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SPRING 2023

Birthdays



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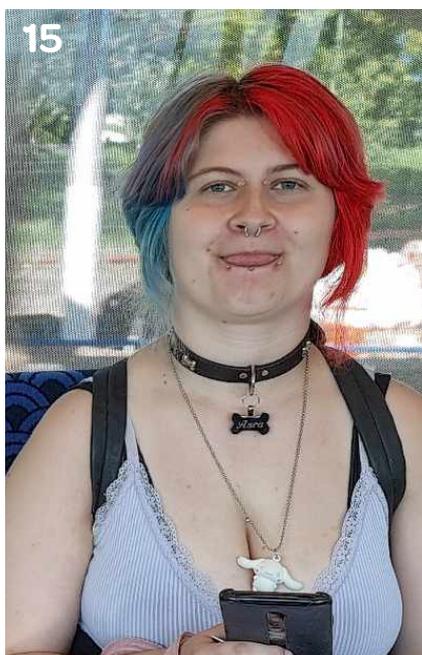
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EDITORIAL

My children are in no doubt: their birthday, and everything associated with it, is the number one occasion of the year. To be fair, they are squarely the centre of attention throughout the year anyway, not just on their birthday. But it's when they feel extra special, that they matter, that they are really, deeply loved.

This issue of Multiples Aotearoa has stories and photos of birthday successes and drama from across our Multiples NZ community. You'll no doubt recognise the situations some of your fellow multiple parents have gotten into, trying to make their children's birthdays a hit.

I'm only five birthdays in but I've learnt a few things along the way, which you can also read about a little further in. As always, the main thing my multiples teach me is to chill and go with the flow a bit more than I naturally would.

We also have an insightful piece from an older sibling about having higher needs multiples in her family (and having higher needs herself) and the story of how Multiples NZ was gifted its te reo Māori name, Te Takitini o Aotearoa.

This is my final magazine as editor. If you have a passion for finding and telling stories, or a gift for design, flick us an email at magazine@multiples.org.nz - we need you!

Barnaby Haszard Morris
Kapi-Mana Multiples



PRESIDENT'S REPORT

INTRODUCING OUR NEW PRESIDENT

Kia ora, I'm Desiree Morgan and I am as of November the 6th 2022 the new President of Multiples NZ. I have 4 children: Asra 19, Dante and Roxas 8, and Vincent 5.

I have been involved with volunteering since 2017. First with my local club Multiples Counties Manukau, where I held various roles, some of them all at once. I got involved with Multiples NZ in a support role as Special Needs/Bereavement/NICU Coordinator in 2019 and then VP in 2021 and now President. If you are on the Multiples NZ Facebook Page, the Special Needs Multiples page, or the bereavement page you will likely have seen me commenting as I like to stay fairly active in the community.

Volunteering is definitely my passion. I love being able to give back to a community that has given me so much. If you have ever thought of volunteering I urge you to talk to your local club. They are all volunteer run and often have bite-sized little projects you can help with.

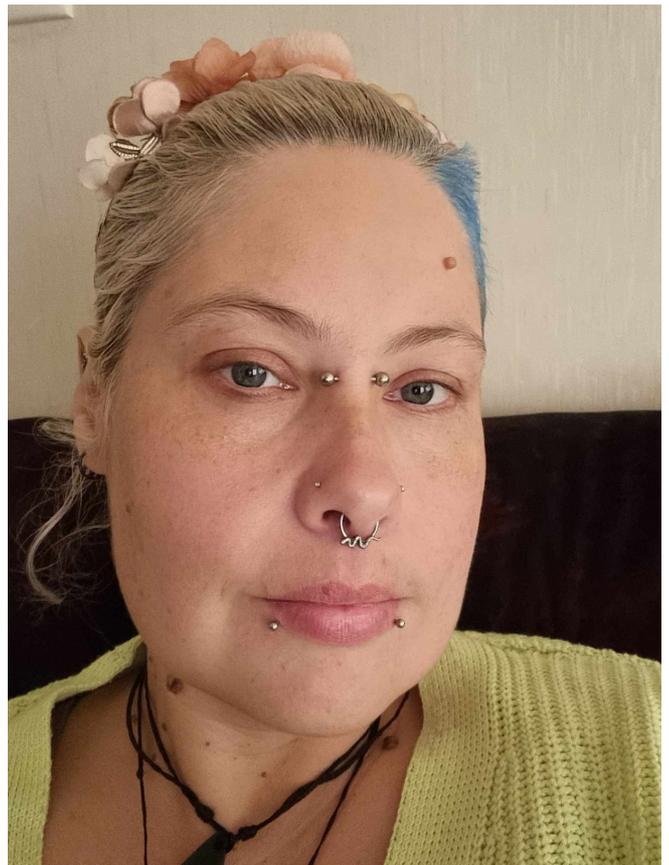
Multiples NZ has one of our resources that we have been updating: Your Precious Premmies. It's in its final proofreading. We are also throwing ourselves into organising our annual National Training Forum and we have some projects that we are looking to get underway in the next few months, so it is all go around here.

