

MULTIPLES AOTEAROA

The official magazine of Multiples New Zealand

Te Takitini o Aotearoa



Spring · 2020

multiplesnz

Te Takitini o Aotearoa

Tween & Teen

Multiples

Tween & Teen Multiples from around New Zealand



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Multiples NZ

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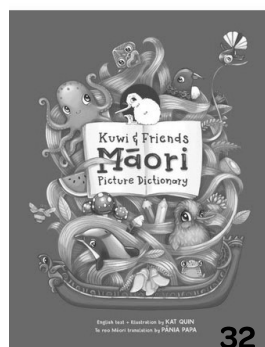
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Rural babies: Samantha and Kaylee on their first day at intermediate – Nelson, New Zealand.



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DNA Diagnostics

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Editorial

What just happened?

Kirsty Saxon (Multiples NZ Executive & Multiples Canterbury), Mummy to Xavier and Lilian (6), and Ruby (9).

Poipoia te kākano kia puawai

Nurture the seed and it will blossom

This whakatauki talks to the importance of nurturing our children. The aroha (love) and mannaaki (care) we put into their lives will help them blossom into extraordinary human beings. We have a great responsibility as parents to help our children grow and mature into kind and caring teenagers and adults, which can often seem a daunting task in the day to day grind of raising multiples (and often their siblings)!

This issue is all about older multiples, and we are very lucky to have several contributors who have already navigated the tween and teen years with their children. My journey on that path won't be too far away, our eldest will turn 10 in March. Thankfully our twins still have a while to go at six! We can practice on their big sister first.

This year has been a roller coaster of events and emotions, but at the heart of our lives we have had each other to get us through the challenging moments. A well known proverb I often go back to is: "The days are long but the years are short." I am sure every parent of multiples can relate to this. My husband and I often talk about how one day all of this noise and chaos will be over, and are wondering how we will cope after the mayhem of raising our three energetic and opinionated children. That day still seems like a life time away at present, so we will just have to keep treasuring these crazy years as we go.

Each month I am excited to read the nominations for Volunteer of the Month. It is a very difficult decision for the Executive to choose the winner each time, as we have so many caring and dedicated volunteers in our multiples community. I am pleased we get to share the nominations in the magazine, as well as celebrate our winners. The

winner of each month will go into our Multiples NZ Volunteer of the Year. This is judged by an outside panel and each year we have amazing nominees. You can make a nomination for the Volunteer of the Month at:

www.bit.ly/3gp7UyP

Our Annual General Meeting is coming up in November. This is a great time to think about if you would like to become involved with volunteering for Multiples NZ at a national level. Many of our Executive began their journey by volunteering with their local clubs, before taking the opportunity to further grow and develop their skills and knowledge at the next level. If you think you might be ready to take the plunge, please email our president Heather Ben to talk about what opportunities are available. I know all of our exec members can vouch for the immense fun and satisfaction our roles give us.

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

Kirsty



Lilian & Xavier - Methven

President's Report Spring 2020

Heather Ben (Multiples NZ Executive & Multiples Counties-Manukau) shares her Spring update.

The days are definitely getting a bit longer (daylight hours that is). We are now full swing into our winter sport, and I am quite pleased we had a bit of a delay and missed some of the most miserable weather. Those sidelines can get pretty muddy and cold. As I think of this, I know we have many years ahead of us as our twins get older and more involved.

This magazine focusing on older multiples is of great interest to me and I will be gathering and storing away all the pointers as we head towards tween and teenage years!

Multiples NZ would usually be in full flight with preparations for our National Training Forum, instead this year we are learning to pivot and adapt. We are working on bringing together online events for our Volunteer Award Announcements, AGM and also looking at options to celebrate our 40th Birthday. The very first conference of NZMBA now known as Multiples NZ was held in 1980 in Palmerston North. Throughout the last 40 years our clubs and organisation have been completely volunteer run (though this has recently changed with the appointment of our new Administrator), without volunteers we would struggle to support families out in the regions. Our Clubs and the volunteers that run them are incredibly important and we want to make sure that although we can't be together we still have an opportunity to

connect to work through our issues and celebrate our successes.

Feeding Your Multiples

Multiples NZ after many years of work are very proud to have our new resource available for all. Feeding Your Multiples is a complete guide for from breastfeeding to starting solids. See the promotion over the page. These have been distributed to your local clubs or are available on our website. <https://multiples.org.nz/shop/>

One way that Multiples NZ empowers families is with the provision of well-researched, credible, NZ-specific resources that focus on the most technical elements of being a family with multiples. One of those elements is feeding. It has taken many years for Multiples NZ to put this resource together and that's evidence of the level of care we have taken to ensure the material is what our families need to successfully and confidently feed their children. The feeding resource will become one of four Multiples NZ resources that are available to our families.

WINZ Home Help Grant – Multiple Birth Criteria

For families who qualify through the Multiple Birth criteria of the WINZ Home Help grant, **this benefit is not means tested**. You are most likely eligible under this criteria if:

You (or your partner) have given birth to twins or adopted two children from the same pregnancy and have another child in your care under the age of five years-old OR

You (or your partner) have given birth to or have adopted triplets, or higher order multiples (you do not have to have another child in your care to qualify). You (or your partner) must be a New Zealand citizen or permanent resident, AND you must normally live in New Zealand and intend to stay here.

Parents who have given birth to, or have adopted, twins can get 240 hours to be used within 12 months. Those who have given birth to, or adopted, triplets or more, are entitled to 1560 hours, to be used within 24 months. Home Help is granted from the date that the babies are born if they are born at home, or from the date that they are discharged from the hospital.

You may use your allotted hours in any way that suits your family needs, i.e. short term full-time help, or longer term part-time help. However, there is no further entitlement once the hours are used up or once the maximum period has ended.

For information on payments and the forms required visit our website - <https://multiples.org.nz/government-assistance/>



If the home help is provided by an agency that is GST registered, GST will need to be added to the total payment amount. The home helper is responsible for paying his/her own taxes and ACC levies to IRD. In some circumstances, the



President's Winter Report (continued)

home helper may also receive financial assistance towards his/her travel costs.

Management, a passion for helping people and want to give back to our multiples community?

discount codes within the Members Only section of our website. Access details to the Members Only section are available through our Multiples Clubs. See page 33 of this magazine for a full list of our discounters.

JOIN OUR TEAM

Please contact me for information about positions available with Multiples NZ at a national level.

As always, you can contact me via email at:

president@multiples.org.nz

I would love to hear from you.

Vacant Positions with Multiples NZ

- Have you been watching the work at Multiples NZ and thought it might be fun to get involved?
- Do you have experience with Governance, Change

Member Discounts

The Multiples NZ business discount programme continues to be a valuable benefit of membership and our Administrator, Penny Wallace-Patterson (info@multiples.org.nz), works hard to keep details up to date and add more businesses to the list. We do need to protect these discounters because of their value, which is why we maintain the

Heather is mum to seven year old twins—Cameron and Kaitlyn, as well as ten year old daughter Amelia. The family live in Karaka, Auckland.





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Updated Multiples NZ Resource Feeding Your Multiples

NOW AVAILABLE!



Your complete guide to feeding your multiples, from newborn to starting solids.

A great source of multiple specific feeding information.

Order Online at multiples.org.nz or ask your local club for your copy. \$10.50 incl postage

Where has the Time Gone?

Vanessa Howell (Alumni member Multiples Clubs in the United Kingdom and the United States) tells us about life in the teen multiple years.

Hiya, my name is Vanessa and I have boy and girl twins who will be 19 this September ... where has the time gone?

We have lived in New Zealand for the past six years, before that we lived in Michigan in the United States midwest, moving there when the twins were 18 months old! They were born in the UK following three rounds of IVF (in vitro fertilisation). We moved to the United States after my husband was offered a job there. He came home from work when the twins were a year old and said if he got an interview. He said it would mean a chance to go to the United States for the weekend and come back with some duty free. My addled brain at the time never really thought about the consequences of actually getting the job and moving there!

Our twins were late walkers but "wonderfully" for me, they learnt to walk and run the week before we got on the plane to move. I lost count of the number of times we were up and down the plane.

Where do I start? You all know having multiples can be a whirlwind, especially in the early years. But as they get older new issues start to appear. When they started school in the US, kindergarten was only a half day so they were in the same class.



Then from first grade they were separate. This worked well for me as it meant they were not lumped together as twins and had a chance to make different friends. I worked as a noon aide/lunch lady/ recess person at the school so it meant I could keep an eye on them! It quickly became apparent that even though they were in different classes they constantly compared what they were doing and what grades they were getting. They have been ultra competitive ever since. If one of them got an A- on a topic the other had to get an A. This has continued on right through NCEA (National Certificate of Educational Achievement (NCEA) is the official secondary-school qualification in New Zealand). These comparisons are now also happening at university. Because they grew up together, and had the same inputs they have quite similar interests now. They are both studying Politics at Victoria University in Wellington, one with philosophy and one as part of a communications degree. They are both heavily involved in politics, but they support different parties so that has led to some interesting dinner table discussions and some friendly campaigning rivalry. I am not sure what they will do about this upcoming election!

Growing up they were both in Scouts - my daughter was an honorary boy scout in the United States as they did not allow girls to join and she thought the girl scouts and the things they did were lame in comparison to the boys! They both learnt to snowboard and would race each other down the slopes. They also both took up sabre fencing, my daughter doing it more because my son pestered her as he needed a training partner. I have lost count of the number of times I had to watch them fence each other for the gold medal at a competition. It was great to know that one or other of them would win, but not so great to have to face the drive home in the car afterwards with the loser too. At Cashmere High school they were on the same debating team and this was a great way to work together instead of being competitive. But I did feel a bit sorry for their third team member, as

they had to keep up with the twin thought processes and shorthand they had developed between the two of them. Despite their competitiveness and similar interests, I have always tried to treat them as individuals. I am not going to lie, it was convenient that they did the same sports and after school activities as it meant a bit less Mum taxiing around. But they also did a fair bit of stuff alone. I think the move here from the US just before they turned 13 would have been a lot trickier had they been singletons, but having that other person to lean on during the move made it a bit easier for them. I think this has repeated itself with their move away from home to University. Although they don't rely on each other and live in separate parts of the city, knowing that their sibling is there is a big help to them. They sent me a picture last week of the two of them when they bumped into each other at a political event in the city and I think it's great that they can do things like that.

