Setz Dich”, the German equivalent of “Sit down”, was all that was needed that day in order for my boys to continue enjoying their Wednesday morning playgroup. I’d be lying if I said that I didn’t attend these sessions for the coffee and cake.

That particular morning got me thinking though, “Have we stuffed up?” ... “Are we making our boys lives harder by bringing them up bilingual?” It was my first reality check of my New Zealand born, ‘kiwi-kids’, who maybe don’t understand english! Granted, our boys are only 19 months old. Therefore our communication skills together as a unit are confusing at the best of times. We seem to end up with a mashup of English, German, and a good helping of what I like to call ‘Mum sign language’ that seems to work sometimes.

For me, a born and bred Northlander from Whangārei, raising my children to speak something other



than English fluently, was a new concept. Maik was born in North-West Germany and moved to New Zealand eight years ago with his family. He is fluent in both English and German. In the years before having children, I found it enjoyable to learn Maik’s native language and it made for much better conversation at his family dinner table once I could contribute too.

If you consider reading parenting forums and blogs as ‘research’, then I have done a small amount of this out of my own interest from time to time, on the subject of raising bilingual kids. There seems to be a common theme, that having a ‘majority language’ and a ‘minority language’ is more beneficial than speaking or learning an equal mix of both. I feel at this early stage in our boy’s development we are more on the equal side. However I

would assume over time, especially with the impact of school, friends, family, television, etc, English will become their majority language. In all honesty, we still don’t quite know exactly HOW we will teach our kids both languages. Or what it will entail. Do we focus on only speaking German at home, English while in public? Should Maik speak only German and myself only English? Do we continue to mix it up together? Will we be called Mama and Papa or Mum and Dad? I’m sure we will figure out which way works best for us in due time. The kids will probably take the lead and we will go with that.

We are lucky enough to have both sets of families living in the same city. So our boys get a really healthy mix of both languages just from that alone. English with Nana and Grandad. German with Oma



and Opa; and for everything else, there is "Peppa Wutz" (The ever-so-annoying German version of Peppa Pig), and of course, The Wiggles.

The decision to raise our boys bilingual came naturally to us and it has become so much more than just including two languages into everyday life. Traditions, celebrations and all of the quirky cultural differences can be rather amusing. I'll never forget the first time I heard Maik reading a book to the boys about a little Fire Engine. Now, let me know if I'm wrong here, but the siren of a Fire Engine goes something like, "Weeee ohhhh, weeee ohhhh." Right? You can imagine my surprise upon hearing "Taaatuuu taaatuuuuuu". Who would have thought, that even sounds for objects can differ between countries?

Shoes. Shoes for kids are a big deal in Germany. The types of shoes are important too. Specific shoes for going to events, shoes for cold days, shoes for warmer days, shoes for the snow, and they never leave the house without them on. Not for a second. Not to the letterbox. Not even the backyard. There are even child-sized house shoes for wearing indoors. Hagen and Emmett however, have so far settled for good old kiwi gumboots, and yes, they wear them everywhere. They even wear them to kick around the footballs that they got for their first birthday. I'm unsure at this point if they will ever even get to touch a rugby ball! Maik is clearly the influencer here...

What I can be sure of though, is one day our boys will find great joy in telling their friends, that they got to open their Christmas presents a day earlier than everyone else. Germans celebrate Christmas on December 24th, so we follow suit. There are also major differences between the school systems. Not only do children in Germany finish a standard school day at 1pm, but achieving good grades

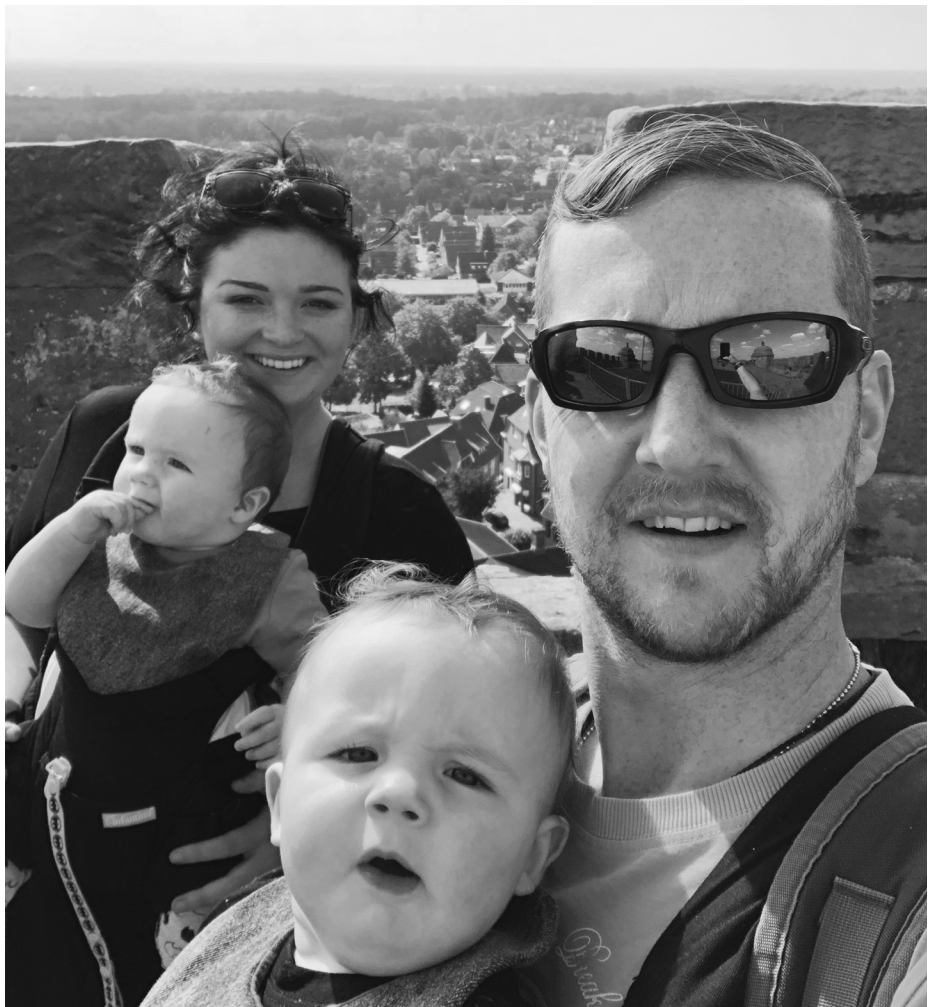
from the very first year of school is of huge importance. Upon completion of the six years in Primary School, it is the teacher that determines which type of High School a student will attend. Each type of High School offers different qualifications, which in turn affects the apprenticeships a student can apply for. This, in the long run, influences their career choice or line of work. Maik and I have already anticipated that these contrasts within the school systems will be a very interesting topic for us in due course!