We also have some roles on the Exec that we would like to fill: Treasurer (to shadow our Treasurer, who is stepping down at the next AGM in October), Magazine Editor and Grants/Fundraising.

If you'd like to talk about any of these roles, or the projects we have on the go, get in touch with me at president@multiples.org.nz.

Ngā mihi

Desiree Morgan



BIRTHDAYS WITH MULTIPLES

Stories from the Multiples NZ community

The first birthday is a major milestone for both the child and their parents -- and it's even more of a milestone for multiples, judging by the many posts in the Multiples NZ Facebook group that begin with some variation of "We made it to one!!!!"

It was the same in our household. Tutus, smash cakes, and a crowd of adoring relatives with cameras ready. Because it's often a milestone for the whole whānau as well, as Kit Johnston says.

"My twin girls' first birthday was bigger than my 21st! The garage, house and yard were swamped with parents and kids amped on sugar and hope," says Kit.

"It was the best feeling to see so many people share this moment with the girls. The birthday marked a milestone and brought with it new challenges."

That's for sure. Every parent of multiples quickly learns that the job doesn't necessarily get easier as the little ones get bigger. New milestones mean new behaviours, often exciting, sometimes very challenging -- times two children, or three, or more.

But sometimes it's the occasion of the birthday itself that leads to tears. Vicki Mackie takes as many photos you'd expect on her children's birthdays, but she's noticed a pattern emerging -- as revealed in these photos (right, below). "We've gone for an 'It's my birthday and I'll cry if I want to' theme..."



I sympathise with Vicki's boys. After all, who among us can say they haven't shed a tear or two on their birthday at some point?

It was water of a different kind that caused issues for Phil Cahill, whose great idea for a seventh birthday party came back to haunt him.

"If your seven-year-old twin boys are having a wet and wild party at home, limit their guest list," advises Phil. "ESPECIALLY if they are in different classes at school... and they invite everyone."



"They may all come... in fact, they probably will... 40 kids is a bit much... especially if it rains..."

Sounds like a nightmare. Fortunately, it wasn't all bad.

"On the more positive side, kids making their own mini pizzas for lunch goes down a treat," says Phil. "As long as you have enough oven/BBQ space to cook them!"

"We also always sing happy birthday twice and have separate candles," says Phil. "They deserve to have their own acknowledgement. We don't always have two cakes, but sometimes just have a separate cupcake for each of them."

Cakes. They're a big deal. And there are many schools of thought on who should get what when you're celebrating birthdays with multiples. For some, it's a big enough effort to provide one cake to share, and that's okay. As Phil says, there are ways to make each child feel special without having to get two full cakes out the door.

Others set their stall out to do just that. "I've set myself the insufferable task of baking my two sets of twins their birthday cakes for as long as I can," says Caroline Doyle. "Just to make my life more hectic than it is!"

To recap: two birthday cakes, twice a year. That's next level, Caroline.

If you want to make your multiples' next birthday a success, the Multiples NZ and local club groups on Facebook are full of great suggestions. Colin Hill, for example, recommends taking the party on the road.

"We've made use of local venues in Hawke's Bay," says Colin. "Our twins' fourth birthday was at the local bike park. Everyone brought scooters, bikes etc. Their third was at the local miniature trains. It's great having the parties away from home: minimal clean up and both venues cost nothing."

Excellent tips. Nathan Colbert, meanwhile, recommends keeping it simple.

"We just had our fourth birthday," says Nathan. "It was fairly low key with extended family at our place. Party games were a hit at this age: pin the tail on the donkey, pass the parcel, a donut hang game, and duck duck goose."

Since a pass the parcel debacle at my kids' fifth birthday -- if you've seen the Bluey episode 'Pass the Parcel', it was something like that, but somehow even worse -- those three words send a shiver down my spine. But there's a reason we keep coming back to these low-effort, high-reward classics, year in and year out.



Do you have any memorable moments or great tips to share from your multiples' birthdays? Send them in to magazine@multiples.org.nz -- we'd love to hear from you.

FIVE BIRTHDAYS, FIVE LESSONS

Barnaby Haszard Morris

FIRST BIRTHDAY:

Smash cakes

If you think your kids are up to it, smash cakes are the way to go when they turn one.

