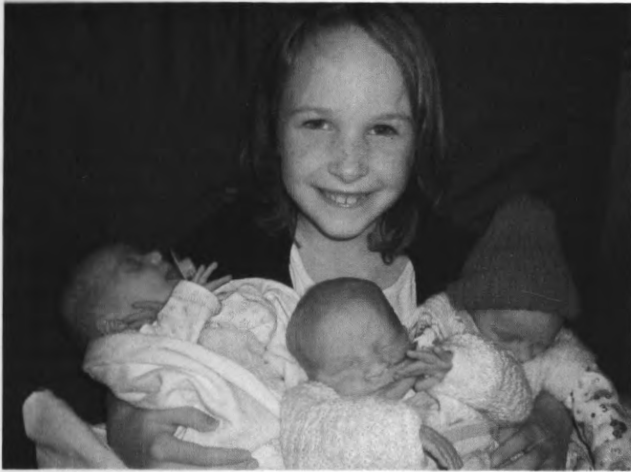


INTRODUCING... JAMES, JACK & LEAH BECKETT

Congratulations Dianne Dawson & Dave Beckett!



Seven-year old Emma (pictured) looks understandably chuffed to be a big sister!

This amazing trio was born a month early at Tauranga Hospital on 2 July.

Leah Elizabeth was born first weighing 4lb 13oz, followed two minutes later by brother James Miller weighing 5lb, and a further minute later Jack Newton was born weighing 4lb 1oz.

The team was sent home last week and we hope they are settling in well.

All the best to everyone!

Expectant Mums & Dads please email photos and details of your newborns to...
Bev: lock.hart@xtra.co.nz

new members



Sarah Money & Wayne Ramshaw and their children 2-year-old Riley and 9-month-old twins Paige & Josh have recently moved to Mt Maunganui.



Kylie & Reon Rauputu are due to have their twins at the start of October.



Also expecting twins at the start of October are Rachel Sharp & Jason Wainohu.



Congratulations to Lucy & Duncan Gardiner who have had their twin boys – Hamish & Flynn! See their photos on the New Babies page.



Paula & David Henderson have joined the club along with their 1 year old twin girls Amelia & Lucy.



Amanda Clancy & Simon Williams are expecting their twins at the end of November.



Janelle & Tom Paekau only have a couple of months to go until they welcome their twins at the end of September.

Welcome to the Club

We look forward to meeting you all soon!



q&a: work after multiples

We are all a different stages of multiple-raising, and for those who are still at home with young multiples the idea of heading back to work or study can be exciting or daunting for many reasons. We spoke to some club mums who have taken on the work or study challenge, and they opened up to us about how the experience has been for them.

PART TIME WORK ☉ NICHOLE SCHOONDERWOERD

Administration Assistant in the Timber Industry; Works 10 hours per week.

Returned to work when twins Danielle & Keeley were aged 14 months, and son Matthew was aged 4.



QUESTIONS:

1. Did you return to your previous job or take on a new job?

I returned back to my previous job.

2. How did you end up in a part time role?

It came down to my request, as well as my Employer was happy to work in with what suited me, as I could only work the hours that the girls were in childcare which was the 9 hours per week we were allowed from WINZ and also my older son was in school so it had to work around school hours too.

3. How did you find the balance of work and home life?

It was a bit disorganised at first, but I got myself into a routine with organising dinner meals in the morning ie: vegetables peeled and already in the pot ready to go. My husband is very good and we do washing during the night before and hang out in the morning.

4. In what ways was your ability to do the work made easier/harder due to motherhood?

Having a supportive husband and having a routine. Also having an understanding employer.

5. Was the "multiple" childcare expense something you had to weigh up when thinking about returning to work?

Yes it was, my nanny hours had come to an end and I took up the offer of 9 hours per child to just give me some ME time and to get myself back into the work place.

6. On a scale of 1 to 10 (1 being stress-free and 10 being highly stressful) how would you rate your experience as a part time working-mother?

5

7. How would you compare this with your time as a stay-at-home mum?

Much more relaxing, lol, just being able to have an adult conversation and I think it was good for me to return back, part-time has been great. It gave the kids a chance to do different things at Preschool and meet some lovely friends.

8. Would you have done anything differently?

Nothing that I can think of at this stage. The girls were 11 months old when they started their childcare, and I didn't start work until they were 14-15 months old, so they were already settled.

9. What advice would you have for other multiple mums or dads considering returning to the workforce?

If it's not for financial reasons I would say find the job that suits you and the hours/days are within the school hours... because when they go to school you are already in the routine. Also don't do 5 days, at least give yourself one day to you. ☺

FULL TIME WORK ☺ OLIVIA FAGAN

Early Childhood Teacher at Greerton Early Childhood Centre childcare centre; Works 37.5 hours per week.

Returned to work when twins Bella & Macy were 10 months (Currently on Maternity leave with newborn Poppy).