I do feel a bit sorry for my family as we moved when the twins were so little. This meant they did not get a chance to see much of us as the twins were growing up. We just had trips every couple of years, and this has been made worse by moving even further away. Of course, with the invention of technology, Facebook and Skype have made the distances seem much smaller. But I still am acutely aware that my two have not really got any sort of bond with their grandparents or cousins which I think is pretty sad.

With them moving away in February for University, this has meant the start of having an empty nest for me and my husband which is a bit weird. We went away for a few days to explore a bit of the South Island. We were just getting used to less washing and lower electric and food bills when lockdown happened. Our kids got thrown out of their University halls and had to come back home for quite a few weeks. They have left again now, but I find it very strange to not have them here. I keep cooking too much food, so



have lots of leftovers. But on the upside, I only have to do two loads of washing a week which is wonderful. Weekends where I used to be ferrying them to their part time jobs or sports or friends are now much emptier. But this means I have been able to catch up on my reading, but I do miss the busy life with kids.

My kids would say they don't think it's special being a twin but I know they have a unique bond and probably a lot of shared secrets. I'm pretty sure they have covered for each other a few times when things needed it (something a friend might not do). Although they can fight and argue like cat and dog, when my daughter had to have an operation for her endometriosis, my son was a lot more concerned and caring than I thought he would be. Then when my son went to France for a three month exchange last year, my daughter was a bit lost without him for a while. Obviously with them being boy/girl twins, once they got past being babies and toddlers, people could distinguish them easily. So we got past the "are they twins?" questions quite early on thankfully. At high school when they had a class together, the teacher took more than a term to realise that they were

siblings.

My best bit of advice for parents of multiples as they grow up ... things don't necessarily get easier, they get different. Yes, eventually the sleepless nights and spoon feeding give way to school and making friends, but that in turn gives way to letting them go into town to the pub or going to parties, and even learning to drive. So a whole bunch of different types of things to worry about. Instead of pairing up socks, you count how many different brands of condoms you find on your son's desk ... and instead of wondering what after school healthy snack to make, you have to drive them to the bottle store so they can get supplies

for the next 18th birthday party they are off to.

So enjoy your time with your multiples because before you know it they will be off to spread their wings ... hopefully popping back for the odd roast dinner now and again though.

Vanessa and Mark live in Westmorland, Christchurch, overlooking the city. They are parents to Casper and Azaria (18).



Our Teenage Triplets

Melanie Wyllie (Alumni of North Shore Multiples) shares her story about life with four teenagers in the house.

My husband Graham and I have four children: a daughter, Kate, who is 16; and triplet boys Josh, Chris and Liam who are 14. We also have two dogs, Charlie and Archie.

Josh and Chris are identical and Liam is fraternal. We live in the North Shore in Auckland. Graham and I are both accountants – Graham works full time, while I work 32 hours a week. We both feel very grateful to still have our jobs in this challenging year.

When we volunteered to write about our experience parenting teenage multiples, my comment was that most of the time we feel like we are just winging it. So this is really just a random collection of thoughts and things that we have learned or that have worked for us. I think parenting four teenagers is always going to be an experience. So far we feel pretty thankful that they are relatively easy compared to what we were expecting, but there are a few years ahead of us yet.

I think that parenting always has its challenges whether you have one child or ten. The biggest challenges we have

found are parenting different personalities, trying not to compare our children, managing their competitiveness, and just having the time and energy to focus on parenting.

One of the things that I think makes a difference for our family is that our children all love playing sport. Having previously played netball and touch as well, Kate has settled on just playing hockey this year for both school and club. Similarly, the boys played both football and basketball for years, but now just play basketball in winter and touch in summer. Sport offers so much for teenagers – they make friendships outside of their normal school group, they learn the benefits of teamwork and hopefully good sportsmanship, it gives them an outlet for their energy, helps them to be healthier and it can help them learn to focus and manage their time. It also helps to fill in the time outside of school with something other than devices.

Time management is an issue for our house with all the sports training and games. We find the best way to manage this is to have a board up in the kitchen with details for the week. For those with younger multiples I can say managing activities

gets easier once the children are old enough to stay home by themselves or catch the bus if necessary. It means no longer having to drag everyone out of the house to take one child somewhere. Whilst that mightn't sound like a big deal, we have definitely found it makes things easier.

One of the things we introduced last year is that everyone has to cook a meal each week. I could say this is so that my kids develop some culinary skills for their future (which does have some truth to it), but really it means that I don't have to decide what we are eating every meal and cooking duties are shared. They all have some meals they can cook completely themselves, but either Graham or I will help if needed. They get to choose what they cook and most of the time they enjoy it.

Our boys went to a small primary school which meant they were all in the same class for the entire time, but that seemed to work okay. In Year Seven they went into different classes which was great for them. However, due to streaming and option choices they have been back in the same class since Year Eight. It has got to the point now where they want their own space, so we will talk to the school to try and



get them in different classes next year. It doesn't help that our two identical boys have very similar interests and want to take exactly the same options.

Just as our kids are all different, hormones, emotions and puberty have been different for them all too. The boys are only part way through puberty now, and have all developed at different stages and handled it differently. One in particular has bigger emotional swings and needs a little more patience. I remember one talk I went to, saying that puberty can be quite an unsettling time for them as not only are they worried and selfconscious of their body changes but they don't understand their emotional mood swings either, which can be hard for them to deal with. As parents, we have found this is a hard time not to compare them and think they should be handling it like their sibling(s), but we have slowly learned that the best way to deal with it is to be patient and offer reassurance where needed.

Watching one of our boys pack his lunch for school tomorrow has just reminded me of something else ... How much they eat and the hangry (hungry/angry) syndrome. This was something that took a while to pick up on, but one of our boy's emotions was heavily affected by hunger which typically manifested after school. None of them take a lot of food to school as they have other things they want to do at lunchtime, so whilst we didn't 'fix' the hangry issue, it became easier to deal with when we understood it. Once he was home and had eaten something, his mood would level out again. After school it is nothing for the boys to devour some two minute noodles, tuna on toast, fruit and chips, and then want to know what time dinner is.

One of the things I have found with teenagers is that they talk a lot less than younger children (at least to us). We try to have family meals around the table at least five nights a week. It is an opportunity to talk about everyone's day, and anything interesting that might have happened. However, I find the best conversations often take place in the car. Maybe it is the fact that it isn't such a direct conversation (face to face), or just the fact that they don't have anything better to do. But they are often more happy to talk about issues they are facing or things that

have happened.

Just like younger children, each teenager is different, and they have different needs. Amongst our four children, we have three with much more similar personalities and one who is quite different. This has definitely been a challenge from a parenting perspective – it would be much easier if we could just parent them all the same. But what works with three of them doesn't work with the other. I think at times that has also created a tendency for us to see our unique character as hard work or more difficult which isn't always fair. If we had three like him we would probably see the other one as being challenging. Parenting is certainly a learning process and not something I think you ever master completely. It's also something that I think can be easier if you have the time and energy to put into it but that isn't always easy to find.

As much as they wind each other up at times there are some benefits to having siblings of the same age. I think lockdown surprised us with how well our kids actually got on with each other when there was nothing else to do and their stress levels were lower. All four of them went out cycling or running together most days, and played a lot of games. I think their answers below show that they see some benefits from having their siblings.

One of the things we found with our daughter is that her friendships continued to change a lot through her tween and early teenage years. They tended to move each year based on school classes and sports teams. It has only been since Year Nine that her friendships have been more consistent. We have seen much the same with the boys so far (who are currently in Year Nine), so it will be interesting to see if that continues into next year.

We thought who better to talk about the challenges of being a teenage multiple (or a sibling to them) than the kids themselves so we asked them some questions:

What's the best and worst things about being a sister to teenage triplet boys?

The worst thing is that they can be very annoying. The best thing is that you have a lot of siblings so have more people to do things with (they can be fun when they aren't being annoying).

What's the best thing about being a triplet?

Always having someone to play with, have people to do stuff with, have someone to play sport against.

What's the worst thing about being a triplet?

Having two brothers the same age so you are always in the same classes and sports teams, having to share stuff like birthdays, they can be annoying.

What is one thing you wish people knew or didn't do?

Getting our names mixed up.

Do you like being a triplet?

Yeah, don't really mind – it's okay, it's not the worst thing but not the best thing either, it's not terrible.

Like I said earlier the conversation has declined as they entered the teenage years – those answers above were verbatim and they weren't offering up more than that.

We still have a few years ahead of us in our multiple parenting journey – hopefully we can carry forward some of the things we have learned over the last few years to help. Wish us luck!

Melanie and Graham live on the North Shore in Auckland, and are parents to teenage triplets Josh, Chris, Liam and big sister Kate.

People Will See You

Kari Ertresvåg (Guest Contributor—Norway) shares her heartfelt letter to teenage multiples.

Dear teenage twin or triplet,

Here are a few things I've learnt on the way as an identical triplet that you might find useful.

The main thing for you to remember is that however you're feeling about being a twin or a triplet is perfectly fine. There are 125 million living multiples in this world. Chances are that at least some of those other twins and triplets feel the same way you do right now.

Being a teenager can be hard, so it might be okay for you to know that many multiples find this period very hard. As a twin or a triplet there's more potential for, and here I quote a twin researcher, "the giant wave that overwhelms everyone." Just like everyone else your age, you're trying to figure out who you are, but chances are you're doing so while plenty of people still see you as the same as one or two others. For many, you might still be just "one of the twins" or "one of the triplets." I've been there. And I just want to say that I'm rooting for you - you'll get through this!

You probably know more stories of fictional twins than real ones. Like the Weasley twins in Harry Potter. The inseparable best friends who are completely cool with dressing alike, looking alike, being confused with one another and sharing everything, including sentences. Yet, just like most twins portrayed on TV they're just that, TV. Made up.