In case you're not familiar with this increasingly popular trend, a smash cake is a small, decorated cake intended to be eaten by your little one with their hands. It's an age appropriate way for most one-year-olds to enjoy their birthday cake with all their senses. It's also a fairly easy task for the parents baking them compared to an elaborate, full-size cake that then has to be cut and shared amongst the masses.



Best of all, it's great entertainment for the friends and whānau who gather. We had three rows of adoring aunts, uncles, cousins, and grandparents watching our kids get stuck into their smash cakes. In fact, your guests will be so captivated, they might not even notice there's no cake for them!

SECOND BIRTHDAY:

Simple presents

Our children always get completely overwhelmed with gifts on their birthday. Books, toys, increasingly complex pieces of outdoor play equipment, , knife sets, et cetera, et cetera...

Okay, not all of those are gifts they've actually received, but the point is, the sheer volume of gifts can be a bit much. And sometimes -- often -- it's the simple ones that bring the most joy.



On their second birthday, our kids got the usual mountain of presents. They enjoyed putting their soft toys in their new backpacks, and leaving the lids off the felt pens.

But the things they seemed most fascinated by were little sets of hair clips with glittering animals on them. They didn't necessarily want to wear them; they just wanted to look at them and run their fingers over the bumpy, glittery surface.

I think it's fair to say we haven't learned this lesson properly yet, given the number of gifts each child continues to receive each year. But it is nearly always true that it's something small and seemingly insignificant (and often quite cheap) that particularly takes their fancy.

THIRD BIRTHDAY:

Make a special family day

As the kids get older, you may become a minor character in the story of their birthday parties. While they run around and have fun with the guests, you become the unseen hand behind the scenes who makes everything run smoothly. Or at least, as smoothly as possible. An important role, but not one that necessarily brings you and your kids close.

By our kids' third birthday, we realised what they wanted most was to have a fun day as a family. They asked if we could go to a trampoline park and a playground, then eat donuts at the mall, then come back home for a rest and some TV time. So that's exactly what we did, and it was a low-stress way to make their wishes come true.

We didn't get rid of the whānau party. There was still cake, and balloons, and chasing each other around the lawn. But we'd already filled our cups with some quality time together as a family a couple of days before.

FOURTH BIRTHDAY:

Break the rules

I am a stickler for routine. If the kids are still in bed at 7:30am, I'm liable to stomp loudly past their door. Until they stopped napping, I'd feel really uneasy if we blew through nap time. My logic is that they are, at least in some part, small versions of me, and therefore comforted by ticking off each aspect of the daily schedule.



Of course, all that can easily go out the window on birthdays. Most of all their sugar intake. But it was on our kids' fourth birthday -- the special family day, not the party -- that we really broke the rules.

We'd returned home after lunch with one child feeling a bit queasy, so we all had a rest in front of the TV. As dinnertime approached, and evening drew in, that same child came to us and announced she was feeling better and was ready to go to the pool.

Oh no! The pool! We'd forgotten all about it. Or written it off as a bad idea when vomit seems imminent. But here she was, rested and well and increasingly agitated at the prospect of not going to the pool on this, her special day.

So we quickly made up some lunchboxes, biffed togs and towels in a bag, and headed for the only pool in the area that was open late, a 40-minute drive away. The kids (and parents) had a great time and the kids fell asleep in the car on the way home.

They still talk about it as "the birthday when we went to the pool after dinner", and I try to relax about the schedule. Because as it turns out, such a cheerful slap in the face of routine can be the most memorable part of their birthday.



**FIFTH BIRTHDAY:
Use what you have**

As soon as we saw the purple dragon bouncy castle at the toy library, we had to reserve it. Never mind that the kids' fifth birthday was still six months away. Never mind that they already had a perfectly good trampoline, assembled with great difficulty by their father and grandfather last Christmas. That bouncy castle would complete their birthday.

When the day came, father and grandfather once again spent a significant chunk of time getting this garish, whirring contraption set up in the backyard. As we mopped our brows, we expected the kids to come running with astonished expressions of glee on their faces.

Instead, when we finally managed to drag them out to have a look, they played on it for thirty seconds then defaulted to the trampoline.

I at least expected some of their friends to be keen. But as they showed up, one after the other, each was led to the trampoline to have the best time ever. The bouncy castle whirred away, its smiling dragon head bobbing gently in the breeze, its barely touched canvas puffed up with pride as the kids roared with delight on the trampoline five metres away.

Lesson learned. I don't think we'll get the bouncy castle again.



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**monozygotic
monozygotic**



**dichorionic
monozygotic**



**dichorionic
dizygotic**

ICOMBO Corner: Zygoty and Chorionicity Matter

Carolyn Lister
Vice-Chair & Research
Director
International Council of
Multiple Birth Organisations
(ICOMBO)

ICOMBO is 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.

