

 **20 August 2019**

**Multiples playgroup is twice as nice**

A playgroup for twins is providing parents with invaluable support as they navigate life with “double the chaos and double the love”.

The twin playgroup meets weekly at Kurrambee Myaring Community Centre in Torquay, welcoming up to 10 families. Set-up by Surf Coast Shire Council’s Maternal Child Health team, the group started with a trial period. The parents enjoyed it so much, they decided to continue it themselves.

“It’s the same as mothers’ group, but everyone’s got two,” said mum Jess Matic, who has nine-month-old girls Frankie and Evie.

“It’s a different connection with twin mums. Everyone here understands what it’s like to have two. It’s double the chaos and double the love.”

The parents say the playgroup has been an incredible source of moral support. While the twins play, the parents catch-up, covering topics such as sleeping, feeding and everyday life.

“It doesn’t matter what age the twins are – whether they’re older or younger – we can all support each other,” Jess said.

Council plays a key role in the Surf Coast Shire being a great place for children and their families to live, work, learn, visit and play. It achieves this through offering services such as Maternal Child Health visits, immunisations, supporting playgroups, parenting workshops, kindergarten programs and more.

Mayor Rose Hodge knows first-hand how valuable a multiples playgroup can be.

“As a mum of twin boys it was often a logistical challenge to get out of the house, especially in those early years,” she said.

“I was involved in a similar group which was so important, as it gave us an opportunity to socialise with people going through a similar experience.”

Cr Hodge said one of Council’s goals was to create an inclusive community where everyone can participate.

“I’m so pleased that the playgroup is one way these parents are connecting with other community members,” she said. “It’s also great to see that they have taken ownership of this group, after it was originally set-up by our Early Years team.

“I think all parents deserve a pat on the back, and parents of multiples deserve an even bigger one.”

Parents wishing to join a local playgroup can contact Surf Coast Shire Council via the Torquay Children’s Hub **5261 0549**.

 **Not For Publication:**

**For more information**Kate Fowles - Communications Officer

Surf Coast Shire Council
Ph. 5261 0564 | 0428 437 357