You see, in an interview after the film series ended, actors Oliver and James Phelps shared a more universal twin story: how annoying

it is to be treated as a unit rather than as individuals, how they'd always fought against dressing the same, and how when little, they would ignore anyone who referred to them as 'the twins'. As James Phelps put it, "I know people don't mean to be insulting, and I know that some twins enjoy being seen as twins, but we're at the other end of the scale."

Being a twin or triplet is not always what it's cracked up to be, and that is perfectly fine.

Now, one problem with the cliché of twins as in-built best friends is that you might feel guilty or even ashamed when you have conflicting feelings about being a twin or a triplet. Ask me today, and I'll tell you that my sisters are my best friends. But, when I was a teenager, I thought of my sisters as well, simply my siblings. Because as you know well, blood relatives, twin or not, do not really count in adolescence. What counts is belonging to a group of friends or peers, getting that feeling of being accepted, the very thing psychologists say is at the core of your self-esteem (how you think about yourself) as a teenager.

Remember those 125 million living multiples and how surely some of us feel the same way? Well, 60 adult twins were asked in a study in the US about their teenage years. They spoke about having been angry. Angry over being continuously compared with their twin. As teenagers, they had tried to take up separate interests, friends and clothing to establish a separate identity outside of being a twin. They wanted to be seen as just one; themselves.

This applies even if you're a fraternal multiple. As one of my

friends, a fraternal twin, says about her childhood: "I wanted people to see me. That I was only me." Her main memory from a twinned childhood was a sister who always tried to tag along with her and her friends. They were treated similarly growing up, she said, and shared classmates until they were thirteen. "Then I got my own class and that was fantastic!"

And that's my segue to my next point: people will eventually see just you. Sometimes that's easier if you're on your own for a bit so you don't have the person it's obvious to compare you with just next to you. Try to take up a separate interest, visit a friend on your own, choose different classes at school, or opt for studying in a different city or country for a while.

And your twin or triplet siblings? They'll be there. Although I've spent years studying and working abroad, they've always been the constant of my life. I now live within walking distance from one sister and driving distance of the other. Because while I might not always have appreciated them growing up, they are in fact the jackpot of my life. And chances are, your twin or triplet siblings are your jackpot as well.

But, one of my main life lessons as a multiple is that to have a full life as a full person, you can't first and foremost be a twin or a triplet. You can't be you if you're always also them and haven't had a chance to be on your own.

Some people get that earlier than others. Here's Madge, a nearly four-year-old (in 1952 when she was part of a twin study), having this conversation with her sister:

Mary to Madge:

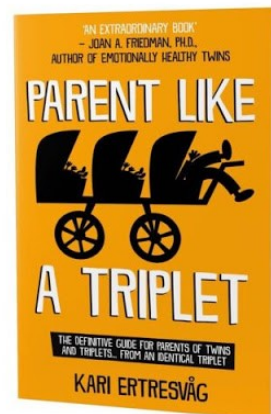
“Madge, you’re a twin.”

Madge: “No I’m not, I’m Madge.”

So, think of yourself as well, just you - and then you’re a multiple as well as a bonus. And remember that all feelings are fine. And that people will eventually see just you. I promise.

Love, Kari

Interested in reading more by Kari? *Parent like a Triplet*, is out on Amazon and also available on BookDepository.com (NZ\$28.81 with free worldwide shipping). With humour and honesty, she lays bare what it feels like to grow up as a twin or a triplet. In brief, it’s a gem of a book that feels like having coffee with an old friend. You can find our full book review in the spring 2020 Multiples Aotearoa.



Read more at:

parentlikeatriplet.com



How to stay connected with your teens

Bridget Gundy (The Parenting Place) presents an article on ideas on how to stay connected with your teenagers. (*Previously published online at parentingplace.co.nz.*)

Remember the days when our kids looked at us with complete adoration and love?

When we were all they needed and hand-written notes declaring 'You're the bestest mum/dad in the whole world' would regularly be posted to our bedside tables? The days when hanging out with us was their favourite thing to do? In fact, they loved hanging out with us so much that it was tricky to find time for the luxury of a hot cuppa! But now you find yourself in the season of parenting a teen, and the state of play may be somewhat different. As parents, we want nothing more than to build connection and relationship with our teens. And we absolutely still can! It will just look a little different from those early days, when feeding the ducks and stopping by your local cafe for a fluffy were enough to make their little hearts sing.

Oh what we would do to hear our teen speak the words, "You are my favourite person", or maybe have them ask "What would you do in this situation? I need your help, oh wise one!" (Too far?) What a dreamy thought to be invited into their hearts and world – the places that are so readily being shaped daily by subcultures, friendships and, of course, technology.

It is our challenge as parents to pursue our kids, even on the days when their behaviour is challenging. So how do we maintain our influence and continue to build connection and relationship? Notice I put the onus on 'we', rather than insisting on effort from our teens to meet us halfway in the relationship. (I mean if they cared, surely they would want to unload the dishwasher in the morning or keep their bedroom tidy, wouldn't they? Nope, we're

not going to go there.) Instead, I want to invite you to ponder the idea that it is our challenge as parents to pursue our kids, even on the days when their behaviour is challenging. It's on us! And that's an amazing privilege.

Here are three ideas to help you stay connected with your teenager, or to reconnect if you're feeling a little distanced.

Meet them where they're at

Often we try to get connection by inviting our teenagers into our world. "Come hang out in the main lounge or the kitchen, we can talk or play a board game. Or maybe we could go for a walk and get an ice cream together?" we nobly suggest. These are all great things and we should never stop these invitations. Another idea for connection, however, is to use their primary attachments. What I mean by this is simply we enter their world, rather than expecting them to want to enter ours. If it's gaming they're into, then ask to play with them. This could be your worst nightmare, but give it a go. Technology, for the most part, is what our teens are attached to. Fellow parents, it's time we stopped seeing technology as the enemy or the wall that divides us from our kids, damaging our connection. Instead, we can use it to our advantage! Remember, it's about the connection, not what it is that is connecting you.

The same can be said for Instagram: "Show me how". Or YouTube and TikTok: "What are you watching?" And for the really bold – "Shall we do a Tik Tok together!" This will certainly get them laughing at you, which can hurt a tiny bit but more importantly – it's a form of connection!

"Let's watch a movie at home – you choose and I'll buy the pizza."

Other ideas include mountain biking, dinner out, or a weekend away fishing or camping. Let them choose a way to spend some time together, doing something they enjoy. And extra for experts: Be a little cool, stay relevant, and keep up-to-date on their interests.

Talk less, listen more

I am sure you have discovered that asking your teen to sit down and have a good chat with you or discuss a concern doesn't generally play out that well. 'Conversations' like these can quickly become one-sided, with us doing all the talking. We might even find ourselves moving into lecturing, with the best intentions of course. The problem with over-speaking is that we lose our kids along the way. You may have noticed that they get a glazed over look in their eyes... we might as well be giving ourselves advice!

When you are out being active with your teen, sharing a common interest, or in an atmosphere where the pressure is not on talking, this is when they open up the most. They are relaxed and they might drop something into the conversation that gives you a glimpse into what they are navigating. In these moments, hold the advice and let them speak and reflect, before you yourself reflect on what they've said (using your active or reflective listening skills!). You might ask a question like "What did you do next?", or offer "Tell me more". And then you can go to expert level with something like: "I'm here for you – if you want my thoughts, let me know and I would be happy to share them".



When we create an atmosphere of acceptance and belief in our teenagers, instead of forcing our thoughts and ideas onto them, they will come to us as they trust us not to judge. We do best when we demonstrate that we genuinely believe in them – that they have the character and strength to navigate the tricky times, with us as their steadfast support.

Lighten up

When parents set the tone to positive and uplifting, the teenagers will benefit. Have fun! I've noticed that one of the first things to disappear when times get tricky is the fun factor. Our influence over setting the atmosphere in the home has been sabotaged by the teen in the bedroom down the hall. Fun has a way of disarming tension in a home so don't give in to mood swings and grumpy temperaments (yours, or your child's!). Take back the fun! Go a little crazy and do something you enjoy. Laugh, turn up the music, sing and dance. Reset the tone in your voice which will in turn reset the tone of your home. Your teen doesn't have to join you straight away in all that fun you're having, but when parents set the tone to positive and uplifting, the

teenagers will benefit.

It is hard being a teenager – our kids are navigating deep seas during their teen years. Being accepted, looking right, talking right, and knowing what's cool and what's not... It's tough out there and they need us! As parents, we're our teenagers best bet for understanding and support. Your teen needs you to be a constant pillar in their lives – to accept all of them, not just the easy delightful side, but the side that is challenging too. With that in mind, we should always be looking for ways to strengthen our connection and relationship with them.

A challenge for all of us is to lean in and pursue our teenagers. They are counting on us. Some days you won't feel like you're at your parenting best, but that's okay.

Perfect parenting is not the goal, being available is. So just be there – listening, laughing, dancing, buying pizza ... whatever it takes. You've got this!



Bridget believes that no matter what the family situation, finding someone to talk to can make a world of difference. An experienced counsellor, Bridget has worked at Women's Refuge and now helps parents through family coaching and facilitating Toolbox.

Bridget has navigated complex parenting moments, having started her parenting journey as a single parent and then going on to co-raise four children in a blended family. She's passionate about seeing people thrive, not just survive, in their role as parents.

<https://parentingplace.nz/>

Steering our Selfish and Sassy Teens to Selfhood

Joan Friedman PhD, author and psychotherapist (United States), shares some tips as our multiples navigate their teenage years.



The goal of adolescence for most children in our Western societies is to become more independent from their parents. I reference Dr. Anthony Wolf and his terrific book on adolescent development. He writes that adolescence is not a single event, but a number of changes coming within a relatively short period. The two main forces of adolescence are the onset of sexuality and the turning away from parents. Young teens turn away from their childish feelings. They cannot feel close or dependent upon their parents. Home is a natural realm for them to express dependent and babyish ways of functioning. They only see what is day-to-day and have no long-term perspectives. They become immature, lazy, irresponsible, dishonest, and demanding.