From 7-13 November 2022 we celebrated International Multiple Birth Awareness Week (IMBAW). The theme was 'Zygoty and chorionicity matter' and the goal was to raise awareness around identical versus fraternal twins, and higher order multiples, as well as the importance of determining chorionicity early in pregnancy.

It was a hugely successful event and raised a lot of awareness and discussion. Even within our own community there is still a lot of misunderstanding and confusion around zygoty.

Each day we had a focus on a particular area:

- Day 1: Explaining zygoty and chorionicity
- Day 2: Identical twins
- Day 3: Fraternal twins
- Day 4: Determining zygoty (testing and questionnaire) and chorionicity
- Day 5: Differences between monozygotic and dichorionic (management, complications of MC pregnancies)
- Day 6: Pros and cons of knowing zygoty
- Day 7: Misdiagnosis of zygoty/chorionicity

Our photo competition was a lot of fun, and we saw some incredible

(and even funny!) entries into the competition. I saw a good few New Zealand families sharing photos. Our members translated information into a number of different languages, including Finnish, Norwegian, Japanese, Czech, and French.

Information on the next few pages is a snapshot of what we shared. There's more on the ICOMBO Facebook page and on the ICOMBO website:

<https://icombo.org/zygoty-and-chorionicity/>

I'm now getting back to our research activities. One idea that came out of the week is to conduct some more short surveys to gather data that may be of interest to our families. We also need to identify a theme for the next IMBAW. Some ideas include: the challenges parents of multiples face, parenting multiples, correct care in pregnancy, prematurity, and the complications of multiple pregnancies.

We'd love to hear any more ideas you have.

carolyn@icombo.org

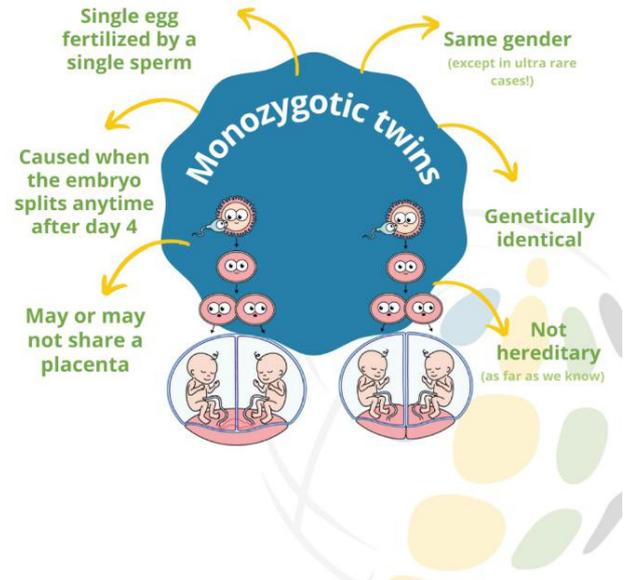
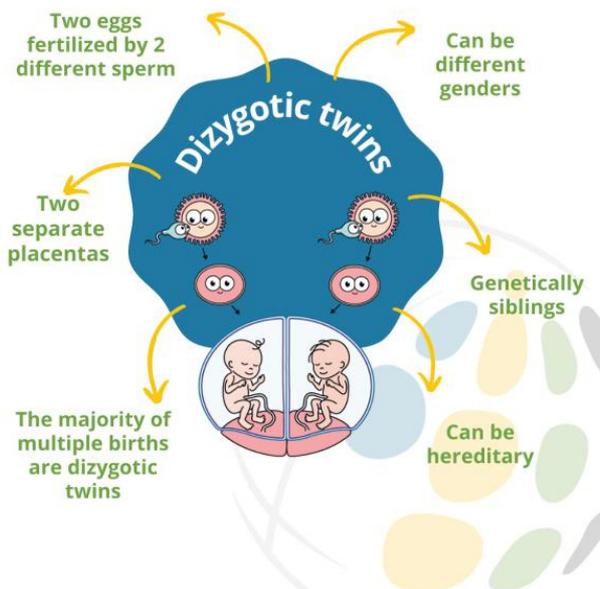
Zygoty for twins

For twins, zygoty refers to the degree of genetic similarity within each pair. There are two main types of twins. Dizygoty (di = two, zygoty = egg) are commonly referred to as fraternal twins. Monozygoty (mono = one, zygoty = egg) are commonly referred to as identical twins.

It is estimated one third of all twins will be identical and two thirds non-identical (fraternal).

Dizygoty (DZ, fraternal) twins occur when two eggs are released at a single ovulation and are fertilised by two different sperm. These two fertilised eggs then implant independently in the uterus. DZ twins share around 50% of their genes, which is the same type of genetic relationship as non-twin siblings (hence the term fraternal).