For us, still in the early years, our boys bilingualism thus far has been nothing but fascinating. I can't help but feel proud when Hagen looks out the window and shouts, "Regnen!" quickly followed by Emmett's equally enthusiastic translation, "Raining!"

At times, I can't help but feel sorry for them, when at playgroups or meet ups, and Mama has to trans-

late the instructions. It's all a bit of trial and error for us. Everyday we find ourselves marvelling at how fast they learn, and how natural their comprehension is of both languages. We look forward to having full conversations with our kids one day, in both German and English; and exposing them to everything each culture has to offer. Not to mention continuing to travel overseas and letting them really experience all of the amazing things Germany, our second home, has to offer.

Maik and Hayleigh live in Whangarei and are parents to Hagen and Emmett (20 months).



## Swiss—Kiwis

Karin Waldhauser (Guest Contributor ) shares her story of her Swiss-Kiwi twins being raised in Switzerland. (Previously printed at [thatparentingplace.com](http://thatparentingplace.com))

“Mummy! It’s alle gone leer!” My three-year-old daughter is waving her empty plate at me. Livia and her twin brother Rocco can be more difficult than most toddlers to understand because sometimes they muddle up the two languages they speak. “Alle gone leer” means something like “All gone empty” and doesn’t make complete sense in either English or Swiss German.

*The payoff is when the child, dealing with a situation where only one of their languages is understood, manages because they don’t expect to have the words put in their mouth.*

My family of four (two kids from one pregnancy is enough for us, thanks) is one of New Zealand’s growing number of bicultural/bilingual families. My husband is from a tiny Swiss village, and we’re currently living in Switzerland, but I’m from Nelson, and our children were born in and lived their first two years in Wellington. I understand (some) Swiss German, and my husband is fluent in both languages. For us, it seemed natural to raise our kids bilingually, especially since we weren’t (and still aren’t) 100 percent sure where they will grow up.

A 2013 report by the Royal Society of New Zealand shows that my kids

are far from unusual. Popular with immigrants, New Zealand is now a residence for speakers of 160 different languages, a whopping figure for such a small, geographically isolated country. Although that’s only a tiny percentage of the estimated 6500 languages in the world, it’s enough to make us officially ‘super diverse’. According to the 2013 census, a quarter of the population was born overseas. Our four most common languages are now English, Maori, Samoan and Hindi, which edged out French to become the fourth.

Although bilingualism is increasing, raising bilingual children in a largely monolingual society still poses many challenges. A lot of parents cite a lack of support as the main reason for giving up. I once thought that if I spoke to the kids in English and my husband spoke to them in Swiss-German, then the children would just magically end up bilingual. Turns out that’s not completely true. Bilingualism is a complex process, and although it is incredibly worthwhile for the children, it does take a lot of effort from both the children and the parents. Francois Grosjean, an international bilingualism expert and author of the book *Bilingual: Life and Reality*, stresses that the biggest challenge for families is creating a need for the minority language in your children’s minds and lives. “The need factor is crucial,” he says. “Without it, a child may simply not acquire a language.”

*In education, current thinking suggests bilingual children have some advantages over monolingual children. Not because they are smarter, but because having two words for something increases the brain’s ‘elasticity’.*

Children, as we all know, are little ‘clever clogs’ who quickly work out what they need to know and what they don’t, so a bit of cunning pays off. If, for example, they know that mummy speaks French, but that she also understands and speaks English, and nobody else around them speaks French, they may stop speaking French. On the other hand, a Skype call to their cousins who speak French, but don’t understand or speak English, tells them they need French. Or a friend or a relative could be, for example, the designated French speaker; as far as the children are concerned this person does not understand a word of English.

Putting bilingual children into situations where they can only be understood in one language is worthwhile, particularly if they’re prone to mixing up the languages, which small children often do. Telling me a story recently in English, my daughter could only think of the word for duck in Swiss German. She paused for a moment, thought hard, then finally found it in English. “I mean duck, Mummy. See, I can speak English!” For a parent who understands both languages, it’s hard sometimes to sit patiently and wait for their words to come, especially when your to-do list is a mile long. The payoff is when the child, dealing with a situation where only one of their languages is understood, manages because they don’t expect to have the words put in their mouth.

Apart from language mix-ups, one of the biggest challenges comes when bilingual children start school. Particularly when they reach that age when they really start to care what other kids think about them, and they don’t want to be the odd one out. This is the stage where parents must continue to create a need to use the lan-





guage if they want their kids to keep it up. As Grosjean says, “if they can find ways of ‘holding on’ until the teenage years, there is every chance that the minority language will find its niche and the bilingualism of their children will be stabilised”.

*“There is a tendency for bilinguals to be ahead of monolinguals on tests of creativity and divergent thinking.”*

Now don’t worry, not all children and bilingual families struggle during the school years. Wellington mother-of-two Michelle Kempthorne, 31, comes from a Dutch family and spent some of her early childhood living in the Netherlands and Belgium. Her family spoke Dutch at home, and at school in Auckland, she liked being a bit different. “I felt good at school. I was proud of my Dutch heritage.” Now a successful lawyer, she is still bilingual and uses her skills to translate for Dutch clients. Michelle and her Kiwi husband are raising their daughter mainly in English, with Michelle’s parents teaching her some Dutch.

They say it takes a village to raise a child, and that’s particularly relevant for bilingual families. Mariana Wilkinson, mother of Lucas, 4, and Thomas, 3, is from Brazil, her husband Karl is a New Zealander, and they are currently living in Singapore, where students learn in English. She credits Wellington’s strong Portuguese-speaking community with helping her sons develop Portuguese during their years living in New Zealand. Interacting with other families bringing up bilingual kids helped create that ‘need’ to speak Portuguese. “My biggest challenge,” she says, “is making sure I speak only Portuguese to them, especially if they have spoken in English to me.” Now that the children are getting older, Mariana’s starting to think about teaching them to read and write in Portuguese.

The kind of support needed often depends on what the minority lan-

guage is and how it’s valued by the wider community. A few (luckily not many) people still wrongly believe that bilingualism can cause stutters and is a disadvantage at school. In his book *A Parents’ and Teachers’ Guide to Bilingualism*, Colin Baker reassures parents that “bilinguals are neither immune nor more prone” to stuttering than monolinguals.

*As Grosjean says, “Bilingualism should be a source of joy.” If it becomes too hard or causes stress, rethink and readjust your expectations.*

In education, current thinking suggests bilingual children have some advantages over monolingual children. Not because they are smarter, but because having two words for something increases the brain’s ‘elasticity’. Baker explains that, “There is a tendency for bilinguals to be ahead of monolinguals on tests of creativity and divergent thinking.” Meaning, for example, if you give a bilingual person a hat and ask them what it could be used for, their answers might include ‘to carry a bunch of grapes in’ or ‘to jam the door open’. However helpful bilingualism is for the brain, bilingual children can face some practical problems. They often have gaps in their vocabulary, because they learn different things from different people. In our case, I do lots of baking with the kids so from me they learn the words for measuring cups, beater, rolling pin etc. Unless their father has a sudden and shocking

change of habits, it will be a long time before they learn these words in Swiss German.