He writes that boys generally close the door for four years and experience perfect passive pleasure and terminal lethargy. Girls spend the majority of their adolescent years yelling, lying, and sneaking around. Girls mask their struggles to separate by fighting with their parents, thereby keeping the attachment alive ostensibly on their own terms. He recognizes that the irony of this developmental timeline is that parents are asked to let go when the stakes go up.

Some multiples do not experience an average expectable adolescence because they have already moved away emotionally from their parents, having enjoyed a life long dependency on one another. In many cases this delayed

separation might surface later on in response to pivotal life events such as marriage and job choices. Perhaps their connection has shielded them from experiencing a raucous or shaky separation from their parents; however, their own individual development is delayed in the face of inadequate individuation from their same age sibling.

I asked my fraternal twin son J, who is now in his early twenties, what he recalled about being a twin in his teenage years. He retrospectively can articulate what some of the difficulties were that he was not quite conscious about back then. He mentioned how compromising it felt to have “our friends” instead of his own friends. Also he reminisced about how being compared and competitive in athletic endeavours was a strain, at times. There are so many possibilities about how multiples’ relationships will fare during this developmental phase – they may be seamless or fraught with expectable issues of conflict and dissension owing to the need to feel autonomous and independent.

In my work with families throughout the years, I have been privy to many stories about how multiples negotiate this stage: a teenage twin girl dyes her hair a wild colour to make a statement about her individuality; fourteen year old identical twin boys have no friends because they prefer to be with each other; a fraternal twin argues with his twin sister because he does not want her to date his friend; a teenage boy is distraught and despondent that no one cares enough to distinguish him from his twin brother; a twin girl purposefully takes a back seat so that her sister can shine, believing that her sacrifice will ensure an unbreakable bond – a distortion which implodes when her sister becomes involved with a serious boyfriend.

Parents of multiples face tremendous burdens managing two or more unpleasant mouthy teens. It’s a daunting

task not to compare them. For example, if one daughter is lying and the other one is not, it’s vital to make sure you are clear about who is doing what. Finding out that one twin is lying to protect the other or tattling on the other also presents difficulties. It is imperative to maintain a sense of humour, not personalize their attacks on your character, and remind yourself how much you love your children in spite of their temporary diabolical transformation.

Most teens will emerge again as loving, honest young adults whose presence and connection will be gratifying and nurturing.

Inset photo: Hannah, Aimee & Jade

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



Read more at:

www.joanafriedmanphd.com

National Training Forum Announcement

National Training Forum 2020 Postponed

Only a short time ago we remained optimistic that October was far enough away to confidently proceed with NTF 2020. However, the evolving situation with Covid-19, and the subsequent lockdown and recovery made it impossible. We can not predict what will happen within the next few months, so we have made the difficult decision to postpone our event. Whilst we are extremely sad that we are unable to meet in person this year, we do believe our role of supporting families in our network is vital as we navigate these uncertain times and finding innovative ways to do this is our current focus.

We are aware that in preparation for NTF, clubs were needing to apply for grants, make bookings, and organise their delegates to attend. We do not wish to place unnecessary pressure on our volunteers at this time, given that it is possible the event will not take place. This includes stakeholders in the event such as our venue, guest speakers and Multiples Canterbury who were helping with our event. We know this will be disappointing news for many, as it is always a highlight of our year as volunteers with Multiples NZ. One of the key features of the Gala Dinner each year is the announcement of the Multiples NZ Volunteer Awards. These will still be held however this year they will be announced via Facebook Live. Multiples NZ Annual General Meeting will take place via ZOOM for 2020.

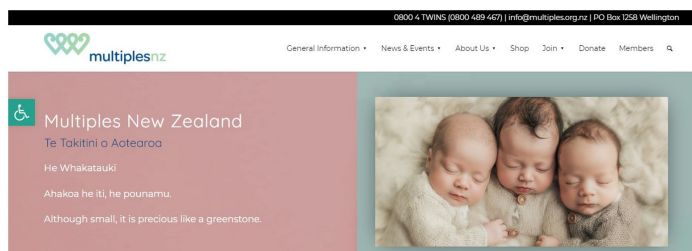
We had planned to have a 40th Birthday Celebration for Multiples NZ at this year's NTF, we are looking at ideas to do this within our network and COVID-19 restrictions, and welcome any ideas you may have. If you have any further questions, please feel free to email our President, Heather Ben.



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Website Login - Members only area

Did you know that Multiples NZ is specifically designed to help you on your journey to raising multiples? It is bursting with information from the early stages of pregnancy to parenting teenagers and beyond. Through our affiliated membership with Multiples NZ you are able to access and download our quarterly magazine, and browse our wide range of nationwide discounts via this login.



**Please ask your
local club for your
login details.**

Parenting Strategies with Mental Health Challenges

Emily Anderson (Child & Family Psychologist), shares strategies to support positive relationships with young people facing mental health challenges. *(Presented at the Multiples NZ Conference 2014).*

All children and teenagers require love and affection: all children are different. Some prefer hugs over kisses or words of encouragement over physical affection. Make time to find out how your teenager likes to receive affection. Observe how they give affection as this may be different to how they receive it. Also, as children become teens, the way in which they prefer to receive and give affection can change, therefore respond accordingly.

Provide quality time: how you spend time with your teen counts. Children and teens want your undivided attention. Brief and frequent interactions with your child can work wonders for your relationship. For example, if you have a spare 5 or 10 mins, offer this time to your teen, ask them if they would like to spend time with you. Turn off your phone, give your full attention.

Validate their emotions: emotionally resilient teenagers are those who can regulate their emotions. This begins with parents acknowledging the way the person feels. For example, let's say your child wanted to go to a party but you say no due to safety concerns, and your teenager becomes distressed, try responding with something along the lines of "I can see my response has made you upset, I know you really wanted to go to the party but you cannot go this time sorry. Perhaps you can invite a friend to sleep over instead on that night."

Listen non-judgmentally: model good listening. Try not to interrupt as our teens are telling their story or explaining a situation. Be aware of your body language and tone of voice as these convey powerful messages.

Be consistent: one of the greatest factors in building strong relationships and helping teens to feel safe and secure is to be consistent. When our children can predict from one day to the next that their behaviour is going to get a certain response they are

more likely to feel secure and become independent. However, if one day you ignore their behaviour and the next day you tell them off they are likely to feel unsettled and frustrated. This can diminish their confidence and resiliency and may trigger negative behaviours.

Separate the behaviour from the person: children and teens have great memories for the things we have done or said. If you are upset at your child for teasing their brother or sister for example, instead of saying something like "look at what you have done, what is wrong with you? Try responding with something like "Sam teasing your sister is unacceptable behaviour, your sister is upset, apologize for hurting her".

Remember that sometimes the things that provoke us the most about our children's behaviour are the things that we most dislike about ourselves: for example, if you get frustrated at your teenager because they argue often, or seem to want to have the last say, think about how you engage in conversations, do you argue often? Do you always have to be right and feel the need to have the last say?

Encourage problem solving: when children and teenagers come across difficult situations encourage them to find solutions to their problem. Ask such questions as, what have you tried? What worked last time? Who else could help? What else could you try? If your child/teen cannot come up with an answer, suggest one and then get them to carry out the solution.

Find time to laugh together each day: laughter is said to be the glue that helps families stick together and helps them get through the tough times.

Praise often: there many things our children do on a day-to-day basis that we can praise them for. Example include, trying something new, preserving when things get hard,

completing assignments, attending school, or helping out around the house without asking. For every one negative interaction children and adults usually require approximately 5 positive interactions to counteract the negative! Be descriptive with your praise. For example if you ask your teen to complete their homework before dinner and they follow your instructions, let them know what they did that pleased you. Say something like, thank-you Shawn for completing your homework before dinner, well done, great job! Being descriptive increases the likelihood of positive behaviours continuing in the future.

Take small steps each day getting to know your teenager: find out what interests your child. If you discover that you don't share a common interest that is ok, but still make time to talk or partake in the activities your child likes, it is important they see you showing an interest.

Remember: Relationships take time, energy and patience. You do not have to be perfect, just TRY!

Useful resources:

Free call or text 1737 any time, 24 hours a day

Youthline 0800 376 633

Kidsline 0800 543 754

Lifeline 0800 543 354

Depression helpline 0800 111 757
The Low Down or FREE text 5626

What's Up 0800 WHATS UP (0800 942 8787)

Suicide Prevention Helpline
Freephone 0508 828 865

Alcohol Drug Helpline Freephone
0800 787 797, free text 8681



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Notice is hereby given of the 40th Annual General Meeting

Wednesday 11 November 2020

8pm - 10pm

Online via ZOOM

Draft Agenda

Welcome

Roll call, apologies and proxy votes

Meeting procedures

Minutes of the previous AGM held on 20 October 2019 in Wellington

Matters arising from previous AGM held on 20 October 2019 in Wellington

ANNUAL REPORT (Summary) from Multiples NZ

FINANCIAL STATEMENT Multiples NZ

ANNUAL REPORTS (Summaries) from affiliated Multiples Clubs

ELECTION of Multiples NZ Executive

Remits

General Business

Any other Business

Close of Meeting

Date of next Multiples NZ AGM

**All reports will be issued to clubs
prior to the meeting for review.**



Volunteer of the Month

Each month we celebrate one of the amazing volunteers from our Multiples NZ community.

Volunteers are the backbone of our Clubs and our community. We would like to acknowledge the hard work of our volunteers through our Volunteer of the Month Award. The Volunteer of the Month award is for volunteers who have provided exceptional service for the betterment of families with multiples within their local area or nationally. The winners of this monthly award will go into the running for the Multiples NZ Volunteer of the Year Award, which will be announced with the Multiples NZ Volunteer Awards.