- approximately half are the same sex and half are different sex
- each has its own placenta which is continuous with the chorion (outer membrane), with rare exceptions
- each is as genetically similar as any same-sex or different-sex siblings



Monozygoty (MZ, identical) twins develop when one egg is fertilised by a single sperm and during the first two weeks after conception, the developing embryo splits into two. As a result, two genetically identical babies develop.

- approximately one third of MZ twins have separate placentas
- approximately two thirds of MZ twins share a single placenta despite having their own inner sac (amnion), umbilical cord and share of the placental mass
- all MZ twins are the same sex with rare exceptions
- all are genetically identical, or almost 100% identical

Like twins, triplets and other higher-order multiples can be categorized by their zygoty. Most triplets are trizygoty, meaning that each individual forms from a separate zygoty, or egg/sperm combination. They are commonly described as "fraternal" multiples and share the same genetic similarities as any siblings.

However, it is not uncommon for triplets to be dizygoty, which occurs when two eggs are fertilized by sperm, and one of the fertilized eggs splits into two. Essentially, two of the triplets are monozygoty (identical) twins, while the third multiple has a unique genetic makeup, distinct from that of the other two triplets. Of course they can be monozygoty where one egg splits in two and then one of these splits again resulting in identical triplets. With higher order multiples, the possible permutations increase.

Chorionicity for twins

In the womb, a fetus (baby) grows within its mother's uterus. The placenta attaches to the wall of the uterus and has the functions of supplying nutrients to the foetus as well as removing waste. The fetus is connected to the placenta via the umbilical cord. It sits in a fluid-filled sac that is surrounded by a thin membrane called the amnion. There is a second membrane called the chorion that surrounds the amniotic sac. The number of chorions is the same as the number of placentae of the pregnancy.

The combinations of chorion and amnion possible in a twin pregnancy are:

Di/Di (dichorionic/diamniotic)

- These are twins that have separate chorions and are in their own amniotic sacs. Sometimes referred to as DCDA.
- These twins can be monozygotic or dizygotic

Mo/Di (monochorionic/diamniotic)

- These are twins that are in separate amniotic sacs but contained within the same outer membrane and there is a single, shared placenta.
- Sometimes referred to as MCDA. These twins will always be monozygotic

Mo/Mo (monochorionic/monoamniotic)

- These are twins that are in a single amniotic sac, with a single chorion and there is a single, shared placenta. Sometimes referred to as MCMA.
- These twins will always be monozygotic.
- Note there can be no Di/Mo combination - if there are two chorions, then they cannot be in the same amniotic sac since it is the innermost membrane and, by definition, they will be separated.

It is critical that the number of placentas, chorions and amnions is determined in early pregnancy by a skilled ultrasound technician.

Sharing the same amnion (or the same amnion and placenta) can cause complications in pregnancy. The chorion-amnion arrangement is crucial to pregnancy management in cases of one fetal demise or selective reduction, and because of potential associated problems such as twin-twin transfusion syndrome (TTTS), growth discordance, intrauterine growth restriction (IUGR), congenital anomalies, and cord accidents.

Ultrasound markers including the number of placental sites, thickness of dividing membrane, the lambda sign, and fetal gender are important in determination. Care can then be passed to maternal fetal medicine specialists as required.

No one knows what causes the egg to divide in half. The stage at which the zygote divides determines the chorionicity (number of placentae) and amnionicity (number of sacs):

- Dichorionic-Diamniotic (Di-Di) twins form when splitting takes place by the sixth day after conception. About 32% of identical twins are this type (some have fused placentas).
- Monochorionic-Diamniotic (Mo-Di) when splitting takes place between days six and ten. This is the most common type of identical twins at about 64%.
- Monochorionic-Monoamniotic (Mo-Mo) twins occur when the split takes place between day 10 and day 14 and only occur in 4% of identical twins.
- If the division of the zygote occurs later than 14 days and is not complete, then conjoined twins are usually the result. This type is very rare at less than 1% of identical twins.

MULTIPLES WITH HIGHER NEEDS

Asra Morgan

I'm Asra, I'm 19, my mum is Desiree, president of Multiples NZ and I'm writing about my experience as an older sibling of multiples with special needs.

As some readers will already know from my mum's previous articles, my brothers are both autistic and ADHD (attention-deficit/hyperactivity disorder). Roxas has recently been diagnosed with ADHD and epilepsy in the form of absent seizures, so we've got the whole set really.

As an older sibling who also has autism and ADHD, I think it helps me relate to them more and stay more calm when they're having meltdowns since I know a bit more than an average person what they're going through. Although if I'm being perfectly honest sometimes their meltdowns can set off one of mine, and then it's just a whole mess.