And once school starts? Teachers need to understand that sometimes your children might have holes in their vocabulary. It’s a good idea to talk to the school before they start so that you all understand each other (no pun intended). Once the child’s been at school a while, a big question for bilingual families is whether or not to teach reading and writing in the ‘weaker’ language. The answer, like most things to do with parenting, is very personal and depends on issues such as having access to good resources, and the time and patience to teach your children. It takes a special kind of patience to be able to teach young children – maybe especially your own.

*Try to designate times where only the minority language is spoken, such as in the car or at the dinner table.*

As Colin Baker says, reading and writing experiences need to be fun. His advice is to concentrate on making learning relevant to the child’s experience of life. Or, in other words, focusing on the small stuff like a trip to the doctor, or a tea party with a friend. Of course, different children will respond better to some teaching methods than others. Baker also reminds parents to have realistic expectations of biliteracy.



## Swiss-Kiwis (continued)

Remember that our reading and writing skills develop through all our 13 years of school. Although some skills will overlap, it's a really big commitment to try and equal that at home. By all means persevere, but don't force it. As Grosjean says, "Bilingualism should be a source of joy." If it becomes too hard or causes stress, rethink and readjust your expectations.

For us, still in the early years, our children's bilingualism has been in turns hilarious and frustrating. We're fascinated by the way they switch from one language to the other when playing. We feel sorry for them when they are trying to explain something to someone who doesn't understand. We laugh when they correct us and we marvel at how they learn.

### *Make bilingualism part of your family's story.*

So here we are again, back at our kitchen table. The conversation goes a little like this – Rocco asks, "Mummy, can I have a brötli?" Livia answers "Rocco, mummy says 'bread' and papi says 'brötli'." Rocco replies, "Oh, yeah! Papi, can I have a brötli?" Trying not to laugh, my husband reaches over to butter a roll for Rocco. The kids' conversation continues with Rocco informing us that, "Mummy says butter and papi says also butter," which is true, although the pronunciation is different. Rocco pauses for a second then asks (for the umpteenth time), "Why do I speak English and Schwiizer-duutsch (Swiss-German)?"

"Well," I begin, "You know how when you were a baby you lived in New Zealand?" He nods. "In New Zealand people speak English, but in Switzerland people speak Swiss-German. And you and Livia are really lucky because you get to speak both." Simple, right?

### **Tips for keeping the minority language alive**

- Find resources like books, DVDs, apps etc. in the minority language and use them as a family. The more interactive the better (yes, books are interactive when someone is reading aloud).
- New Zealand-based cultural clubs sometimes have small libraries or facilitate book swapping for members.
- Let's hear it for delegation! In larger areas and for more common languages there are some after-school language clubs for children.
- Try to designate times where only the minority language is spoken, such as in the car or at the dinner table.
- Tie together the language and the culture. Teaching traditions and celebrating festivals is so much more natural in your mother tongue and children will absorb this.
- Make bilingualism part of your family's story. Kids love to hear stories about themselves and their parents from 'when I was little'. Make it sound like a fairytale (a happy one).

### **More information about The Parenting Place**

Our kaupapa is supporting whānau to thrive. Parenting Place is here to walk alongside you and your whānau from the moment your little one is born, until the time they raise tamariki of their own. Whether you have a newborn, a teenager, a troupe of grandkids, or nieces and nephews, we have a range of

programmes, courses, camps and resources, tailored for you and your whānau.

Everything we do is designed to inspire, encourage, and support the strengthening of your relationships. We make sure it's fun and entertaining along the way too. Our team is also committed to engaging with the story of Aotearoa New Zealand and our unique place in the world – a journey which continues to shape the way we support your whānau to thrive.

Karin is a mother of three-year-old twins, and lives in Switzerland. When she's not removing pieces of Lego from her feet, she is learning German and co-editing a small parenting newsletter for English-speaking families in northwest Switzerland.

**Parenting Place**  
*Mā tāua, oti atu ai*

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# When to Rob a Bank

Steven Levitt & Stephen Dubner (Freakonomics) return with their quirky take on economics.



*When to Rob a Bank: ...And 131 More Warped Suggestions and Well-Intended Rants is an edited collection of blog posts by American authors Steven Levitt and Stephen J. Dubner, authors of the Freakonomics series.*

Over the past decade, Steven D. Levitt and Stephen J. Dubner have published more than 8,000 blog posts on Freakonomics.com. Now the very best of this writing has been carefully curated into one volume, the perfect solution for the millions of readers who love all things Freakonomics.

Like the huge successful Freakonomics and its successors, the features are all about taking the tools of economics and statistics and using them in everyday life. Only here the uses are less thought through. Where they might have done a lot of work to get a piece together for one of the main books, here it's usually just a quick thought, without in-depth research attached. However despite this - and arguably sometimes because of this - a good number of the entries are thought provoking, challenging, fun or all three. You'll find everything from a debate with a number of experts on what you should do with \$10 in your pocket when passing a drunken beggar and hotdog stall to an idea to 'fix' the UK health service (apparently David Cameron wasn't impressed) and some surprising considerations on what is and isn't good for the environment. Not to mention why most people get the answer totally wrong to 'why has consumption of shrimp gone up'... and, of course, the title question of the book.

Discover why taller people tend to make more money; why it's so hard to predict the Kentucky Derby winner; and why it might be time for a sex tax (if not a fat tax). You'll also learn a great deal about Levitt and Dubner's own quirks and passions. Surprising and erudite, eloquent and witty, When to Rob a Bank demonstrates the brilliance that has made their books an international sensation.

Levitt's and Dubner's previous books have sold over 7 million copies, in more than 40 countries. Both obvi-

ously passionate and knowledgeable on their topics, Levitt teaches economics at the University of Chicago; while Dubner lives in New York City and works as an author and journalist.

**This book is available in paperback from whitcoulls.co.nz for \$30.99.**

*There will be a book giveaway of this book coming up on our Multiples NZ Facebook group. Keep an eye out in September for your chance to win your own copy.*

**Steven David "Steve" Levitt** is a prominent American economist best known for his work on crime, in particular on the link between legalised abortion and crime rates.

**Stephen J. Dubner** is an award-winning author, journalist, and TV and radio personality.



# FREAKONOMICS

BY STEVEN D. LEVITT  
AND STEPHEN J. DUBNER



## It Takes a Village

Helen Louise Johnson (Multiples Canterbury) shares her birth story welcoming her twin girls Willow & Bree.