June 2020 Winner Georgie Manning Wellington Multiples

"I speak for many others when I say that this woman is utterly amazing. Not only does she have toddler twin girls and two older boys as well, but she puts 110% effort into Wellington Multiples and does it with a gorgeous smile on her face. She's the brightest, happiest person I've ever met, even though she has openly struggled with maternal mental health issues in the past which she has now become a strong advocate for. She's engaged, open, positive, and super importantly she has spent the past 2 years basically single handedly revitalising our Wellington playgroup and social events which has created the most amazing Multiples community for our region. She's just taken on running our greater Wellington twins antenatal class too which is run on weekends and is super popular. She used to volunteer to just be a speaker, but she sees how important it is so she wanted to run it. That's the level of dedication she has. She led the way to try to include the Hutt Valley and KapiMana clubs in

our upcoming events too, like MAW, after her networking at the last National Training Forum. She's active on our social media, and she also created the new Club logo and branding we now use which is more modern and colourful. She puts her hand up for everything because she knows it's for the betterment of the club and the people within it, and she has a way of influencing all those around her to do the same. While her standards are really high for herself, she never, ever judges anyone and really makes everyone feel like they belong and that nothing can't be overcome – which as we know with multiples is a really important message. Through her efforts, she has recruited some great volunteers for our committee too which has kickstarted a new era for our committee. Truly, our club and our committee are so grateful to her and her commitment to us, which is why we have unanimously nominated her as our new President."

July 2020 Winner Helen Johnson Multiples Canterbury

Over the last 18 months there has been what can only be described as a twin-boom in the North Canterbury area. Providing support and connecting with these new members has presented some challenges for Multiples Canterbury, as the majority of volunteers and events have been centred on Christchurch and the Selwyn District to the south. Helen is mum to a seven-year-old boy (Finn) and two-year-old twin girls (Willow and Bree) and lives in Rangiora, North Canterbury. She has stepped into the role of North Canterbury Contact without missing a beat. Seeing the need for a place for new multiples

parents to connect, she offered to host a coffee group at her house every week. This group runs right through the school holidays and up until Christmas. Even during lockdown, Helen arranged regular online chats and check-ins. I really think that Helen represents what our club volunteers should be about, everyone in the area knows they can turn to her for advice, a pep-talk, or a cup of coffee and a laugh. The amount of time she puts into keeping in touch with everyone and making sure that any issues are identified to the wider club is a significant personal investment. On a personal note, I am one of the North Canterbury newbies. My first contact with the club was responding to Helen on a facebook post. She invited me over, let me cry on her shoulder, introduced me to other multiples families, and encouraged me to become more involved in the club (resulting in me being elected secretary at last years AGM). Talking to the other North Canterbury mums we all have similar experiences, where Helen reaching out has transformed our support system from struggling comparing ourselves to our peers with singletons to having a core group of multiple parent friends - and we all know the amazing value of this! I have full confidence that Helen's openness and friendly approach will mean that future multiples parents will also be brought into this valuable support system.

In terms of more official duties, Helen is currently setting up the North Canterbury Playgroup through Ministry of Education channels. She has also secured us an appropriate venue (no easy feat in this area for such a number). Helen also organises Tumbletimes and other events in Christchurch for the Under 5 age group and is a regular helping out at club events fundraisers.

Nominate a volunteer at:

multiples.org.nz/volunteer-of-the-month/



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Facebook Support Groups

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

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

We support these externally administrated groups:

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

We support our committees through these specific groups:

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



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High Needs Multiples in Lockdown

Desiree Morgan (Multiples Counties-Manukau) shares her lockdown journey with her family of six.

This issue I thought I'd do something a little different. One of our Mums in the Special Needs Multiples group said they had written a book. I knew I had to ask if they would write a little piece for the magazine and Cathy was happy to. So without further ado, here is Cathy's piece:

Life's Not All Roses – A Mother's Journey With Twins, Disability, And Adapting To Change

Hi my name is Catherine Martley. I recently published a compelling memoir about raising my special-needs son Mitchell, who is one of my 13yr old twins. He has non-verbal autism and epilepsy.

I started writing my story whilst pregnant with my twins. Initially the book was a go-to book about raising twins. My memoir morphed into a lot more than "just" another parenting book. It took on a life of its own; transforming into a self-help book which describes the extra efforts parents and siblings go through when a loved one has a lifelong disability.

In the early days of Mitchell's diagnosis, I remember a nurse saying, "Catherine, at least 80 percent of couples break up under the strain of caring for a disabled child". I didn't believe her. I still don't. I rose to the challenge – trying to make my marriage work...but alas...we separated just shy of our fifteenth wedding anniversary. The strain and the dedicated efforts that we put into parenting led us to burnout. There were other reasons why our marriage faltered – but that is private, and respectfully so.

Shortly after my marriage ended, I wrote the second half of my book: Life Since Separation. I hope that my story resonates with people who have been forever-changed by a marriage break-up or a long-term relationship break-up; especially when children are involved. I also wish to encourage families who are doing it tough – raising children who have special needs, in whatever capacity.

I invite you to read my book, Life's Not All Roses – A Mother's Journey With Twins, Disability, And Adapting To Change. Order your copy here: <http://www.ccbooks.co.nz>

We also have Claire Phillips' contribution, I really do hope she starts a blog as I'd love to read more:

We're the Phillips family - Mum & Dad, big sister Marley (five) & twin brothers Arlo and Benji (two). Benji was born with an unexpected little extra chromosome, our homie with the extra chromie!

I woke up from the C-section and my lovely Midwife was right where she said she'd be. My first question; are they ok? She showed me a photo. I proudly told her their names, breathing a sigh of relief. She walked with me as they wheeled me through the corridors to the other side of the hospital, to neonatal. I still remember my husband's face when he was walking towards me. "They think Benji has Down Syndrome," he said to me with fear in his eyes.

Before I met Benji they placed Arlo in front of me, I remember thinking he was so little, they placed his little mouth on my boob and he fed instantly, but I couldn't focus. I felt detached from reality; the drugs & the unexpected news. They brought Benji to me and the moment I saw him I knew he had been born with Down Syndrome. I couldn't focus, I just wanted to get out of there, I wanted my Mum. My husband and his mum walked with me up to my room. I did my best to hold it all in while they settled me into my room.

I needed sleep, pain relief, my mum, my husband, my babies. I cried a bit. He told me it would all be ok. He then said, "What will be will be," and I laughed and told him the song for the IHC adverts was always "casera sera whatever will be will be...". This still makes me giggle actually! (If anyone

knows me they'd know my family are heavily involved in the IHC community so I mean no disrespect). IHC is New Zealand's leading provider of services for people with intellectual disabilities.

I told him to go, be by the babies, and then I googled Down Syndrome. *One crease on palm, gap between big toe and second toe, the eyes. This is what was described, I hadn't seen Benji's hands or feet but I knew it in his eyes, I didn't need it confirmed.*

I was scared. My mind was going a million miles an hour. I feared life for Benji as an adult. I searched within my memories for my own experiences with the people we had in our lives already, and I couldn't quite understand what it would be like to nurture our baby. What did it all mean for our future?

At some point in the following day I met my boys again. Our boys were looked after by the amazing Neonatal staff for three weeks. The days were fast, and the nights were long. I remember the night staff the most, as this was when I was at my weakest and they supported me by offering to do one of the boys' feeds, changing them, filling up my water bottle. The things my husband would have been doing but he was at home looking after our daughter.

Our daughter would make herself at home when she came to see us, she'd visit the boys for kisses but the toys in the lounge would often be more exciting, that and the free WiFi for her shows on the tablet! She struggled when it came time for her to leave, but she got use to it. Then she slowly returned to her daycare routine and Dad could visit on his own. That gave him more time to spend with the boys, he was able to be there for Benji's tests; bloods, echo and eye tests.

The feeding routine was hard. Breastfeed Arlo, pump for Benji and wash up, eat, then feed again. The number three etched in my mind

forever - pump three hourly, feed the babies three hourly. Best piece of advice is to not count how many hours of sleep you are actually getting.

Both boys were fed through the nasogastric tube tube, Arlo started feeding from the breast and just had top ups. With Benji, we tried to find a bottle that would suit him as he didn't latch well to my breast. With Down Syndrome, comes low tone, thus affected his neck and jaw muscles and how he could latch. This was a horrible experience, in fact probably the worst part. The nurses wanted him to desperately take a bottle so we could look at going home. So they suggested ways to hold him to support his jaw and help him latch to the bottle. It was awful, he looked terrified as the milk flowed out way too fast and he struggled to keep up, I still remember the milk spilling out of his mouth, he was not enjoying it at all. I told them to stop until I got a different bottle. I learnt quickly that I had to be my baby's voice. Some days it was hard and we would end up feeling frustrated with someone, but I reminded myself and my husband that they were only doing what they thought best.

I appreciated the nurses help, when it came to feeding time. We pretty much just had to get the feeding sorted before we went home & they were with us all the way.

In week two of this journey, Benji was on and off oxygen. We had nurses thinking differently and one strong nurse advocated for us. She believed Benji was better off on the oxygen. She explained her reasoning well and we agreed, so she pushed for him to have the minimal amount of oxygen he was on 24/7. We came home with that oxygen for a few months.

I wasn't new to the neonatal journey. I have supported close friends who have had their babies too early and I thought I'd be prepared, but it was still scary to be walking our own unknown path. We stayed for three weeks and it was quite scary leaving to go home actually! But fast forward two years and those memories are simply that, pages in our memory book. We haven't had a very easy two years with multiple hospital admissions with Benji - early chest infections /

pneumonia led to bronchiectasis. I have put this down to the way he was fed in the beginning, and continued to feed. He was aspirating milk into his lungs which was causing the infection.

So there were some very long days and nights, upset kids & stressed out parents. But we have managed to come out the other side, we've made changes to our lifestyle, Benji's health is improving with some new medicines onboard and we even bought a new house! The boys started in-home daycare after lockdown, they are a great pair! Thankfully now they don't spend too much time apart - we do still have specialist appointments, speech and language therapy, and sign language visits but it's a part of life now. The other two kiddies have learnt the little sign language that we use which is great, but we don't try to over do it. We are already extremely busy as a family of five. Having two two year old tornados running around is the most chaotic, messy, non stop time, but I couldn't imagine it any other way! I am so thankful that Benji has Arlo to be by his side through this life. But if I'm honest, I'm more thankful that Arlo and Marley have their brother to walk the journey with - for me. Growing up with the people I have in my life I have learnt respect, compassion, equality and kindness. And I can only hope that myself, my husband and our boy will teach our children and all of those around us how to be a special human being too.