It's really easy for people to think that because they're multiples, they'll have the same responses to things, but that's really not the case at all. Dante is more likely to get angry whereas Roxas is more likely to cry if you tell them that they're not getting something that they want at that moment. They are their own people and I think more people need to remember that about them. They may do things as a unit but they're not just one person. I actually get really frustrated trying to tell people this and I'm sure mum does as well, it's just that people tend to see multiples as just that, multiples, not individuals.

That goes for other things too. Both of them are really good at video games, but sometimes one will solve a puzzle really quickly and the other will struggle a bit more. It's really hard to explain to them that that doesn't mean they're better or worse than one another, it just means that one of them can solve the different things faster and even sometimes just got lucky. Sometimes one will struggle with a maths question that the other would have no problem with, and other times one will struggle with spelling a word that the first would have no problem with. They will always be at different stages of development, no two (or more) children are ever the same.

Catering to their sensory needs is important but keeping mine in mind is too. It's trying to balance those things that gets a bit difficult sometimes. Roxas and Dante often need more than one device going at the same time like the TV and their tablet, whereas I get a bit overwhelmed by it, especially if I'm trying to do something on my phone or my tablet. I curb that issue usually by going to a different room but it gets harder when it's something that I can't avoid like when I need to be in a certain room and there's just too much going on. Usually I will ask them to turn down what they're doing so there are fewer conflicting sounds. Most of the time they're happy to do so once I explain why.

And that brings up another key thing with special needs multiples, or just special needs kids in general. It's good practice to always give them a why when you want them to do something or to not do something. I know I, especially as a kid, would only do or not do stuff when there was a reason to or reason not to.



If you just told me 'don't touch that', I'd probably continue to go and do it because I wouldn't see any reason not to, whereas if you told me 'don't touch that because it's hot and you'll burn yourself', I would be much less likely to do it. And I've noticed that Roxas and Dante are much the same.

Lots of kids with special needs will avoid certain things at all costs. One thing Dante and I have in common is avoiding demands. We both absolutely hate feeling like we have to do something. Whether that's getting changed, eating food, going to school, going to sleep, anything. Even writing this article. I've already gotten distracted by things about 5 times, and I notice that Dante will do much the same thing. There was an incident a few days ago where he complained to me that he was hungry and wanted dinner but he hadn't even eaten his lunch yet, so I said he should probably do that first. He still didn't, so I told him he had to eat his lunch. Now that was probably the worst thing I could've done because he got super upset and didn't want to any more, and so I asked him what was wrong. He likes everything that was in the lunchbox and so I didn't see the issue. I sat down next to him and said I would wait until he was ready to answer.

But then I realized it was probably that demand avoidance kicking in. I asked him if it was because I had made it sound like he had to, and he said yes, so I rephrased what I said to 'I would like for you to eat as much of your lunch as you can, you don't have to eat all of it, and if there's really nothing you want I will make you something you do want'. He calmed down almost immediately. He opened up his lunchbox and ate his crackers after very nicely asking me to put butter and cheese on them. That was all he ate but it was a lot better than him not eating at all and being upset with me for probably the rest of the day. Sometimes it just takes a little bit of rewording things for it to completely solve the problem, or make sure that the problem doesn't happen in the first place.

Making time for my brothers can be really hard for me sometimes. I like to be in my room - my safe space - a lot, so I'm not usually in the communal areas of the house where they are as much. Recently, though, I've made a deal that they can watch some stuff that they previously were not allowed to watch as long as it's through my TV with me watching, and it's all hand picked by me so there's no swearing or nasty language etc. This means they're spending quite a bit of time with me in my room instead of in the lounge which also gives mum some time to herself... mostly. (There's still another little terror unaccounted for in this scenario.)

Another way I spend time with them is I'll take them to bed at night, play them some frog noises and just chill with them until they fall asleep, answering the occasional question before bed about whatever they can think of to postpone sleeping that night.

Making time to hear about their special interests is something I'd like to do more as well. I actually find the things they like have pretty cool lore and I'm always learning new things about them even after about a year. Keeping up with them mentally is a lot more difficult than keeping up with them physically, they're quite happy to just sit on their tablets or TV but they absorb every little piece of information those things give them, especially when it's about something they like. Their interests vary from games and movies, to the human body, to plants, to pretty much anything you can think of, these kids absolutely love to learn and they love even more to tell other people what they've learned. They especially love correcting each other, even if they are both wrong sometimes.

So we've covered pretty much everything I can think of.

And I'd just like to say that while having multiple special needs little brothers can be difficult at times, it's also super rewarding, and amazing when you get stuff right. I like to think that I'm the luckiest sibling ever to have these two little gremlins in my life.

Thanks for reading!

