



Twins, triplets or more!

Information for new and
expectant parents

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Congratulations

“

Being thrust into parenthood is a huge shock to the system, let alone having two! It's nice to feel I'm not alone and that there are people out there willing to help me out.”

Sara

Congratulations and welcome to our multiple birth community.

Finding out that you are expecting twins, triplets or more can be overwhelming. It's common to experience a wide range of emotions from panic and fear to feelings of joy and wonder. It will often feel like a rollercoaster, both physically and mentally, which is why we are here to reassure you that you don't need to face this journey alone.

Multiple Birth South Australia (MBSA) is a not-for-profit organisation, affiliated with the Australian Multiple Birth Association (AMBA), dedicated to supporting multiple birth families and **we are here to support you.**

You will be able to connect with others who understand your situation and can offer practical and relevant advice to give you peace of mind. There are many unique challenges and joys that multiple birth parents face and support from someone "who gets it" is invaluable.

We provide a range of services to help in financial, practical and emotional ways such as:

- * Access to a qualified carer to assist you in your home
- * A free box of nappies when you join
- * Discounts on many baby items
- * Allowing you to build your support network
- * Regular social events
- * Bimonthly magazine and closed Facebook forums



Children can be expensive, and while you may have prepared for the expense of one baby, the cost of more than one is often unexpected. Thankfully MBSA can help you save money.

When you sign up for the first time you will receive:

- * A free box of Huggies nappies delivered to your door
- * Access to MBSA and AMBA discounts on goods and services both locally and nationally services
- * Pick up preloved items from your local multiple birth community through our members only sales page
- * Information about Nutricia's formula discount for all multiple birth families
- * A Campbell's Cash and Carry card

Below is an example of the savings of an average twin MBSA member:

| | Approx. retail cost | member cost | Savings |
|---------------------------------|---------------------|-------------|-----------|
| Box of Huggies nappies | \$33 | \$0 | \$33 |
| Home Help Program - Twins | \$684 | \$0 | \$684 |
| Corporate Zoo membership | \$299.80 | \$239.80 | \$60 |
| Bundle of preloved baby clothes | \$200 | \$20 | \$180 |
| Preloved twin pram | \$1000 | \$500 | \$500 |
| Breastfeeding pillow (hire) | \$50 | \$0 | \$50 |
| Nutricia formula* | \$1488 | \$798 | \$690 |
| Support from those who know | | \$0 | PRICELESS |

*You do not need to be an MBSA member to access formula discount

“Two babies doesn't have to cost twice as much. Advice and bargains from the MBSA community has saved us heaps.” Stephen

How we can support you

At Multiple Birth SA we know firsthand how rewarding and challenging multiples can be and we offer support in a number of different ways, including:

- * Connection with other multiple birth families via playgroups, events and online
- * Supporting the multiple birth antenatal classes at the Women's & Children's, Flinders Medical Centre and Lyell McEwin hospitals
- * Premature birth contacts, who have personal understanding of the challenges of delivering multiple babies early
- * Dads' contact, who has a personal insight into being a father of multiples
- * Private Facebook forums exclusively for MBSA members. They are a safe haven to ask questions, share, celebrate, vent and be kept up to date with news and events
- * A private Facebook sales page, where members can save money buying and selling second-hand baby items
- * Higher order multiples (HOM) contact, who has a personal understanding of three or more babies at the same time

"It's a great online community. I have a good laugh too, keeps me sane" Sara



“ I get so many handy hints and tips from this group. And also laughs to help get me through the day” Zoe

Home Help

The Home Help program provides professional, hands-on assistance for eligible multiple birth families in their own homes.

The program is funded by a grant from the Department of Health and allows MBSA members to have a paid carer assist in the home. It is available any time within the first twelve months of your babies being discharged from hospital.

Carers are experienced in working with multiple birth families and they can help by:

- * Assisting with bathing, feeding and settling babies
- * Providing respite for parents
- * Doing light housework (washing, folding, cleaning bottles)
- * Caring for older siblings
- * Sharing ideas and techniques to help you create a happy family environment



MBSA events throughout the year include:



MULTIPLE BIRTH PLAYGROUPS

Regular unstructured playgroups that meet around South Australia. Catch up in a safe environment with others in a similar position.



INFORMATION SESSIONS

Information sessions for families to navigate the world of multiples. From settling and sleep all the way to school readiness and each new milestone.



FESTIVE SEASON PARTY

A much loved, family-friendly event with something for everyone. And if you've been good, you never know who might drop by for a visit.



SOCIAL CATCH-UPS

Relaxed and informal gatherings where expecting and experienced multiple birth families can meet and share experiences outside of working hours.



HIGHER ORDER MULTIPLES' CATCH-UPS

Gatherings specifically for families with triplets, quads or more organised by our HOM Contact.



DADS' CATCH-UPS

MBSA knows that multiple birth fathers need support too, so our Dads' Contact organises regular casual meet-ups especially for these super dads.

From the mouths of members...

“**We made it!** Yesterday, our little wonderbabies turned 1. Those first few months of colic and reflux really tested us and there were times when I wondered how we'd make it. Now we're here and I feel like I blinked and my babies are gone. I'm so thankful to the MBSA family for all the support, encouragement and advice. What an amazing community we have. Thanks for helping get us to ONE. Can't wait to see what the next year holds.” Erin

“I'm fairly new to this group and loving being a mum of identical twin girls who are now 16 weeks old. I also have 3 older kids - 11, 9, 4. I've loved reading everyone's posts and feeling normal. So thanks heaps everyone! ” Natalie

“**We survived woohoo!!!!**

Thank you to everyone for all of your love and support over the past 12 months. This is an amazing group of people! You always know how to pick everyone up!” Chantelle

“As an over-organised expectant Mum, I am so happy to have found this group. Finding 2 of everything is HARD and expensive — look out bank account.” Linda

“I thought I knew how to feed a baby from my first, but twins was a **new juggling and balancing act** - literally. I'm so grateful for MBSA Hospital Coordinator, Deb Rossi, supporting me to tandem feed to avoid tandem screaming! Especially during our time in hospital when our twins came early.” Simone

Find out *more...*

Keeping multiple birth parents in South Australia
supported, functional and sane for over 45 years

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