If there's anything specific you'd like me to write about in future articles or any questions you'd like me to answer, feel free to email me.

Until the next issue.

Contact Desiree at:

specialneeds@multiples.org.nz

Desiree lives in Golflands (East Auckland), and is current president of Multiples Counties Manukau and the Special Needs Coordinator for Multiples NZ.



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Did you know there is a Special Needs Multiples Facebook Group?

<https://bit.ly/37JxjHn>

Ideas to Support Te Ao Māori

Kirsty Saxon (Editor, Multiples Canterbury) shares some ideas to incorporate Te Ao Māori into your multiples club.

He waka eke noa

A canoe which we are all
in with no exception

This whakataukī implies that 'we are all in this together'. It can be a really useful one when working with groups on a particular focus. For example, where is the waka heading (vision/mission)? What is the waka made of (values/principles)? How do we work well together to paddle the waka most effectively (conduct etc.)? It can be unpacked in many different ways, but it encourages us to explore the most effective ways to work together and can highlight what is needed in order for us to make this journey.

Mahi aroha is the term that most closely translates to the concept of voluntary work. Mahi aroha is the unpaid activity performed out of sympathy and caring for others in accordance with the principles of tikanga to maintain mana and rangatiratanga, rather than for financial or personal reward.

Te Ao Māori denotes the Māori World. While simple in definition, it is rich in meaning and vast in breadth and depth.

- Te Reo Māori (Māori language)
- Tikanga Māori (protocols and customs)

Professor Tania Ka'ai from Te Ipukarea said it was important for people to move past "feelings of anxiety or whakamā (feeling embarrassed or ashamed). "Any use of te reo Māori – even if not executed perfectly – enhances its progress," she said.

So how can you show a commitment to supporting mahi aroha and te ao Māori within your club?

Te Reo Māori

Using te reo within your communications to whanau is an easy way to start. Consider greetings, farewells, and whakataukī. See the website links below for some ideas. What about a regular feature in your club newsletter introducing a new kupu (word).

<https://nzhistory.govt.nz/culture/maori-language-week/100-maori-words>

Whakataukī (proverbs) represent the wisdom guiding the Māori culture. They are commonly used as inspirations in speeches and also as gentle reminders spoken to each other in everyday life. They are poetic expressions of wise sayings which allude to symbols native to Aotearoa. These proverbs also refer to significant historical events (such as Waitangi and ANZAC Day) and universal view points on compassion, community, the environment, and even food! They contain underlying messages which are greatly important to the Maori community.

<https://www.maori.cl/Proverbs.htm>

“

He aha te kai ō te rangatira?
He Kōrero, he kōrero, he kōrero.

What is the food of the leader?
It is knowledge.
It is communication.

WHAKATAUKĪ

Tikanga Māori

Tikanga can be described as general behaviour guidelines for daily life and interaction in Māori culture. Tikanga is commonly based on experience and

learning that has been handed down through generations. It is based on logic and common sense associated with a Māori world view.

While these concepts of tikanga are constant, their practice can vary between iwi (tribe) and hapū (sub-tribe). For example, the way in which a hapū greet and welcome visitors may differ from another's. However, both will ensure that they meet their responsibilities of manaakitanga (hospitality) to host and care for their visitors.

<https://ttw1.cwp.govt.nz/maori-language/tikanga-maori/>

An easy way to include this could be to use karakia in your hui (meetings). All meetings could open and close with karakia. Karakia are prayers or incantations and generally used to ensure a favourable outcome. Using karakia is an opportunity to set the scene and open the meeting in a manner that acknowledges that there is a united focus for the purpose of the meeting.

- Open a meeting (karakia timatanga);
- Close a meeting (karakia whakamutunga)
- Bless food (karakia mō te kai).

<https://lianza.org.nz/wp-content/uploads/2020/01/LIANZA-Council-Guide-to-Tikanga-Maori.pdf>

If there are new members of your group, ask them to mihimihi (introduce themselves). During this time, people ordinarily stand to share a little bit about where they come from and who they are in relation to this (i.e. share their pepeha, or *tribal connections*); many share significant parts of their whakapapa (*genealogy*).

It can seem daunting trying something new, but every little bit counts towards a more inclusive community which acknowledges our cultural heritage within Aotearoa New Zealand. More next issue ...



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Multiples NZ Executive & Support Roles 2020

Introducing some of our volunteers from around New Zealand. *(Continued from the Winter 2020 Edition.)*

**Secretary
Bron Dutton**

Kapi-Mana Multiples



I have been part of the Exec team since 2018, and part of my local KapiMana Multiples Committee since 2014. I have three children, my eldest is 12 and my twins are six. I am self employed as a Birth and Postpartum Doula, Childbirth Educator and Infant Massage Instructor.

It is an absolute pleasure to be able to support families in both my paid and volunteer work. There is a huge gap between the support families need and what they receive, I am very passionate about how we can improve this - and know that every little bit helps.

In my spare time I enjoy exercising, and getting out with my children enjoying the fabulous Kapiti Coast we are lucky to call home.

**ICOMBO
Carolyn Lister**

Multiples Canterbury



My twins are now 14 and I have been involved in the local club since they were babies. I started out helping at the club playgroup we attended then progressed on to the committee once they were old enough for me to get away in the evenings. I have held a number of roles in the club including a stint as president. From there I got involved in the National Exec starting off as Vice President and then three years as President. Once that term was over I started on the Board of ICOMBO and expect to take on a couple of new roles next year when we meet. I am a perpetual volunteer and love what I do. It is such a different role to my paid job as a research scientist and I get so much from it. I have met so many different people who I probably would never have done otherwise and made life-long friendships.

**Higher Needs Support
Desiree Morgan**

Multiples Counties Manukau



I have been the Higher Needs Support for the past year. My partner Damien and I have four children. Our eldest Cheyenne is 16, the duo Dante and Roxas are five and our youngest Vincent is three. I am a stay at home mum for now as my duo are high needs, but in my previous life I was a hairdresser.

I have been a member of Multiples Counties Manukau for five years now, and originally only joined for the free nappies. However the support I received from the club made me want to volunteer. I'm now the current President as well as a couple of other roles and have been so fortunate to meet some amazing people I am proud to call friends. So naturally because I love volunteering I jumped at the chance to become involved on a national level.

Multiples NZ Executive & Support Roles 2020

Introducing some of our volunteers from around New Zealand. *(Continued from the Winter 2020 Edition.)*

Magazine Support
Sarah Miller

Southland Multiples



I have recently been appointed Co President for Southland Multiples and Magazine Editor, I remain Treasurer, a role I have had for three years, but have handed over the Hire Equipment Coordinator position.

I am married to my best friend Bevan, we have four children - Tessa (turning seven in January) and triplets Zoe, Kayla and Jake (turning five in January). I work part time as an Academic Operations Officer for Southern Institute of Technology, running our farmlet and household while hubby works two shift jobs. I have been a member of Southland Multiples since finding out we were pregnant with our trio in 2015. I also volunteer as Magazine Support for our Multiple Matters Magazine Editor since the 2018 National Training Forum.

Multiples NZ Administrator
Penny Wallace



Originally from the UK, Penny is mum to Scarlett, 3, and Kitt, 9 months. Penny has a wealth of experience in programme coordination and project support, most recently in the international development and wildlife conservation sectors.

Penny is very excited to be joining the Multiples NZ team, using her skills in a new sector, supporting whānau/families with twins, triplets, quadruplets and more!

Penny is lucky enough to have worked on projects in many countries around the globe, including in Africa and Asia. She completed her Master of Science in Primate Conservation in 2012.

Magazine Support
Claire Nevans

Alumni Member



I help out with magazine support when they need an extra set of hands. Our family started out with the Auckland Central club but transferred to Auckland North when we moved to the Hibiscus Coast.

I live on the coast with my husband, David, seven-year-old twins, Miller and Riley, and a rather scrumptious ginger cat called Melly. I work from home as a freelance editor and love being able to choose my own hours to work around the needs of our family.

11 Ways to Stay Motivated

Courtney Smith (Exult NZ) shares how to stay motivated. (Previously published Tonic Club E-Letter #342 July 6, 2020).

More often than not, it is easy to find the motivation to complete any given task (well, maybe not going for a run ... but that's a different story). It is the ability to stay motivated that many people (including me!) find challenging. Here are 11 ways to stay motivated that I have found helpful! I hope you do too.

Set SMART Goals

SMART goals are specific, measurable, attainable, relevant, and time-bound. They help guide you through a task from start to finish, breaking it down into bite-sized chunks.

For more information on SMART goals, head to www.thinkmarketingmagazine.com/how-to-create-smart-goals/

Visualise the Results

A part of setting SMART goals is visualizing the end result of a specific task. This helps you stay on track as you can see a clear path from A to B.

Keep the Big Picture in Mind

Visualising the results lends its hand to keeping the bigger picture in mind. What is it that you are trying to achieve?

Understand Your WHY

Knowing what you are trying to achieve is one thing, but knowing why you are doing it in the first place is the key to staying motivated. If you are dancing around a task it's probably because you don't see *why* you have to complete it. Dig a little deeper, uncover the why. If you can't find any reason, it may mean you can give the task the flick.

Get Organised and Stay Organised

If your head is jumbled, it's hard to stay focused (well, it is for me anyway). Layout everything you need, physically and mentally. Gather your resources before you start so you don't have to stop halfway through something!

Harness the Power of Optimism

Seriously, it does work. Of course, it's not always going to be smooth sailing but staying optimistic will help you stay motivated.

Tap into Other People's Energy

Struggling to stay optimistic? Surround yourself with people that are!

Be Consistent

A big part of staying motivated is being consistent. Take the time to plan when you are going to tackle a given task and stick to it. Consistently maintain the previous points and you'll be on the right track!

Do Not Worry About What You Cannot Control

Some things are just out of your hands. Leave it that way. Don't add unnecessary stress to your already jam-packed schedule.

