

▶ **Having multiples is a wonderful experience.**

Sharing this experience with others who understand and care is what our local group is all about.



How to join

Fill out an application form, available from the club or the WMBA website and forward the form and nominated joining fee to the WMBA. We look forward to having you join the club, and hope to see you soon at a club event.



▶ **Waverley Multiple Birth Association**

A self help support group for families with Twins, Triplets and Quads

Contact us

Waverley Multiple Birth Association
PO Box 185, Mulgrave Vic 3170
Phone: (03) 9517 0730
E-mail: waverley.mba@gmail.com
Website: www.waverley.amba.org.au



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The WMBA is an affiliated member of the



Parenting multiples

Being given the news that you are expecting multiples is always a surprise. It's natural to wonder about how it will be different from having only one child and how dramatically your life will change. But the hard work of raising multiple birth children is easily outweighed by the joy they bring to their families – just ask any parent of multiples!



The Waverley Multiple Birth Association (WMBA) is a self-help group of families with twins and higher order multiples living in the Monash Council area in Melbourne's eastern suburbs. Our club is made up of volunteer parents who join together to help and learn from others in a social, supportive and fun environment. By joining the WMBA, you also become a member of the Australian Multiple Birth Association (AMBA), our parent organisation.

The Waverley Multiple Birth Association has been running for over 20 years. We have 70 member families with 66 sets of twins and 3 sets of triplets. So we generally support each other through the magical times (and the not so magical times) of a multiple birth family life.

Club services

Antenatal kits

Expectant parents and parents with babies receive an extensive kit full of information. There are brochures about determining whether the multiples are identical and also hints on how club families have tackled issues such as sleeping difficulties.

Antenatal evenings

Aimed specifically at the needs of expectant parents, these evenings are a great way to get an introduction to life with multiples and how to successfully manage your new lifestyle.

New parent support

A dedicated co-ordinator provides phone support to new parents, and is someone who you can contact at any time with queries.



'Duette' newsletter

'Duette' provides valuable and often humorous insights on different topics, and insights into life with multiples. You can also buy or sell second hand items and stay informed about club activities and events.

Club activities

New parents gatherings

These are incredibly popular and attended by parents and carers of multiples under 12 months. Meet in safe venue to share ideas and experiences with others going through the same challenges as you. Lots of discussion about feeding and sleeping occurs.

Coffee mornings

Designed for those with newborns to pre-school children, whether multiples or siblings. Parents get a chance to have a cuppa, compare notes and share ideas while the children run around with the others and play with a range of toys.

Schools talk

For parents of multiples or siblings aged 2 and over. Parents and teachers openly discuss issues of pre-school readiness and how to support multiples in primary and secondary school.

Christmas party

Our premier event of the year with Santa and a professional entertainer in attendance. Bring the whole family for inexpensive feasting and fun!