*Walking in for an ultrasound at nine weeks pregnant, I just wanted to know that my baby was safe and everything was okay.*

So when the sonographer uttered the words 'so, there are two babies,' I grabbed my husband's hand and started to cry. It was a mixture of very happy, shock and disbelief all at the same time.

After collecting our four-year-old son from Matt's parent's house we went home and I started googling all things twin. My mind was buzzing with so many questions. I guess the main one was, 'how on earth are we going to cope with TWO babies?' Our son Finn had really bad reflux until he was one and projectile every feed.

What if we had two of him? Would I get morning sickness? Would I have to be induced again? Would I need to have a c-section? Can you vaginally deliver both babies? Would we have to spend time in NICU? How do you physically manage a c-section, a four year old and NICU? When would I have to stop working? When would I be able to go back to work? How do you tandem breastfeed? Would I produce enough milk to feed both babies? I soon realised it is okay to not have all of the answers straight away – there are plenty of people around who are more than happy to help you along the way.

I'd had a healthy pregnancy with Finn so was hopeful I would be okay this time too. Morning sickness soon kicked in and it lasted much longer. I got fairly big pretty quickly too and had a waddle from quite early on.

I was due to complete my Diploma in Massage Therapy at 20 weeks and was already massaging at a clinic. I had to stop massaging altogether at 22 weeks when my back started to stiffen up between massages and my bump prevented me from reaching the clients properly. I still had three months to go and instead of working/studying full-time I was at home and loving the opportunity to focus on being a mum.

We had always known that our twins were DiDi (Dichorionic/Diamniotic) and found out at the anatomy scan that we were expecting two girls. Twin A was growing just fine but Twin B was quite small. After that I had fortnightly growth scans and then from about 30 weeks twice-weekly monitoring began.







It was great seeing and hearing my babies that regularly. However, coming in from Rangiora ended up being a five-hour round trip, which was quite tiring in those last few weeks.

My blood pressure and the protein in my urine kept creeping up. At 35 weeks I spent a night in hospital for monitoring. I was allowed home and returned for more monitoring the following week. With the beginnings of preeclampsia and Twin B's growth slowing, a c-section was planned for 37 weeks (Thursday the following week).

Steroid injections were arranged for the Monday and Tuesday. I went to my midwife in Rangiora for the second lot of steroids and something just felt wrong. My blood pressure and the protein in my urine had gone very high and I was taken by ambulance to Christchurch Women's Hospital. This was at 4pm and after more monitoring the doctors decided that the girls needed to be born.

*At 3.12am and 3.14am on Wednesday, 18 October 2018, our beautiful daughters were born. The whole experience was very calm and relaxed.*

The team in the delivery suite and then in theatre delivering the girls were very informative, telling us what was going on at all times and they were happy to answer all our questions. I couldn't have wished for a more positive birthing experience.

Willow was born first. At 2.6kg she was initially doing very well and was able to stay with us. Bree (Twin B) was only 2kg and was struggling a little. She needed to go to NICU straight away. Matt came to the recovery room with Willow and me and he was able to sit having skin to skin with her. He then went to NICU to see Bree and the team up there took a photo of her and sent it down for me.

We eventually went up to the ward and Willow was latching like a

champ and having good, regular feeds. Unfortunately something wasn't quite working for her and with low blood sugar, Willow was also admitted to NICU at 12 hours old. This was such an emotional roller coaster.

*The NICU team were amazing and we were very lucky that our girls really only needed to grow a little more while there and were, on the whole, healthy little girls.*

Two weeks after their birth we got to bring the girls home. Those first weeks and months are pretty much a blur. Some things stand out, but generally all I know is that we coped and the girls grew. Finn loves being a big brother and will happily sit and entertain them. They both think he is amazing and it was Finn that managed to get the first proper giggle from both of the girls. Their different characters soon came through – Willow is definitely the mover while Bree is a thinker and talker.

## Birth Story

To answer all of my initial questions, I think it is really hard work but you just get on and do it. Everything takes so much longer; there is no quick trip anywhere. School pick-up and drop-off each take an hour. Everyone knows you as 'the mum with twins'. Click and collect supermarket shopping is your friend and you park in strategic places so you can walk to everything because the thought of getting in and out of the car again is just too much.

I was able to tandem feed and I did have enough milk, although it wouldn't have mattered if this wasn't the case. There have been many nights I have sat up with a baby in my arms and many days when they tag-teamed me as it took so long to get the second twin to sleep that the first twin was already waking back up and any routine went out the window.

There is no down time. Even if you do have both asleep at the same

time you shower or go to the toilet or eat. If you're lucky you get enough time to put a load of washing on and maybe even get some dinner in the slow cooker. Finn soon learned to get his clothes off the clothes rack when they hadn't made it to his drawers.

*The main thing I have learned since having the girls is that it takes a village and you need to grab on to all the help you can possibly get. This does not need to be family. My village are mainly neighbours and the mums of Finn's friends. The two ladies who come for our home help hours have been my rocks.*

Facebook groups are great for those burning questions at 2am or when you can't move off the sofa and you can feel very alone. Everyone has been amazing and made the first year so much easier and more enjoyable.

I was planning to go back to work from about seven months, just one day a week, but due to food intolerance issues with the girls that hasn't been possible. We seem to be on top of this now and I will start back very soon. It is only this week that I don't have at least one baby in my arms until 11pm and I can actually start claiming my evenings back. That has been a complete game changer.

Willow and Bree are amazing and bring us so much joy. They have a special bond, fighting over toys one minute then showing each other affection the next. They are happy to be dangled while you hold them both and open doors at the same time. They will climb over each other to get to the milk first and pull my trousers down trying to climb my legs.

*Yes we are exhausted, but it is worth every moment.*



*Helen is mum to Finn, aged five, and twin girls, Willow and Bree, aged one. Helen is married to Matt, and is the North Canterbury contact for Multiples Canterbury.*





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double the *hugs*,  
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## National Training Forum

Saturday 19<sup>th</sup> and Sunday 20<sup>th</sup> October 2019  
Brentwood Hotel, Kilbirnie, Wellington

**PURPOSE:** To strengthen Clubs, Club Committees and Club Volunteers so that they can better support our families in their local communities.

**AUDIENCE:** Club Committee members and Volunteers

**Saturday**  
Facilitated by  
Kerri Tilby-Price, Exult  
Gala Dinner & Volunteer Awards

**Sunday**  
Annual General Meeting  
Networking

Registration Fee: \$350

Information:

<http://multiples.org.nz/index.php/news-events/conference>





# National Training Forum Programme

Multiples NZ Executive present the 2019 programme for the second annual national training forum.