Be Creative and Approach Tasks in New Ways

Think outside the box! Find ways to complete a task a little differently. Whether it's the task itself or finding a new space to tackle it in, it's up to you.

Finally, REWARD YOURSELF

However, you see fit. Treats, breaks, time out, flowers. Whatever you need to stay motivated!

Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

Read more at:

exult.co.nz

Motivating Our Volunteers

Kirsty Saxon (Multiples NZ Executive, Multiples Canterbury, Magazine Editor) shares her thoughts on keeping our volunteers motivated.

Volunteers are the at the heart of our organisation, Multiples NZ. In fact, as a not for profit entity, we could not exist without them. However, maintaining the motivation and enthusiasm of our volunteers over time, while raising families, at times can be quite challenging. By building team spirit and a sense of community, the happier and relaxed they are, the more likely they will keep returning to share their time.

The best way to keep our volunteers happy is to ensure they are treated with kindness and respect, and that they are shown their contribution is

valued. New Zealand Volunteer Week and the Multiples NZ Volunteer Awards are a great time to do this, but try and remember throughout the year for a quick note, phone call or email to keep the momentum throughout the year.

Equip them with the resources, communication and skills they need to fulfil their commitments to your group. This should include an induction process, then later regular meetings, emails, newsletters, as well as encouraging personal development and training. Investing in this, not only gives volunteers a better

understanding of their role but motivates them to better themselves.

Personally, what keeps me going is working with an awesome team who have become true friends over the years. Our multiples journey began over six years ago and I was keen to learn as much as I could about this unique situation. I started my volunteer journey with Multiples Canterbury, and the still amazing Carolyn Lister. This journey just keeps growing within my role of Magazine Editor on the Executive. I am thankful for the support and aroha I have received along the way.

11 WAYS TO STAY MOTIVATED

- Set SMART goals
- Visualize the results
- Tap into other people's energy
- Get organised, stay organised
- Harness the power of optimism
- Understand your WHY
- Do not worry about what you cannot control
- Keep the big picture in mind
- Reward yourself
- Be creative and approach tasks in new ways
- Be consistent

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exult
HELPING NON-PROFITS GROW

ICOMBO School Placement Study

ICOMBO present their results of their school placement study undertaken in 2019.



Xavier and Lillian with big sister Ruby - Methven

School placement of multiples was studied by the International Council of Multiple Births Organization (ICOMBO) in 2019, in answer to multiple requests from ICOMBO members for assistance on this topic.

Whether to put multiples together or to separate them in school is a thorny issue – one which many families don't have enough

information about or have enough support when dealing with their multiples' school. This study was done to help parents and school personnel to be better informed when making decisions about school placement of multiples.

Placement of multiples in school is a common issue universally. This has escalated in the past thirty years with the rapid increase in the births of multiple birth children – due to improved maternal health, fertility treatments and due to women

delaying childbearing into their thirties (which increases the risk of a multiple birth). Multiples in school classrooms are now the norm instead of a rarity. Many schools have policies, some written and some unwritten, about always separating siblings in different classrooms. Many reasons are given, such as "too hard for the teacher to tell the twins apart," but often these reasons aren't backed up by studies or research.

A 24-question survey was distributed via Multiple of

America's Survey Monkey account and publicized on Facebook and by multiple birth associations (MOA's) around the world. The survey was written and released in three languages – English, French and Spanish. The survey was opened in October 2018 and closed in June 2019. A total of 2,842 parents of multiples whose children were three years of age or older and whose children had attended school for at least one year completed this survey. The respondents were from over 18 countries, with the United States, Australia, France, Spain, Finland, Canada, and New Zealand being the largest responders. The majority of the respondents completed the English version (70%), while 21% completed it in French and 9% in Spanish. Two-thirds (66%) of the parents were members of a Multiple Birth Organization. The majority of the multiples represented in this survey (79%) were 11 years of age or younger. The great majority of the multiples (72%) attended public school at some time in their school years, while 17% attended a private school, 10% attended a parochial or faith-based school and 1% attended another type of school. The key findings for this international study were:

Lack of policies on school placement

A majority of the parents said that their school didn't have a fixed or set policy on placement of multiples, yet it was often difficult to achieve the school placement they wanted.

Parents' wishes are not always accommodated

Almost one-fourth of the families who requested school placement for their multiples were denied their desired school placement at least one of the years that their multiples attended school.

A common desire to place multiples together

Just over half of parents asked for their multiples to be placed together in the classroom at some point in their school years. The three most common reasons were: Multiples wouldn't be happy apart; easier to communicate with one teacher and easier to keep track of school assignments.

Some parents recognized a need to separate their multiples at school

Just over 40% of parents asked for their multiples to be separated in the classroom at some point in their school years. The three most common reasons were: To help their individuality; one multiple was too dominant; and multiples are too competitive.

The desire of parents to have their multiples together or apart changes with age

From our study results, it is clear that at younger ages, especially three to six years old, the parents were more likely to request that the multiples be placed together in the classroom. However, when the multiples were seven years and older, the parents were more likely to ask that they be separated at school and this percentage became larger as the children advanced in school.

Gaps in knowledge and resources

The four most common resources/references used by parents to try to get the desired school placement were: Information from other parents; information from the Internet; information from a MBO booklet and discussions on a MBO Facebook group. However, over half of the parents weren't aware that there were publications,

research and books to assist them. Only a third of the MBO members said that they got information from their MBO that helped them regarding school placement. Many districts/states/provinces have laws that protect the parents' right to choose school placement for their multiples, but many are unaware these laws exist.

Conclusion

In conclusion, the clear message for educators and school policy makers is that they should be making placement decisions for multiple birth children based on the individual needs of each child. No two sets of multiples are exactly the same so fixed school policies don't take each child into consideration. Schools should respect the close bond that the multiples have while also encouraging individual abilities and strengths. Please refer to the complete study results which also includes many comments from parents of multiple birth children all over the world.

J. Susan Griffith
MD Research Director
ICOMBO July 2020

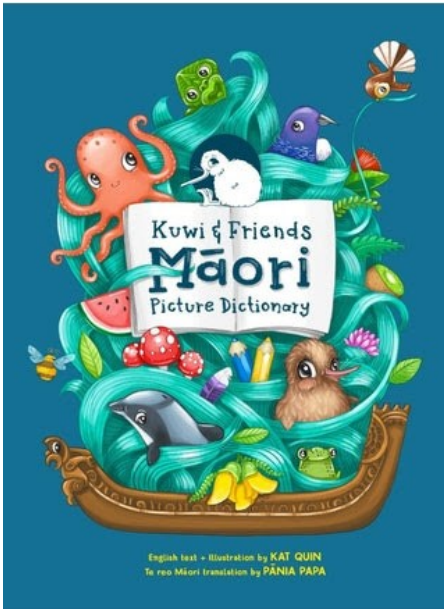


Read the full study at:

<https://icombo.org/school-placement-survey/>

Kuwi & Friends Māori Picture Dictionary

Kat Quin & Pānia Papa (New Zealand) have written and translated a new book to learn and use everyday words in te reo Māori.



This is an essential book for all New Zealand tamariki, the illustrations are magical and stunning.

The Kuwi and Friends Māori Picture Dictionary (He Papakupu Whakaahua) is a fun, easy-to-use resource for those wanting to discover, learn and use everyday words in te reo Māori (native language of New Zealand). The illustrations are designed to help with comprehension, particularly for younger learners. Visual cues can assist with retention of language, to recall spoken and written words.

This is hard-cover book in a large format (266 x 320mm), in vibrant full colour, with over 1000 te reo Māori words, translated into English. Embedded with gorgeous Kuwi the kiwi (and friends) illustrations.

Designed for everyday use, in the whānau (family), kura (school) and for all New Zealanders.

The English text and illustrations are by Kat Quin, with the Te Reo Māori Translation by Pānia Papa.

Kat's passion for all things children's books and illustration is apparent throughout all her works to date. Author and illustrator of the award-winning Kuwi the Kiwi series, Kat has expanded her range to include Flit the Fantail, Kiwicorn, and most recently, the #1 best-selling He Papakupu Whakaahua - Kuwi & Friends Māori Picture Dictionary.

Kat says: "The 'Kuwi & Friends Māori Picture Dictionary - He Papakupu Whakaahua' is a bright, accessible resource for those wanting to discover, learn and use everyday words in te reo Māori. The illustrations are designed to help with comprehension, particularly for younger learners. Visual cues can assist with retention of language, to recall spoken and written words. Consisting of 64 large scale vibrant pages, full of fun for the whole whānau!"



Read more at:

<https://www.kuwibooks.com/>

We are going to do a giveaway of this book in the Multiples NZ Facebook group in October. Keep an eye out.

Kat is an award winning kiwi author of the Kuwi the Kiwi series. Kat lives in rural Waikato with her husband and three gorgeous daughters. They critique all her work and offer a form of brutal, honest quality assurance. She has a passion for te reo Māori and many of the books she has illustrated and designed focus on Māori language, history and mythology.

This book is available from Whitcoulls for \$34.99.





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www.multiples.org.nz

Introducing the new Adolescent Multiples Resource

Carolyn Lister (ICOMBO & Multiples Canterbury) shares this great new resource from the Finnish Multiple Birth Association.

Looking for information on adolescent twins, triplets or other multiples? ICOMBO has the resource for you – 'Multiple Birth Siblings as Adolescents. A guide for parents of twins and higher order multiples'. If you are still a member of your local multiples club you can get a copy for free or you can purchase your own copy.

This is a guide for parents and others concerned with teenage multiples. It aims to increase the understanding of the changes and challenges multiples face. It also hopes to provide insights into the parent/child relationships, so that parents are able to trust in their own ability to support their children as they grow and develop into adulthood.

The physical, psychological and social development of young people includes:

- Accepting bodily changes and sexuality;
- Separating from a child's role of dependency on adults and at the same time finding one's own peers and peer culture;
- Forming a personal identity, in other words an idea of one's individuality, beliefs and objectives;
- Distinguishing themselves from their co-multiple, in addition to developing into adolescents.