MULTIPLES WITH HIGHER NEEDS

Asra's top tips

1

Don't think of them like one person. They will always, always, always be at different stages, have different emotional capacities, react to things differently.

2

Remember to take care of your needs as well as theirs as much as you can, even if it's something small like turning down a TV.

3

Explain everything, why you're doing the dishes, why you have to do laundry, why they need to pick up their toys.

4

Deal with the punches as they come (literally at times), learn ways around things like demand avoidance.

5

Make time however you can, find things you all like to do, and listen to them. Even if you're not interested at all in what they're saying, just letting them talk about it will make them happy.

TE AO MĀORI

Te Takitini o Aotearoa

The gifting of Multiples NZ's Māori name and what it means in English.

The name Te Takitini o Aotearoa was gifted to us in 2019 by Kaumatua Hōne Paitai, from Te Rarawa and from Roma Marae in Ahipara, Far North. Matua Paitai is a respected kaumatua from Te Rarawa. He was approached by the 2019 Multiples NZ Executive to create a name for our association which reflects the respect we have for our official language of New Zealand; as well as demonstrating Multiples NZ commitment to recognizing the Māori heritage of our whānau. In te reo, takitini is a noun which means many, large numbers or multitude. Given our whānau have multiple tamariki, this was the kupu (word) gifted to use by Matua Paitai.



Ko Whangatauatia te maunga

Ko Karirikura te moana

Ko Te Wairoa te awa

Ko Roma te marae

Ko Te Ohāki te whare

Ko Te Rarawa te iwi

Ko Hōne Paitai ahau.

Multiples NZ also wanted to improve our commitment to our whānau through creating a special part of our magazine which is devoted to sharing kōrero about Te Ao Māori (the Māori world view). The Māori world view (te ao Māori) acknowledges the interconnectedness and interrelationship of all living & non-living things. Multiples NZ also wishes to acknowledge and uphold the principles of Te Tiriti o Waitangi as an integral part of the Aotearoa New Zealand perspective.

Te Takitini o Aotearoa / Multiples NZ is grateful for Matua Paitai for helping us on our journey.

Start or continue your journey in te reo Māori at
<https://www.reomaori.co.nz/>





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VOLUNTEER OF THE MONTH

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

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.

Anyone can nominate someone for a Volunteer of the Month award. Have you received great support from a committee member at your club? Like a much-needed grocery drop in the hazy early days of twin parenting, or a listening ear that really understood when your babies were in NICU? Get their names in so they know how much you appreciate them.

The winners of this monthly award will go into the running for the Multiples NZ Volunteer of the Year Award, which will be announced at the Multiples NZ Volunteer Awards.



**Expecting multiples
or already have multiples?
and...**

**Already have a toddler/
or you don't**

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Facebook Support Groups

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

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

We support these externally administrated groups:

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

We support our committees through these specific groups:

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



Multiples NZ



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Club Member Discounters

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www.multiples.org.nz

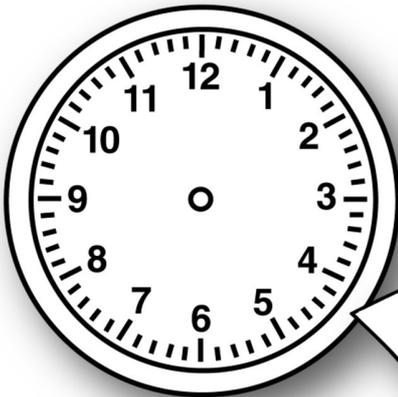
KIDS

CORNER

Rā Whānau, Happy Birthday!

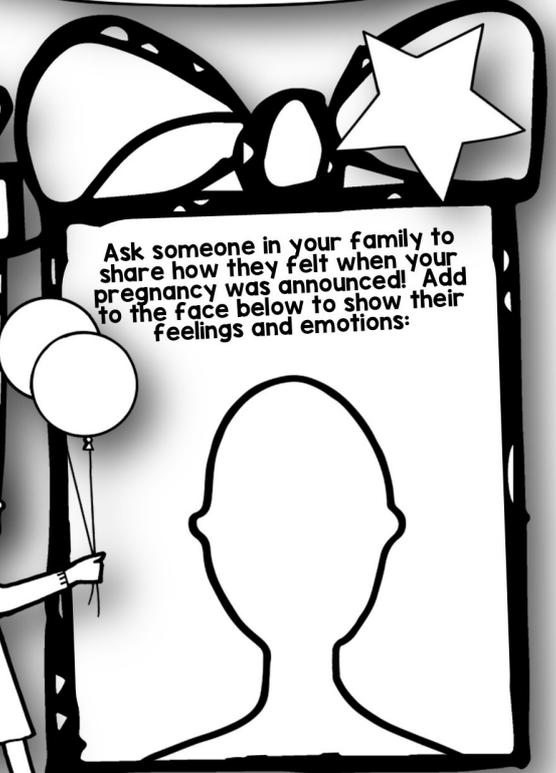


How old are you? Add candles to the cake to show your age.