*The Multiples NZ Executive is looking forward to hosting you all at this year's National Training Forum. The value of meeting face to face, sharing struggles and celebrating successes is immeasurable. We have put together a simple programme that has space for learning, for networking, for idea sharing, for healthy debate about the future, and of course, the all important FUN!*

## Saturday

- Registrations
- Welcome, Introductions and Overview
- Morning Tea
- Roles and Responsibilities
- Lunch and room check in
- Sustainable Volunteering – growing great volunteer teams
- The Biggest Impact
- Wrap up
- Gala Dinner & Volunteer Awards

## Sunday

- Breakfast & check out
- Trends in volunteering
- Sharing our successes
- AGM
- Fundraising & Grants: Strategies that work and the fundamentals to get right
- Lunch
- Break out groups on key topics
- Afternoon tea
- Sharing
- Wrap up & farewell
- Networking & Airport Transfers

We want people to stay onsite to maximise networking. This is a great opportunity to get some 'Me Time'. Our registration fee includes airport transfers, one night's accommodation (twin share at the Brentwood Hotel), a Gala dinner ticket, all meals including a cooked breakfast and, most importantly, a professional development opportunity for you personally and your Club.

**Register here:**  
[bit.ly/30o6Bc5](http://bit.ly/30o6Bc5)

**Cost: \$350**

This includes the cost of the workshop material for both days, meals (including the Gala Dinner on Saturday and a hot breakfast on Sunday morning), and shared accommodation for the Saturday evening (you can pay extra to have your own room).

## Comments from 2018 National Training Forum Attendees:

*"I couldn't get enough of Kerri Tilby Price! More of her next year she was brilliant!"*

*"It was what we needed - for our club at this point in time. We are all on a high and we are now pulling lots of what we talked about into our club. We have lots of new fresh ideas."*

*"I liked the flow of the event, it was really well executed. Really valuable information was shared. I liked how the presentations were relevant. None of it felt like a waste of time or money. Meeting people face to face that you liaise with frequently was awesome. The sense of unity to know everyone has the same challenges and being able to learn from other clubs."*



**Facilitated by Kerri Tilby Price**

*"I learned so much information about being on a committee as a relatively new committee member it really gave me so much knowledge. This has given me the confidence to make decisions in my role and as part of the committee to benefit the club."*

*"I'm a new volunteer and this National Training Forum has pretty much cemented the fact that I will be a volunteer in some capacity for life. Loved it!"*



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## 6th Annual Volunteer Awards 2019

### Help us say thank you

Nominate a volunteer who has made  
a difference for our families

### Categories

- Volunteer of the Year
- Community Dedication
- Emerging Volunteer of the Year
  - Club of the Year
- Support Person of the Year

Nominations close  
1<sup>st</sup> September 2019

Congratulations



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
- Young Parents of Multiples NZ
- Multiples NZ Public Page
- Multiples NZ National Training Forum Event Page

In addition to these pages, we also support these externally administrated groups:

- Single Parents of Multiples
- Dads of Multiples
- NZ Multiple Birth Buy & Sell
- Multiple Birth PND Support NZ

To support our committees we also have these role specific groups:

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



**Multiples NZ**



**@multiplesnz**



**@multiplesnz**

## Making Fundraising Events Worthwhile

Kerri Tilby-Price (Exult) explores methods for fundraising. *This article was previously published online June 2017.*

*We all know that organising a fundraising event takes a lot of time, effort and energy. So, if you are going to go to the trouble of organising something, you want to make sure that you will be able to repeat it over and over again. The first time around it's hard, but the next time around it's easier – if you keep these things in mind.*

### Research

Just because you think it's a good idea, doesn't mean everybody else does. There are times when you need to grab an opportunity and run with it – but big fundraising events need to be well researched to ensure they are viable first. Talk to people who have run similar events in different cities – what worked well, what mistakes did they make, and what would they do differently next time?

### Resourced

When we talk about resourcing, we're talking about both money and people. Trying to create a big fundraising event without plenty of people to help, will only cause burn out in the long run. Even if you

think you are super-human, resist the urge to plan a huge activity all on your own. Plan an event as big as your people power will allow and then make it bigger next year.

Likewise, while it is possible to create a fundraising event with very little budget, it is difficult and exhausting. Make sure you have a realistic budget to plan your event from the start. Remember, it takes money to make money.

### Rewarded

Your fundraising event must reward you financially, but it must also reward your volunteers with a sense of achievement as well. If all they feel at the end of an event is worn out – they won't be back to help out next year. Make sure both your volunteers and your organisation get back what they put in. A thank-you goes a long way!

### Recorded

In theory, fundraising events are supposed to get easier each time you do them, but that is only the case if you record the details so you have a plan to follow. Make sure you write down all the important contacts, sponsors, and

information so that you don't have to re-invent the wheel next time around.

### Reviewed

Having a debrief shortly after the event is essential. What worked well? What would you do differently next time? What were the unexpected challenges or rewards? It is important that this review happens very quickly after the event, while things are still fresh in your mind.

### Repeated

Provided you have got the first 5 'R's right – fundraising events can be repeated over and over creating an ongoing and reliable source of income.



Read more at:

<https://www.exult.co.nz/articles/>

# Fundraisers



# Club Fundraiser Ideas from our Multiples Clubs

Multiples NZ asked our clubs from around New Zealand to share their ideas for fundraisers they have had recently.



**LIGHT HOUSE PAUATAHANUI**  
 3 PAKAKARIKI HILL RD  
**SUNDAY 9TH JUNE 7.30PM | TICKETS \$20**  
**ARRIVE FROM 6PM FOR NIBBLES, RAFFLES & SILENT AUCTIONS**  
**FUNDRAISING FOR KAPIMANA MULTIPLES**



**multiples**  
 Auckland North  
**Babies**  
**"Nobody puts Baby in the corner"**  
**Grab some friends and join us for this year's fundraising film.**



**Thursday 18 October**  
**7-11pm**  
 Bridgeway Cinema  
 122 Queen Street, Northcote  
**Tickets - \$25 each**  
 includes goody bag and a drink (wine/beer/other)

**CHARITY PUB QUIZ & RAFFLE**

**\*PRIZES FOR 1ST, 2ND & LAST\***

The GOOD HOME have been kind enough to host with 100% of the proceeds from tickets and raffles going to Multiples Taranaki.

**TICKETS = \$10 EACH**  
 PLATE OF NIBBLES FOR EACH REGISTERED TEAM

RSVP your team of 6-8 players to [taranakimbc@gmail.com](mailto:taranakimbc@gmail.com) or to the facebook event on Multiples Taranaki Community Page by Nov 5

**over \$1000 in prizes!**

**7PM. MONDAY, NOV 12**

**Multiples Hawkes Bay/Sileni Estates Wine Fundraiser**

Sileni Estate is offering a fantastic range of their wines, at very competitive prices, for Multiples HB to sell to friends and family.

For every case of wine sold (12 bottles) Sileni Estate will donate \$40 to Multiples HB. Please note that the wines can be bought by the bottle or by the case.

This is a great chance to stock up on some high quality wines before summer or to get some early Christmas gifts sorted!

Wine order will be taken from October 15th until November 4th.

