



Support at hand when the joy is doubled

By COREY MARTIN

TWO may be company and three a crowd, but four children aged under seven, including twins, is "challenging at times", according to Bracknell mum Olivia Shelton.

"It can be challenging . . . and you sort of feel like you need to have another set of arms sometimes — it's lots of fun as well," Mrs Shelton said.

"Night times are the hardest when everyone is getting tired and crabby.

"You're always having to give yourself extra time if you're going somewhere, you need to give yourself an extra 15 minutes to get everyone in the car — it always takes twice as long."

Marking International Multiple Birth Awareness Week yesterday, Tasmanian Multiple Birth Association president Katie Wightman said it was important that parents and carers got the support they needed.

"It the (association) enables people to access information about preparing for a multiple birth, what to expect when they are pregnant and how to survive that first year," Mrs Wightman said.

In 2011, according to the Australian Bureau of Statistics, 96 sets of twins were born in Tasmania — accounting for 1.5 per cent of total births.

The association holds monthly pram walks, social outings, playgroups and other events for its 80 financial members.

For more information visit www.tasmba.org.au.

Olivia Shelton, of Bracknell, with daughter Lillian, 5, son Tyson, 3, and 18-month-old twins Zac and Evan.

Picture: PHILLIP BIGGS