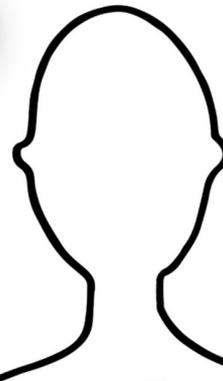


My Birthdate:

Were you born in the day or at night? Add hands to the clock to show your birth time.



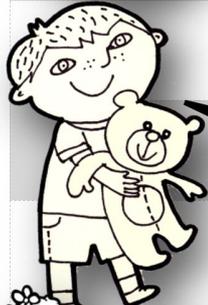
Ask someone in your family to share how they felt when your pregnancy was announced! Add to the face below to show their feelings and emotions:



Ask your whānau to share the stories & photos behind YOUR special milestones...



When I grew (or lost) my first tooth.



Dadda, Mumma!

When I took my first steps.

My first words.

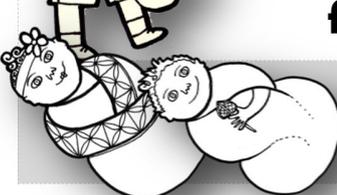


Were you born 1st, 2nd, 3rd or 4th? How much did you weigh?

First day at daycare or school.



My first haircut.



The first time away from my siblings.

The story of the day I was born



How are you different to your siblings? How are you the same?



Fish, air, hats, food and shells, hands = active, Mississ. © 2014 GREEN GRASS

SUMMER

Local Club Contacts

Northland & Whangarei • Rosie Ponifasio-Hughes • northland@multiplesaucklandnorth.org.nz (Satellite Club)

Multiples Auckland North • Thérèse Ellitts • 021 0462398 • president@multiplesaucklandnorth.org.nz • www.multiplesaucklandnorth.org.nz

Multiples Auckland Central • Anna Winn • president@multiples-ac.org.nz • www.multiples-ac.org.nz

Multiples Counties Manukau • Alison Taylor-Wade • president.multiplescm@gmail.com • www.multiplescm.org

Waitakere • please refer to Auckland Central & Auckland North Clubs

Hamilton Multiple Birth Club • Michelle Ericksen • 078550373 • michelleericksen@extra.co.nz • Fiona Stokes-Rouse • 078563330 • hamiltonmultiplebirthclub@gmail.com • www.hamiltonmbc.co.nz

Multiples Bay of Plenty • Sarah Mortimer & Becky Klein • president@multiplesbop.org • www.multiplesbop.org.nz

Rotorua & Taupo • please refer to Multiples Bay of Plenty

Multiples Hawkes Bay • Vicky Bloomer-Chaplin • president@multipleshb.org.nz • www.multipleshb.org.nz

Gisborne • please refer to Multiples Hawkes Bay

Multiples Taranaki • Sarah Cash • multiplestaranaki@gmail.com

Manawatu Multiples • Pamela Perkins • manawatu.multiples@gmail.com • Manawatutwins.org.nz

Whanganui • please refer to Manawatu Multiples

Multiples Hutt Valley • Lindsay Hamilton • hvmbcpresident@gmail.com

Kapi-Mana Multiples • Ali MacKay • president@kapimanamultiples.org.nz • www.kapimanamultiples.org.nz

Wellington Multiples • Amy Elizabeth • president@wellingtonmultiples.org.nz • www.wmbc.org.nz

Nelson, Marlborough, Kaikoura, South Canterbury, West Coast • please refer to Multiples Canterbury

Multiples Canterbury • Helen Johnson • president@multiplescanterbury.org.nz • www.multiplescanterbury.org.nz

Multiples Otago • Elyse Blacow • president.multiplesotago@gmail.com • www.multiplesotago.org.nz

North Otago, Central Otago (Wanaka), South Otago (Balclutha) & Oamaru - please refer to Multiples Otago

Southland Multiples & Queenstown • Lizzie Stephenson & Sarah Miller • southlandmbc@gmail.com • www.southlandmultiples.org.nz

Triplets Plus • Sarah Miller & Tessa Blake • tripletsplus@multiples.org.nz

North Island Regional Contact • Ainslee Jacobson

South Island Regional Contact • Jacqui Newell

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. This number prevents clubs needing to reissue all their flyers when committee members move on. It is your number for your clubs, so please use it as often as you like!

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.



Multiples Aotearoa

Te Takitini o Aotearoa
0800 4 TWINS ETC
(0800 489 467)
www.multiples.org.nz

