

1 / 2011

Dear members!

We hope you all had a wonderful holiday break either in your home country or elsewhere in the world. Many of you stayed in Singapore and maybe discovered some new places to go.

If so, we want to hear about it! Our new section “Places to go in Singapore” welcomes all your stories about things to do with kids in the city.

Many of you send pictures of their birthday twins this month. Thank you! We need more of this! And if you ever have anything twins/multiple related to share, please always do so by writing an email to Nicole at [nicole@twinsplussing.com](mailto:nicole@twinsplussing.com). We welcome every input!

A Newsletter lives on stories and activities told by you, our members! So please – all you hidden writing talents – come forward and provide us with some interesting news about your life as a multiple parent.

If it’s about the first difficult phase of learning to care for your newborns or the craziness of surviving toddler twins or the sometimes challenging relationship with older siblings – we want to hear about it - because we can relate!

In this spirit, we wish you good times ahead and happy reading!

Your Twins Plus Team

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## Update on new website: [www.twinsplussing.com](http://www.twinsplussing.com)

As we reported last month a number of our twin mums are working on a revamp of our website. Kirsten Ackland has done a tremendous job coming up with our new logo, look and feel of the website.

The next step is to try and secure a corporate sponsor to fund the costs of the new website build. We are currently seeking contacts anyone might have in any child related companies (e.g. J&J, Pampers, Nestle, CordLife). Please email Annaliese Cawood if you know someone who might be able to help.

[Lilcawood@gmail.com](mailto:Lilcawood@gmail.com)

## Family gathering at Botanic Gardens, Jan 16th

The sun was (almost) shining while the rain held back when we had our monthly gathering at the Botanic Gardens on Sun, Jan 16th. A pretty good crowd showed up with their picnic mats and outdoor toys in tow and everybody mingled nicely. It's always a great chance to meet other members and share stories about your special role as a multiple parent. Here are some pics of the day!







**Next family gathering: Sun, 27<sup>th</sup> Feb**

Our next family gathering @ Botanical Garden will be on

**Sun, Feb 27<sup>th</sup>, 10 – 12 pm**

So mark your calendars but email reminder will follow closer to the date!

## Places to go in Singapore

Starting this month, we are going to be including a member review in the newsletter of things to do with kids in Singapore. So if you currently have a favourite or tried something new you like, please email Nicole at [nicole@twinsplussing.com](mailto:nicole@twinsplussing.com) with a short review and any photos you have.

To kick us off, Annaliese has the following to say about **Royce Kids Gym at Liang Court**:

**Royce Kids Gym is an indoor children's playground located on 2nd floor of Liang Court (just next to Clarke Quay). I started taking my boys there once they were both sitting up unaided and now that they are crawling and pushing their walkers, it is even more fun. There are 6 or 7 swings for all different ages. The latest addition is the plane swing (see picture of Josh) - a real hit! I can't get them out of it without tears.**



**Nursing mothers are catered for with private "tents" - nicer than it sounds. So if you have older kids and little ones, you can all come together. A ball pit, toy area, reading corner and train sets complete the picture.**



There are also numerous slides which big kids can navigate themselves and the little ones can go on mum's knee or while being supported. There is a big rollercoaster and a little rollercoaster which always gets a smile from my boys. On our last visit, Max thoroughly enjoyed the kitchen area (see photo) - about 6 kitchens set up with little tables and chairs. I can't wait till he can wash up for real.

The centre is shut every day between 1pm and 2pm for a thorough clean. It's a great place to meet a friend and let your kids roam free without fear of sharp corners or marble tiles. It's all padded. One twin mother who I met there told me it was the only place she felt confident taking her kids without her helper!

Cost is \$50 per child per year one off membership fee, plus \$12 per hour or \$10 per hour if you buy a book of ten. Trial sessions are available. I highly recommend it!

## Happy Birthday!

... to our January birthday multiples! They are turning:

- 7** Chantel & Aiden Lee
- 6** Md Hadi Rayhan & Md Aaron Khayr Apap
- 5** Lucas & Aidan Mok
- 4** Charlotte, Tom & Emily Overton; Claire & Chloe Choy; Emily & Hannah Benjaminsen; Sarnsiree & Nalina Plant
- 3** Daniel, Jake & Harry Curran; Savion & Sylvia Fan
- 2** Tejas & Tanvi Bharadwaj; Erica & Tanya Yong/Teo; Miguel & Gabrielle Garcia; Nur Adawiyah, Jannah & Sarah Yusoff; Sienna & Sydney Stier; Zoie Gianna & Kim Maxine Crisostomo
- 1** Joshua & Xander Wong; Ha Jin & Ha Jun Lee; Ally & Anya Chua/Ang; Emily & Daniel Hastwell

Here are some pictures of our birthday twins. And some words from the mums on how they celebrated!