QUESTIONS:

1. Did you return to your previous job or take on a new job?
I returned to my previous job, which made my decision much easier having the relationships and support structure already in place. The entire team of teachers was hugely supportive, as many teachers had returned to work with singletons and knowing how hard this can be, let alone with twins...

2. Was it an option for you to work part time?
I did return part time for the first 6 months, which was a nice settling time for Macy and Bella, also myself. Also my employer and the team of teachers were very supportive only having to work middle shifts rather than any opening and closing times.

3. How did you find the balance of work and home life?

ORGANISATION... it wasn't until Friday night there was some let up - throw the bags in the door and relax. But Monday to Thursday night, no let up - home from school, washing in the machine, last night's washing in, empty lunch boxes, dinner, bath time, stories and bed for the twins. Out to hang washing out, folding washing, dishes, repack bags and lunch boxes for the next day. Also a housekeeper every Friday, this did keep me sane and to continue to enjoy family time at the weekends.

4. In what ways was your ability to do the work made easier/harder due to motherhood?

I was very lucky being able to return to my teaching position and work alongside Macy and Bella. They both had a 'Key Teacher', which every child has and it is a must have if you are returning to work and your children are going into daycare. Macy and Bella

developed a fabulous relationship, where Rachel did all their care and routine times and also had a lot of fun throughout the day. This enabled me to concentrate on my role within the centre.

5. Was the "multiple" childcare expense something you had to weigh up when thinking about returning to work?

I am truly passionate about Early Childhood Care and Education in particular for infants and toddlers and I have been involved in a lot of research through the years working alongside the Ministry of Education. At Greerton all the teachers are trained and been involved in research it is exciting to be part of a team that is highly motivated and want the best learning outcomes for the infants and toddlers in their care. So in saying that I put the cost to one side, I am passionate about my job and definitely thought it was the best choice for Macy, Bella and myself.

6. On a scale of 1 to 10 (1 being stress-free and 10 being highly stressful) how would you rate your experience as a fulltime working-mother?

3 - Having a supportive work team most definitely helps, although when the girls were sick it did begin to get more stressful usually they were sick at the same time which was helpful, they both had grommets at 16 months which helped a lot. Also a helpful husband to share the home-life chores etc.

7. How would you compare this with your experience as a stay-at-home mum?

Now having finished up work a couple of weeks ago expecting number 3 any day, I found going to work easier... dare I say it. You really appreciate your breaks and childcare time.

8. Would you have done anything differently?
Can't think of anything.

9. What advice would you have for other multiple mums or dads considering returning to the workforce fulltime?

Research the best childcare options for you and your family and hopefully there is enough money left in the kitty for a house cleaner. (Have a look at my centre's web site for some insight to early childhood care and education - <http://earlychildcare.co.nz/>).

PART TIME STUDY ☺ NORELLE CADMAN

Currently studying year 2 papers for Social Science Degree (Psychology major); Course time requires 20-35 hours for 3 papers.



Began study when twins Romi & Nai were 4.5, and daughter Samara was 6.

QUESTIONS:

1. Did you undertake a new course of study, or continue with a previous course?

This is a new course for me. The idea of going back to retail management with stink hours that interfered with my family life and average pay didn't really appeal to me so I thought it would be a great time to study and up skill and do something I can be passionate about. This way I'm still available to spend time with the kids and be there for their school events and parent help as well as able to pick them up from school 4 out of 5 days.

2. Was there a choice between doing your course full time or part time?

Yes you can study full or part time. I started part time as I've not studied at university before and I didn't want to rush into something I didn't really know about and wanted to ease my brain back into learning something totally different. I started on one paper then built myself up each semester. I was up to 3 papers last semester and felt that was enough so am doing 3 this semester again.

3. How are you finding balancing study and home life?

Most of the time I feel like I'm managing, last semester was my hardest with the workload. I was just managing to get the required work done on time which is why I thought I'd just stick with 3 papers. The coursework definitely goes on the back burner and slips more and more at the end of semester when all my energy goes on the kids and studying. Luckily my partner doesn't mind and if he does he'll go around and clean what he wants to on the weekend.

4. In what ways has your ability to do the work been made easier/harder due to motherhood?

The multi tasking skills you learn from having multiples makes managing lots of different jobs easier. Looking after others definitely means I need to be constantly on top of my time management (which isn't my strong

point) to ensure I get all the required study done and do well. Time is always a factor!

5. Did you have to weigh up "multiple" childcare expenses when deciding whether to undertake your study?

Thankfully I have some great friends who do playdate swaps with me so on a Monday my children go to their friends and I take their children when they are working on other days so it works well for all of us. No childcare expenses either! I can manage financially.

6. On a scale of 1 to 10 (1 being stress-free and 10 being highly stressful) how would you rate your experience as a part-time studying-mother?

A most of the time, then 9 just before exams or when an essay is due. But I do thrive on stress so it doesn't affect my family.