And this year, as an extra incentive, each order received from our Multiples HB members will go into the draw to win a Weekend Hamper. The more orders you get from friends and family, the more chances you get to win this great prize.

The order form is available on the Multiples HB Facebook page or the form can be requested from Ashleigh Lumb ([ashleigh\\_lumb@outlook.com](mailto:ashleigh_lumb@outlook.com)).

Please share the details of this with your friends and family to help fundraise for the club.

**Karma Keg Fundraiser**

Multiples Canterbury is Fundraising with Karma Keg and Eagles Brewery  
 A great socialising event and way to meet other parents of multiples

**Saturday 25th May 2019**  
**From 3:00pm - 5:00pm**

**Moon Under Water**  
 152 Somerfield Street, Christchurch  
 03- 331 8001

**MULTIPLES CANTERBURY**

# Boost Your Fundraising

Successful fundraising requires a lot of little actions, pieced together in a compelling way. Sometimes it takes just one small tweak to lift your fundraising to another level. *This graphic was previously published in the Exult Tonic Club E-Letter #294 July 8 2019.*

## 24 WAYS TO BOOST YOUR FUNDRAISING IN 30 MINUTES OR LESS

- Ask your current donors to spread the word on your behalf
- Ask for a donation from the person you've been too scared to ask
- Add a wish-list of equipment and resources to your newsletter and website
- Lead by example and become a regular giver yourself
- Follow-up with an 'almost there' donor
- Use your Email Signature to promote a current fundraising campaign
- Review your Case for Support
- Update your website so that potential supporters are seeing accurate, up-to-date information
- Make a donation to another organisation and learn from how they respond and thank you
- Phone a recently lapsed donor to thank them for their support
- Create a 'thank-you box', so that you always have cards on hand to thank donors in a timely way
- Find out who your biggest donor is
- Create a prospect list of ten people you could approach for donations this week
- Invite both current and potential donors to visit your programme in action
- Find out which of your regular donors have been giving the longest
- De-jargonise your Vision Statement
- Ask a current donor why they give
- Ask those closest to you for a donation
- Record a new client success story
- Talk to the Board about the importance of Trustee Giving
- Reflect on your current fundraising strategies to review what's working well and where you need to improve
- Visit your programme in action to get re-energised about your cause
- Talk to staff about regular giving
- Research a potential donor online



Successful fundraising requires a lot of little actions, pieced together in a compelling way. Sometimes it takes just one small tweak to lift your fundraising to another level.



## 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](http://www.dnadiagnostics.co.nz)

# DNA Diagnostics

## GLOBAL WAVE OF LIGHT

HONOURING THE LIVES OF OUR BABIES WHO ARE LOST AS A RESULT OF MISCARRIAGE, STILLBIRTH OR NEWBORN DEATH

October 15 is International Pregnancy and Infant Remembrance Day and concludes Baby Loss Awareness Week. To honour this day, and the babies that our whanau have lost too soon, join the rest of the world in the Global Wave of Light.

If you wish to participate, light a candle at 7pm and keep it lit for at least an hour. Take a moment to remember and reflect as the wave of light moves around the world.



Sands

Sands NZ is a voluntary, parent-run, non-profit organisation set up to support parents & families who have experienced the death of a baby at any stage during pregnancy, as a baby or infant. If you need their support you can find more information here: <http://www.sands.org.nz>



multiplesnz



# Becoming a Volunteer With MultiplesNZ

Kirsty Saxon (MultiplesNZ) shares the benefits of being a volunteer with MultiplesNZ.

*Multiples NZ will forever be grateful for the many hours that volunteers give to supporting families with twins and triplets and more throughout New Zealand.*

Finding good volunteers is a massive undertaking for those involved with MultiplesNZ at both national, and club level. This directly impacts on our organisations' ability to do our job well, and to provide support for our families.

This October we celebrate our volunteers with the annual MultiplesNZ volunteer awards (see more on page 26). The purpose of these awards is to highlight the volunteer effort required to support families with multiples in New Zealand. The awards recognise individual achievement, while publicly acknowledging all voluntary effort. These awards are an opportunity for members, clubs and Multiples NZ to publicly express thanks to our volunteers.

It is an enormous task to be a volunteer, when you are already a busy mum or dad with multiples. But because we have a passionate and dedicated number of people, it makes it all easier. As they say, the more the merrier.

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find it both challenging and rewarding.

## Reasons people choose to volunteer:

- Give something back to an organisation that has impacted your own family
- Make a difference to the lives of others
- Help others less fortunate or in need of advocacy
- Feel valued and part of a team
- Spend quality time away from work or a busy lifestyle
- Gain confidence and self-esteem

Volunteering can be a route to employment, or a chance to try something new which may lead to a career change. From this perspective, volunteering can be a way of:

- Gaining new skills, knowledge and

experience

- Developing existing skills and knowledge
- Enhancing your CV
- Improving employment prospects
- Using your professional skills and knowledge to benefit others

For others, volunteering appeals because of its social benefits. These include:

- Meeting new people and making new friends
- A chance to socialise
- Getting to know the local community

## What should I do if I've decided to volunteer with MultiplesNZ?

Most of our volunteers began volunteering at club level. So the first port of call would be emailing or connecting with your club president. There are tons of ways you can help out at club level—for example helping with fundraisers, club events, publications, being a buddy for new families, and more.

You may have specific skills which could be helpful. The great thing about volunteering with MultiplesNZ is if you're passionate about it, we can find you a job. We might not know what it is just yet, but we have one for you!

Talk to other volunteers and committee members about their experiences to give yourself an idea about what has been happening within your club, and what is planned. Don't be shy. We would love to have you!



2018 Club of the Year—Multiples Canterbury

# Guide to Successful Grant Applications

Before you make your next grant application, check out Exult's top tips for success. *Previously published online 27 July 2017.*

*No two funders operate in exactly the same way, but there are several things that they have in common. Most importantly, they all want to make the biggest impact they can with the money they have available. It's your job to convince the decision makers that you're the right organisation to help them do it.*

## Know What's Available

There are many well-known funders in New Zealand, but equally there are many funding bodies that fly under the radar. For your best chance of success, do your homework and make sure you know what all your options are. The Exult Tonic Magazine is a great source of funding information.

## Be Aware of Criteria

Every funder has a set of criteria which determines which organisations, projects, programmes and expenses they will fund. In most cases, they will have areas or sectors of the community which are given priority, and then some restrictions around the type of expenses that can be funded.

Be aware that the funders criteria have been carefully considered and regardless of how good your cause is, you can't simply 'massage' your organisation to fit. Instead of submitting lots of applications that loosely fit criteria, decide to focus on only the ones that have a great fit.

In recent times, one of the biggest changes to criteria has been in relation to wages. Traditionally, wages have often been difficult to source, but many funders have relaxed their rules on this. While they may not include wages expressly as an option, many say that they will fund operational costs. If you can prove that wages are an essential cost of operating, you may well be considered.