### **Joshua & Xander Wong**

“Joshua and Xander celebrated their 1st birthday with not one but two joint parties - in Sydney and Singapore! They had 2 cakes and 2 birthday songs at each.... well actually they were each sung ‘Happy Birthday’ to about a thousand times! We were all very excited”

*Lisa Wong*

## Happy Birthday in January!



**Daniel and Emily Hastwell**

“Daniel and Emily are turning 1 on 29<sup>th</sup> Jan. We will be having a joint birthday party with just a few baby friends. Big sisters 3<sup>rd</sup> birthday is the week before so 3 parties are too much! We will have 2 cakes and the candles will have different colors, too. We will sing Happy Birthday to both of them separately although I’m sure older sister Jessica will blow out their candles!”

*Delphine Hastwell*

“Claire & Chloe are turning 4 this year. We will have several celebrations over 2 weekends. One with our family friends and then on the actual day with our girls :) So we will definitely have more than 1 cake ! Traditionally, the girls would prefer a Disney princesses chocolate cake and they are always excited about blowing out their birthday candles :)”

*Linda Ng*



**Claire and Chloe Choy with daddy Tim**

“My 3 girls are turning 2 this year and will be starting school this month”.

We will be having 3 celebrations from them. One in school on the day itself and one each with my parents and my parents in-law.”

*Aryati Yusoff*



**Nur Adawiyah, Nur Jannah & Nur Sarah**

## Happy Birthday!

“Here's Ally & Anya, who are turning 1 on the 27th of this month. We are going to have one party, one birthday cake and I am desperately trying to find 2 cake toppers/ nice candles for each of them. There will be 2 Birthday songs”

*Eliza Chua*



**Ally and Anya Ang**



“Miguel and Gabrielle will be celebrating their 2nd Birthday on 22 Jan which is also my birthday! So can u imagine celebrating all our b 'days all at once??!! WOW Daddy will be having a big headache every year!! Daddy normally brings us all out for a big birthday treat after which is a big party with the entire family. We use number cakes cos I was 30 when I had them, so number 3-1 for their 1st b 'day and mine and so forth. Maybe when they get older then we can use individual cakes. That's the plan or should I say my husbands plan for our B 'day so far ...”

*Cheryl Garcia*

**Well, it seems that being a multiple has its advantages:  
Multiple parties!!!**

## Congratulations new Mums and Dads!



**Veena and Anup** like to share the joy of the birth of their twin boys

<< **Virain and Armaan**, born at 1916 and 1915 g respectively on the magic date **11/ 1 /11**



And **Ashley Norton** gave birth on the first day of the New year **1/1/11** to these adorable twin girls **Amelie and Beatrix** >>



And another newcomer duo, born on Dec 16<sup>th</sup>. **Jennifer Erickson** gave birth to boy/girl twins << **Garrett Oscar and Adalyn Leslie!** Adalyn was in the NICU over Christmas but now both babies are home and doing great (and according to her mum eating non-stop)!

**From all at Twins Plus, congratulations and best wishes for you and your babies. Hope to see you soon...**

## Welcome new members

A warm welcome to our new members :

- **Ashley Norton** with newborn twins Amelie Anne & Beatrix Mary
- **Jenny & Martin Neuse** expecting twins in Feb 2011
- **Jessica Hum & Ken Ng** with twins Ashley & Chloe (2008)
- **Genny & Archie de la Cruz** with twins Isaac & Isaia (2010) and older siblings Ismael (2001) and Isabela (2002)
- **Winnie Puah & Roger Lee** expecting triplets in April 2011
- **Cathy Shum & Geof Tsoi** with twins Isabelle and Sophia
- **Aimi & Ed Thomson**, expecting twins in March 2011 and Harry (2005)

**Welcome to Twins Plus Singapore!**

## Buy and Sell

Our Buy and Sell forum is up and running so we are not continuing to post your items in our Newsletter anymore.

If you want to post an ad, just log on to [www.twinsplussing.com](http://www.twinsplussing.com) and click on the link "Buy and sell" at the bottom of the page.

If you just want to browse click "Buy and Sell Forum" which will lead you to all the different categories.

If you want to sell and are posting for the first time, you need to register with a username and password of your choice before you can begin.

Good luck!

## Member of the month

Unfortunately hardly anybody responded to our call for volunteering for Member of the month which we sent out a while ago. Therefore we decided to randomly nominate people every month by drawing a name out of a hat (well, kinda).

Nicole will email this lucky person well in advance together with the questionnaire to be filled in and all you have to do is give us a little insight on who you are and send us a family picture along and – voila – you will be featured in the next Newsletter! This way, our members get to know each other better.