7. How would you compare this with your experience as a stay-at-home mum?

I absolutely loved being a stay-at-home mum and chose to work with PORSE throughout all my children's toddler years looking after other people's children as well. I stopped working with PORSE when I decided to go back to university when my boys were 4 ½ as I didn't want to get bored once they started school with the extra time I'd have. Also finding a part time job that works around school hours and pay well is virtually non-existent in Tauranga. Studying has been great for me as I'm using my brain in different ways, growing and moving forward towards a career. If I have to go back to work (which is a reality for most families, ours included) I want to be able to get a good pay and enjoy going to work rather than resenting it taking time away from my family.

8. Would you have done anything differently?

No I feel like I've made the right choices for my family. The boys settled well into school and are doing really well, we can have play dates and go to the park/beach after school and do the things that I love doing as well as doing something for myself.

9. What advice would you have for other multiple mums or dads considering studying part time?

Don't hold back if there is something you want to do then do it! Time waits for no one. Ensure your kids are sorted because if they are happy and content you will be too. Doing something for yourself is empowering.

FULL TIME STUDY ☺ TRACYE WRIGHT

Currently halfway through Bachelor of Midwifery - a 3 year course (equivalent to 4 year degree, condensed); Course time requires 36 hours per week.



Began study when eldest daughter McKenzie was 7; twins Estelle & Lucy were 4; and son Floyd was 2.5.

QUESTIONS:

1. Did you undertake a new course of study, or continue with a previous course?

Definitely a new course of study... I went from Banking & Insurance to Midwifery! Slight career change huh? I've always been interested in pregnancy, childbirth & women's health. I looked into the degree twice before but up until now it hadn't been the right time for me. Midwifery is a challenging career, as a lead maternity carer you practice autonomously and therefore need a lot of passion and strength. It is also very rewarding and I see it as a privilege to work with women as they experience one of life's pivotal events.

2. Was there a choice between doing your course full time or part time? (If so, why did you choose full time?)

No choice, it's a full time degree of 4800 hours, equivalent to a four year academic degree, so it's pretty full on. If I had the choice originally I would have chosen part time because the children were still pretty young but I understand why it has to be completed within four years. Midwifery is constantly changing and we need to be up with the most current research and guidelines.

3. How are you finding balancing study and home life?

Big question... how long have you got? It is hard work, I basically don't stop, when I'm working or in class we have a wonderful nanny (Wendy) who looks after the children. I'm a super organised person so I'm always writing lists, I cook double batches of everything & freeze meals and I don't watch any TV, read novels or have much time to

8. Would you have done anything differently? (If so, what & why?)

I would have done the degree twenty years ago! Although saying that I don't think I would have been mature enough for the profession.

9. What advice would you have for other multiple mums or dads considering studying fulltime?

Go for it, what have you got to lose. I'm a true believer in "if it's meant to be, it will be" There have been times when I've felt a bit out of my depth but I've just had to take a leap of faith, believe in myself and that I'm where I should be. My main two worries when looking into study were... would the kids be OK and could we afford it? Once those were sorted there was no looking back.

Thank you to our clever and incredibly organised twin mums for taking the time out of their chaotic block schedules to answer these questions!

And for those of you who were wondering how well Norelle and Tracey are doing with their marks - they are both top notch "A" students! (we'd expect nothing less!).

☺ ☺ ☺ ☺ ☺ ☺

If there's something that interests you that you'd like us to research for the next Q&A section, just let us know!

☺ ☺ ☺ ☺ ☺ ☺

Heading back to Work or Study? Or Just need time out?

There are Multiple ways for supporting Multiple families...

For example one family has a relative caring for triplets while their Mum works. Childcare payments are fully covered by WINZ Homehelp subsidy and PORSE subsidy.

Another family with twins and an older pre-school sibling has a nanny. Her payment is made up from the 240 hours from WINZ Homehelp subsidy + 20 hours ECE, with no additional cost to the family.

There are also In-home Educators caring for twins to give their Mums some quality time, either on her own or with other children in the family access WINZ Childcare subsidy and PORSE subsidy.

One family with three-year-old twins has an In-home Educator, and receives 20 hours ECE and PORSE subsidy. Mum is at home with a baby, so she can have some one-on-one time.

"These are just a few of the ways we are able to support families and shows how flexible In-Home childcare options are for providing a settled home environment with natural play and learning with one special person," says Hilary.

Multiple birth families are all unique, so it is important that childcare and support is tailored to each family, with attention and care specific to meet their individual needs.

There are multiple ways that PORSE In-Home Childcare is supporting multiple birth families in New Zealand.

Tauranga PORSE consultant Hilary Fraser says "The team works very closely with the Tauranga Multiple Birth Group, supporting their playgroups and fundraising events."

"We take the time to meet with families one-on-one, to talk about their childcare needs and what in-home options and subsidies may be available," says Hilary.

"There are a host of benefits and programmes available for families with twins, triplets and quads," says Hilary.

"Given every family is unique, one of the best ways to show how PORSE is helping", Hilary says "is the wide range of different care arrangements that families from across the country have chosen."