## Apply Early

Most funders have a funding advisor who reads the applications, makes recommendations and then passes them on to the decision making committee. The advisor is also responsible for liaising with community organisations, so that your applications have the best chance of success.

While you are allowed to submit applications right up to the last minute, it is in your best interest to apply as early as possible. This gives the funding advisor an opportunity to consider your application and come back to you with any questions or points that need clarifying before the deadline is reached. If your application arrives on their desk 5 minutes before close-off, there is no opportunity for improvement before your application gets passed through. It is also important to realise that some funders start preliminary granting as the applications come in. If you leave your application until the last minute, you may find that all the money has been distributed before your application even arrives.

## Build a Relationship with the Advisor

Many people believe they could get more funding, if only they had a chance to speak to the decision makers directly. Unfortunately every organisation wants this face-to-face time and in most cases it's simply not possible to accommodate every request.

That said, the funding advisor is the person who can 'go-into-bat' on your behalf. They are your best advocate when it comes to selling your organisation, your project, and your ability to make it happen. Get to know the advisor, keep them in the loop with your successes, and listen to their ideas and suggestions. They will be the one sharing your message with decision makers, so give them every opportunity to share it in the best possible light. One of the simplest ways you can start

building a relationship with funders is to attend funding forums and expos where they have a presence. Even if you have heard it all before, showing your face, asking relevant questions and taking the opportunity to thank them for past support will make a difference.

## Provide Up-to-Date Documents

Many organisations have a 'Funders File' where they keep documents most commonly requested by funders. While this is a great idea, it is essential that you regularly review the folder and ensure that the documents are accurate and up-to-date. Simple things such as contact details and current trustees are often overlooked, and out-of-date information can hold up, and at times jeopardise, the whole process.

## Submit Complete Applications

While it is not always obvious why specific information is required, it is important that you answer every question asked on the application form. Empty spaces suggest you haven't done your homework or lack the organisational skills required to get the job done.

If a funder states that you are not to include additional information, then take their word for it and leave it out. Not only will it not be read, they will be annoyed by your inability to follow instructions. However, if a funder invites additional information by all means include it. Just be sure that you summarise your response on the form itself, and clearly index the information that relates to that question. An answer of 'see attached' is not enough.

## Ensure Mission Centred Projects

When you are really strapped for cash it's tempting to create a specific project, just because you know there is



funding available. Don't! Not only is it an ineffective way to run your organisation, it is unlikely you will receive funding anyway. Funders are only interested in supporting projects that will help you further your mission, so stick to your plan.

If you are trying something new, be sure to explain why you're doing it and how it fits into your wider strategy. Funders like innovative projects, but they need to understand how it fits with the bigger picture of what you are trying to achieve.

## Explain Finances

While most funders recognise the need for you to keep some money in reserve, large nest-eggs will undoubtedly be questioned. If you have more than 12 months operating budget in your accounts, make sure you explain why it is not being used to support the project in question. Funders understand that money can often be tagged for future activities; you just have to let them know when that's the case. Likewise, if your organisation is in financial difficulty, it is important to explain how you got into that situation, how you intend to rectify it, and what plans you have to remain financially stable in the future. While funders do not expect you to be making a corporate sized profit, they do expect you to operate as a solvent organisation.

## Be Concise

Say everything you need to get your point across and then STOP. Simple bullet points using everyday language are far more effective than long-winded explanations full of fluff and jargon. Using infographics to present metrics and statistics can be a useful way to summarise important, but sometimes confusing, data. Check out [www.piktochart.com](http://www.piktochart.com) or [www.canva.com](http://www.canva.com) for some easy to use templates.

## Demonstrate Need

Funders are looking to finance needs not nice-to-haves, so it is important to explain why this item/project/programme is so essential for your organisation and why your organisation is so essential in the community. How will the funding of this application help you meet a genuine need in your

community? If it is a real and urgent need, explain what has happened in your community to make it so. How has your community or organisation changed? How has recent government decisions affected your organisation or the community it serves? Why is this project or item a need in your community now, when it may not have been 12 months ago?

One way to demonstrate need is to consider what the impact would be if your organisation didn't exist. However, be careful how you express this kind of thinking as sometimes it can appear desperate and sensational. It is more effective to focus on your strengths and the positive difference your organisation makes.

## Highlight the Depth of Impact

Working in the community is like dropping a pebble in a pond. There are some instantly recognisable benefits, but the impacts often reach further than what is seen on the surface. When describing your outcomes, make sure you highlight the true depth and breadth of the impact.

In explaining your impact, a useful question to consider is 'If your organisation was doing everything right, what would your community look like as a result?' This question forces you to think past the services you provide and on to the outcome you are ultimately trying to achieve.

## Give Funders 'Bang for their Buck'

Like most people, funders want to get the most value they can for their investment. Let them know how funding your project or programme will be a good investment in the long term. Are you collaborating with another organisation, therefore reducing the cost of running two separate services? Will you make the equipment, resources or facilities available for use by other groups? If you can demonstrate that the benefits will be seen outside of your own organisation and clients, this will have a positive impact on your application.

## Be Accountable

Put simply, if you haven't returned your accountability reports from last time, you will not get funding this time

around. Make sure you send in your accountability statements on time, in the right format and without being prompted. It really does make a difference to future applications.

## Provide Letters of Support

If you are a new organisation or your project could be considered a little unusual, make sure you demonstrate that you have wide community support. This can be achieved by including letters of support from other organisations or agencies, particularly those who already have a good reputation in the community and a strong history with the funder from whom you are requesting funds.

## Choose your Trustees Wisely

Like it or not, the reputation of your trustees reflects on your organisation – both positively and negatively. Avoid recruiting trustees just so you can get 'bums on seats' and instead look for people who have a strong reputation and can make a genuine contribution to your organisation. Make sure you have a code of conduct in place for your trustees *before* you need it.

## Funders always open for applications

There are over 700 funders in New Zealand, many of which are always open for applications. This is by no means an exhaustive list, but it does include those funders that cover a large geographical area or a wide reaching criteria. For a more comprehensive list, check out the Fundview database at [www.fis.org.nz](http://www.fis.org.nz). While every effort has been made to ensure information given is correct at the time of publication, funding availability and other details may change frequently. Always check with the funder before planning your applications.

**See the full list of funders who are always open here:**

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

# Multiple Perspectives: What support do multiple birth families need to live happy and healthy lives

Carolyn Lister from ICOMBO (icombo.org) & Multiples Canterbury shares a new report from the University of Melbourne. Published 27 May 2019.

*Twins, multiples and their families face significant challenges arising from twin and multiple pregnancies, births and the first five years of life.*

These include higher rates of pregnancy-related complications, pre-term and low-birthweight babies, and mental conditions such as post-partum depression and parental stress that can put long-term pressure on the whole family. In addition, ongoing difficulties with multiples' health and development can result in a larger financial burden for parents of multiples than parents of singletons. Challenges include lower than average income, material deprivation and a slower return to work for mothers of twins and multiples.