This month, it's **Kerri Lampard** and her family. And here's their profile:



**Name:** Kerri  
**Spouse:** Mark  
**Children:** Kate and Samantha (8 months)

**Time in Singapore:** 8 years

**Other Places I've lived:** Australia, Canada, US, London, Barcelona, Seoul, Taipei, Tokyo and Osaka

**Career:** Information Technology/Communications

**Favourite Restaurant:** Can't remember the last time we went out to dinner alone...would be before the girls. We love the Teppanyaki bar at the Shangri-La. For something local and casual Red Star for traditional trolley Dim Sum

**Favorite Play Place:** Jacob Bellas Children Garden – the girls love to play in the water park and of course the pool at Condo

**Favorite non-kid Activities:** Cooking, reading and cycling

**Last holiday/vacation:** Phuket with the kids in November and before kids Europe each summer generally around a cycling race

**Best thing abt Singapore:** Our friends and the fact that is it summer 12 months a year

**Worst thing abt Singapore:** Drivers ... don't signal and drive in 2 lanes.

**Best thing about TwinsPlus:** A community to share experiences...just wish we could attend more events

**I never expected ...:** To have the instant family but wouldn't change a thing

**Cutest multiple thing:** Kate being more interested in her Samantha's lunch and Samantha being more interested in Kate's lunch. Yet it is the same food!!!!

## Sleep routines for triplets

Our dear member, Aryati Yusoff (see also the birthday picture of her 3 girls) is a busy mom. On top of having had triplets in 2009, she also has a 5 month old baby boy!

Even though her husband has to go overseas a lot she managed to settle her triplets all by her own and was able to establish a sleep pattern when they were only 10 month old! How did she do it?

Here's what she has to say:



*When I was heavily pregnant with my 4th child, my husband had to go for course and could only come home on weekends. Same goes when I only had the girls. Previously he worked in the SAF and had to go for overseas trips so I had to look after them with my maid.*

*I started sleep training the girls when I moved back to my home in Punggol. As my maid was not in yet, I brought the 1st two girls home with me and settled them and the home entirely on my own. My husband was away on a trip. 2 weeks after settling down, my maid finally came in and I brought my third girl, Sarah, home and sleep trained her in my room. When she was ok then I put all 3 together.*

*Previously they slept at midnight. Then, after a few week, I tried slowly putting them down at 10 then gradually 9 and then 8pm. I read the book by Suzie Giordano and was inspired by her. I couldn't really follow her plans 100% but I made changes to suit the needs of my daughters. The key factor in getting them to sleep through is to ensure they are full and a have had a fresh diaper change. The afternoon naps were cut to a minimum. I will wake them up if they tend to sleep longer because if they continue, it means they'll be up all night.*

## Sleep routines for triplets

*My girls will have their milk at 7.45pm, diaper change and go down at 8pm. All 3 need **not** be patted. I just put them in, turn off the lights, say goodnight and close the door. They'll wake up at 7.30am every morning with a bottle of milk. When I first started, they will wake up but not all 3. **I don't tend to them.** Usually they'll fall back asleep in a few minutes. There was hardly any occasion where any will scream for milk. I will do checks if any is down with fever or not well. I must say my daughters cooperated very well with me. They will go in for their 1st morning nap at 10am till 12pm. Another noon nap from 3.30 to 5.30pm. At times they don't sleep but rest in their cots or 'chat' with each other.*

*They have just started school last Monday. They have done well and didn't cry at all when I left them the first day. This Monday I'll be starting work and my maid will be looking after my son.*



You can also follow their story and even watch her birth video on her blog:

<http://saudarilee.net>

## Event Calendar 2011

### 2011

**23.2. Wed Playgroup 2:30 – 4:30 pm**

**Camden Medical Centre, Level 9, Function Room**

**27.2. Sun Family Gathering 10 – 12 pm / Botanical Garden**

**26.3. Sat Family Gathering 10 am-12 pm / Botanical Garden**

**27.4. Wed Playgroup 2:30 – 4:30 pm Camden MC, Level 9, Function Room**

**28.5. Sat Family Gathering 10 am-12 pm / Botanical Garden**

**29.6. Wed Playgroup 2:30 – 4:30 pm Camden MC, Level 9, Function Room**

**30.7. Sat Family Gathering 10 am-12 pm Camden MC, Level 9, Function Room**

**31.8. Wed Playgroup 2:30 – 4:30 pm Camden MC, Level 9, Function Room**

**24.9. Sat Family Gathering 10 am-12 pm / Botanical Garden**

**26.10. Wed Playgroup 2:30 – 4:30 pm Camden MC, Level 9, Function Room**

**26.11. Family Christmas Gathering 10 am-12 pm**

**03.12. Parents Christmas Gathering 8 pm onwards – venue yet to be confirmed**

**That's all folks! Happy Chinese New Year!**  
**Your Twins Plus Team**