These issues are discussed in detail in the guide, along with

discussions on dating, school and career options for multiple birth siblings.

If you are a member of your local multiples club contact Carolyn@icombo.org.nz with your membership details to arrange your FREE electronic copy. Otherwise it is available for only \$6 AUD and you can order via the ICOMBO website (<http://icombo.org/resources/adolescent-multiples/>). The 29 page book will be emailed to you on receipt of payment. Please include your email address on payment details.

For further information, contact chair@icombo.org

ICOMBO stands for the International Council of Multiple



Birth Organisations. We are a voluntary organisation whose aim is to raise awareness of the unique needs of multiple-birth infants, children, adults and their families promoting their health, education and welfare. www.icombo.org.nz; or on Facebook.

Since 1980, ICOMBO (formerly COMBO) has brought together

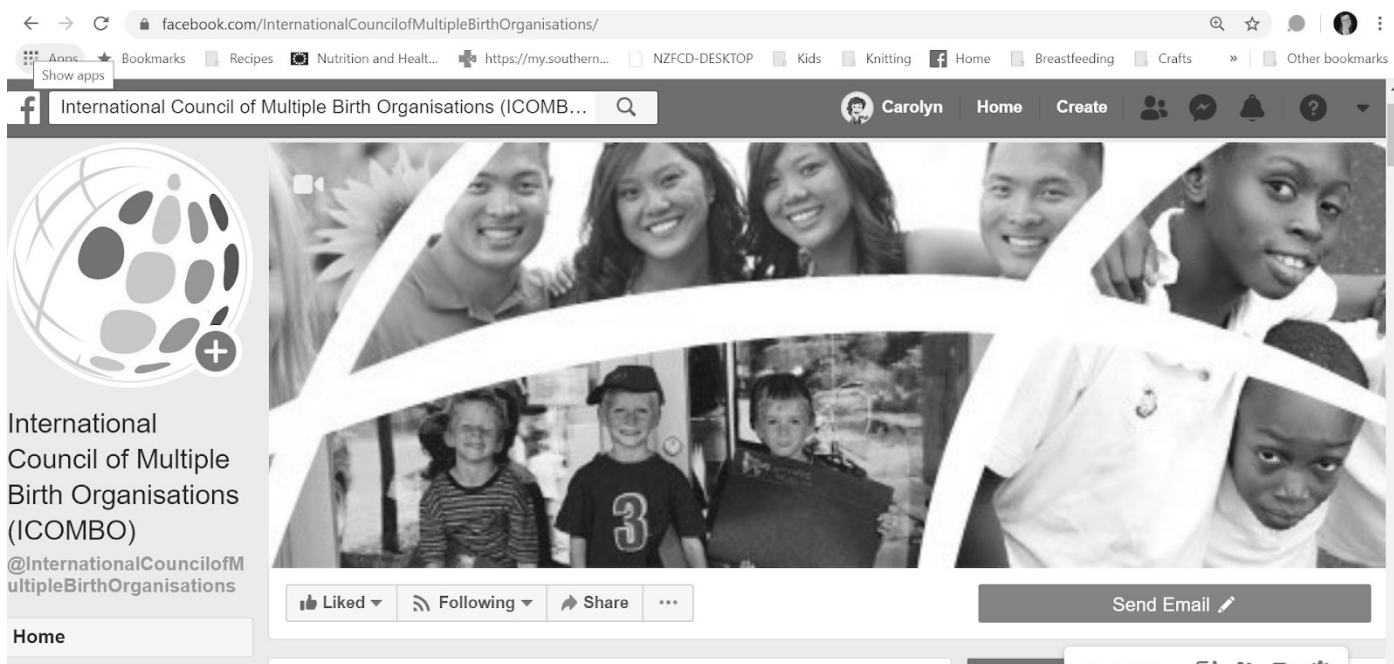


MULTIPLE BIRTH SIBLINGS AS ADOLESCENTS

A GUIDE FOR PARENTS OF
TWINS AND HIGHER
ORDER MULTIPLES

Written by the Finnish
Multiple Birth Association

Translated for use by the
International Council of
Multiple Birth
Organisations



communities from around the world, with the common goal of benefitting twins, triplets and more, and their families, throughout their lives.

ICOMBO's main purposes are to share and develop resources between multiple-birth communities, to promote projects and conduct research related to the health, education and welfare of multiples, and to promote the rights of twins and higher order multiples.

ICOMBO is looking for dedicated volunteers to assist the ICOMBO Board of Directors. ICOMBO is currently limited in its ability to work towards its objectives due to a lack of human (and financial) resources. Volunteers are needed to fill a number of positions that will better help connect and support national organisations worldwide.

Ideally ICOMBO is seeking volunteers who have experience volunteering at a national level, preferably with a multiple-birth organisation, have a passion for multiple birth issues and who are comfortable

working on their own (seeking assistance when needed) and taking initiative where necessary. Working internationally can be a challenge, but it can also be an exciting opportunity to meet others with a similar passion for multiple birth issues who want to make a difference. Volunteers must have Internet access and access to email.

Please contact Monica Rankin (ICOMBO Chair) for more information or to discuss where your experience, interests and passion are best suited in volunteering with ICOMBO.

Contact Carolyn at:
carolyn@icombo.org

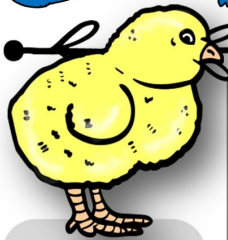


Contact Monica at:
chair@icombo.org

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

KIDS

CORNER



Spring WORDFIND

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

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

SPRING	KOANGA	LEARNING	GROWTH
TEENAGER	TAITAMARIKI	GROWING UP	FUTURE
YOUTH	TWEEN	YOUNG ADULT	POTENTIAL



10 Spring challenges!

How many can you tick off?

- 1 The Māori word for spring is:
- 2 What jobs need to be done around the garden? Get stuck in and lend a hand!
- 3 Spring is symbolic of new life. Head out on a nature walk-what signs of new life can you spot?
- 4 Learn how to say the colours of the rainbow in a new language. Use your new words (or NZ sign language) to sing "I can sing a rainbow."
- 5 Build an obstacle course in the garden. Time yourself or challenge a friend to complete it in a set amount of time.
- 6 Plant something! Spring is the perfect time to get gardening...
- 7 Build something spring-related out of lego (e.g. a rainbow, nest, tree house, baby animal)
- 8 Make a spring salad or cook something special for your family using ingredients that are in season.
- 9 Take a magnifying glass, paper and pencil out into the garden. Sketch a close up of something interesting.
- 10 Think about what you were doing this time last year. What do you hope to be doing next spring? Set some goals.

Below are some amazing kiwi twins! What more can you find out about them? What are they known for?

The Topp Twins

The Evers-Swindell Twins

Waiti & Waitā

Jake & Zane Robertson

The Oneill Twins

Gary & Alan Whetton

The Kirikau Twins

Kylie Cardon & Bronwyn Allen

Illustration: Air, Hair, Feet and Snobs' hands = Annie, Minds! © 2020 GREEN CROSS

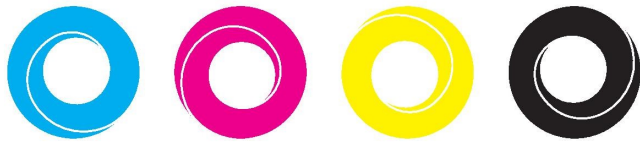


SPRING

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

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<p>OTAGO contd.</p> <p>Central Otago/Wanaka Region Part of Multiples Otago Contact person: Gwen Hendry 021 147 7380 gwendolooony@hotmail.com</p> <p>South Otago/Balclutha Region Part of Multiples Otago Contact person: Shelly Smith (03) 418 2285 • soss@slingshot.co.nz</p> <p>SOUTHLAND</p> <p>Southland Multiples Co-President: Lizzie Stephenson Co-President: Sarah Miller southlandmbc@gmail.com www.southlandmultiples.org.nz</p> <p>Triplets Plus</p> <p>Contact: tripletsplus@multiples.org.nz Contact: Heather Ben 027 484 1526</p> <p>0800 Regional Contact People</p> <p>North Island Ainslee Jacobson 0277275523 cjacobson@gmail.com</p> <p>South Island (All of South Island—all 03 numbers) Jacqui Newell 021 154 3141 0800Sthls@multiples.org.nz</p> <p></p> <p>Supporting parents of multiples 0800 4 TWINS etc</p> <p>Our free phone number 0800 4 TWINS ETC (0800 489 467) is provided by Multiples NZ to assist people to contact their local multiples club. Manned by volunteers throughout the country, this number prevents clubs needing to reissue all their flyers when committee members move on. It is <u>your</u> number for <u>your</u> clubs, so please use it as often as you like!</p>



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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.

Te Takitini o Aotearoa
PO Box 1258, Wellington
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www.multiples.org.nz

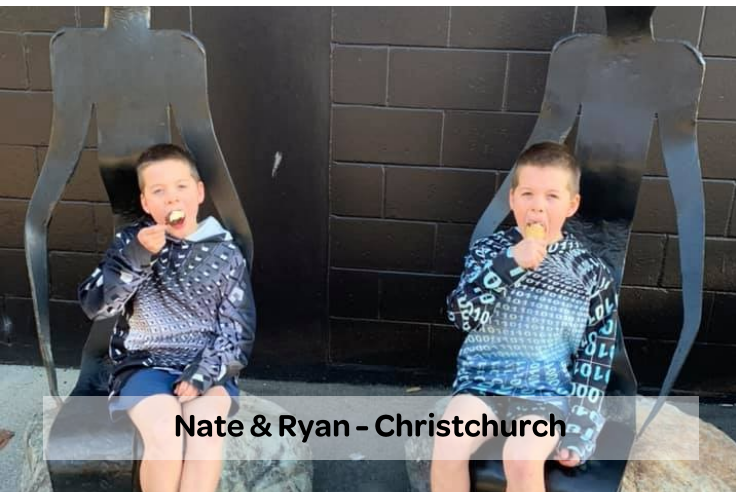
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