Misunderstandings of zygosity assignment and its emotional impact on multiples and their families have also been stressed in the literature. However, there is little existing evidence-based knowledge of these issues in the Australian context, leading to an underestimation of the struggles of these families.

The rate of multiple births (twins, triplets and above) has continued to rise worldwide over the past three decades. These families face significant challenges from pregnancy through birth and the first five years of their babies' lives. However there is little existing evidence-based knowledge of these issues leading to an underestimation of the struggles of multiple-birth families and inadequate support for them.

This first-ever international discussion paper is a collaboration of multiple-birth agencies:

Twins Research Australia, Twins and Multiple Births Association (UK), Australian Multiple Birth Association, and the International Council of Multiple Birth Organisations. This collaboration has brought together the experience and expertise of the many stakeholders in multiple-birth healthcare including parents, community organisations, health professionals, researchers and educators.

The discussion paper is a compilation of case studies and opinions collected from these key stakeholders. It aims to identify the difficulties facing multiple-birth babies and their families, the gaps in our current knowledge, and the way forward to address these gaps.

## **Some of the increased pregnancy and birth risks facing multiple-birth families are:**

- Women with multiple pregnancies are more prone to pregnancy complications, for example anaemia, bleeding, high blood pressure and diabetes occur two to three times more frequently in twin pregnancies and even higher in triplet pregnancies.
- The rate of babies dying during pregnancy or in the first month after delivery is at least three times higher in twins and higher in triplet pregnancies.
- Cerebral palsy is 20 times more common in triplets.

- The risk of premature birth before 28 weeks is 10 times higher in twins and 30 times higher in triplets.

## **Ongoing difficulties being faced by multiple-birth families include:**

- Lack of awareness of the greater parenting stress associated with multiple births, particularly where one or more baby has special needs.
- Significantly increased family financial stress due to increased medical and other costs and less earning capacity as a result of increased time demands for child caring.
- Increased risk of social isolation, anxiety and depression among multiple-birth mothers.
- Inadequate bereavement support when one or more babies do not survive.
- Significant variability in the quality of medical and health advice relating to multiple pregnancies, births and child development.

## **Other difficulties in first five years of infants' lives:**

- Possible developmental delays e.g. speech, language, learning, social and cognitive.
- Unique educational considerations e.g. age of school entry; to separate or not in the classroom.
- Possible special needs and

disability with one or more infants.

### Six Multiple perspectives

The report provides recommendations for action in the areas of research, education, policy and practice. It has identified three priority areas for urgent action:

- The development of policies to tackle the financial disadvantage experienced by multiple-birth families;
- The need for further research to more precisely understand the unique physical and mental health concerns of these families;
- Improved education for health professionals and parents.

The collaborators' next steps are to prioritise recommendations and actions, seek research funding, and engage with government, health services, education providers, researchers and research funding organisations.

In taking these steps, it is hoped to support health services and professionals to better meet the needs of multiple-birth families and to provide much improved outcomes for them.



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

#### Read the full report here:

<https://www.amba.org.au/organisation/about/amba-news/discussion-paper-2019>







**multiplesnz**

## Club Member Discounters

Brolly Sheets 



 EasyDNA

phil&teds<sup>®</sup>

MERINO KIDS<sup>™</sup>  
*the natural choice*



sleepytot<sup>®</sup>  
A helping hand in slumberland

 Small Babies

 babybundles  
Keeping Baby Warm



GrafixArt  
decals/murals/signage

 puddle jumpers  
Outdoor Clothing For Kids

 Bugalugz

BANZ<sup>®</sup>  
Carewear for kids



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](http://www.multiples.org.nz)



**multiplesnz**

## Multiple Matters Subscription Offer

You can now subscribe for a printed copy delivered to you at [multiples.org.nz](http://multiples.org.nz)

Four seasonal issues delivered for only \$25!

**Multiple Matters**  
The official magazine of Multiples New Zealand



## 'HOW TO' LOGIN TO THE MULTIPLES NZ WEBSITE

1 Open up the Multiples NZ website ([www.multiples.org.nz](http://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'.

**Multiples Clubs**

**NORTHLAND**

**Far North**  
Contact: Kirsty Saxon  
021 128 4719 • kirstysaxon@hotmail.com

**Whangarei**  
Contact: Terri-Lynn Mitchell  
(09) 434 0032 • 027 725 1131  
bandtmitchell@xtra.co.nz

**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 • 09 299 9291  
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@xtra.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 \***  
Breana Bottrill  
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: Katy Muggeridge  
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)  
President : Aimee Johnston  
021 143 4450 • mulcanpresident@gmail.com

**Ashburton** Part of Multiples Canterbury

**Kaikoura** Part of Multiples Canterbury

**South Canterbury Region (Timaru)**  
Part of Multiples Canterbury  
Local contact: Kelly Thomas  
Kelly.thomas@outlook.co.nz

**OTAGO**

**Multiples Otago\***  
Liz Campbell  
president.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  
gwendolooony@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**

**Upper North**  
(Northland, Auckland—all 09 numbers)  
Jessica Zame  
(09) 528 0613 • 021 242 8201  
0800UpperNth@multiples.org.nz

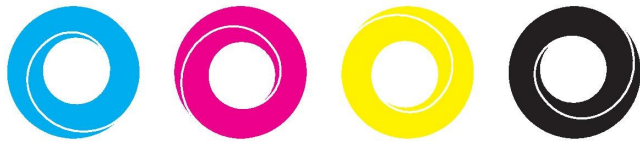
**Central**  
(Waikato, BOP, Central Plateau—all 07 numbers)  
Jessica Zame  
(09) 528 0613 • 021 242 8201  
0800UpperNth@multiples.org.nz

**Lower North**  
(Taranaki, Hawkes Bay, Manawatu, Wairarapa, Wellington—all 04 & 06 numbers)  
Fiona Purchas • (04) 938 3933  
0800LowerSth@multiples.org.nz

**South Island**  
(All of South Island—all 03 numbers)  
Jacqui Newell  
(03) 347 4587 • 021 154 3141  
0800Sthls@multiples.org.nz

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 your number for your clubs, so please use it as often as you like!





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Multiples New Zealand

PO Box 1258, Wellington

0800 4 TWINS ETC (0800 489 467)

[www.multiples.org.nz](http://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 International Multiples



Sebastian, Julian & Dominik, Tauranga via Poland



Amelia & Elizabeth, Auckland via Samoa



Lani & Ash, Whangarei via Samoa



Ariella & Isabella, Auckland via Sri Lanka



Alex & Simon, Matakana via Canada



Emma & Kaori, Nelson via Japan

Supporting families of multiples