



Expectant Parents Seminar – 12 November 2011 (Kzn, Gauteng) & 19 November 2011 (Cape Town) - FEEDBACK

Our last seminar for the year was again held at the beautiful Life Carstenhof Clinic in Midrand.



**LIFE CARSTENHOF
CLINIC**



We had less people than usual who attended (40 people), but we still had a wonderful and successful seminar. Being a smaller group, we had a lot of interaction from our delegates and the seminar was also informal with everybody taking part and sharing their views and ideas. Most of our moms who attended are expecting twins. One mom is expecting triplet boys (they struggled for 11 years to fall pregnant) and another mom is expecting quads!! Our quad mom is expecting 2 identical boys and 2 identical girls which mean that she had 2 fertilised eggs which both split! She is one of 8 women in the world with such a pregnancy. This is a very high risk pregnancy and we hope that everything will go well until she is due next year. We also had 2 grandmothers and 1 great grandmother who attended the seminar. We encourage the grannies to also attend, since many of them play a big role when it comes to helping their daughters with their multiple newborns.



There were 6 exhibitors who displayed and sold their products AND who also donated wonderful prizes towards our raffle. Each couple received a NUK bag filled with wonderful products which were all sponsored to us.



LEFT:
Alice (SAMBA secretary) &
Ellen (SAMBA office assistant)



RIGHT:
Raffle table

OUR EXHIBITORS



Liezl – Babyprofessionals



Debbie – Babyworks



Johan - Lansinoh



Jean – Heir to the Throne



Helet – Pienkvoetpret



Verity – U-Slim

The following topics were covered:

1. Multiple terminology – how does the multiple development work? BY Lousanne Terblanche – mom of pigeon pair (2.5 years)
2. Breastfeeding multiples BY Erika Steyn – midwife and nurse and mom of 4 children of which 2 are twins
3. Dad Talk BY Stephen Roberts – Father of pigeon pair
4. Equipment BY Lousanne Terblanche
5. Supertwins & prem babies BY Anel Beneke – mom of singleton and triplets



We ended the seminar off with a very successful raffle. All the evaluation forms were extremely positive with only the “very good” and “excellent” columns ticked!

KZN FEEDBACK:

The last EPS for 2011 in KZN went very well with 11 couples in total attending, 2 of whom are expecting triplets and the rest twins. Once again we were comfortable at Parklands Hospital who has been our hosts this year and have supported SAMBA in so many ways. We had one guest speaker: Kate Snell from Edubabe who talked about childcare, the costs, pro’s and cons and tips on hiring help. The evaluation forms were returned with only positive comments and smiley faces were ticked from top to bottom including venue, gift bags, hampers and all the topics that we discussed.

EDIE BOSMAN - KZN Chairlady

CAPE TOWN FEEDBACK:

The 1st Expectant Parents Seminar was held in Cape Town on the 19th November 2011 at the Panorama Medi-Clinic, which was organized by one of our Area Moms, Amelia Baird. The hospital allowed us to use the venue free of charge and they were extremely helpful in everything we needed.

The Catering Company from the hospital catered the event for us and the snacks and service were incredible. We had a total of 13 couples who attended and they all seemed really happy with the event. Most delegates were already members and the non-member couples will be joining SAMBA soon.

The topics were: Multiple terminologies, NICU from a parent’s point of view as well as from a nursing sister, breastfeeding, father’s point of view, equipment and routines. Two sisters spoke on breastfeeding and NICU which was a great help. The raffles were readily accepted and we had fun during the draw.

We have certainly learnt a lot from this seminar and we will have a meeting to discuss the finer details and on how we can improve the seminar for the next time around.

NOLENE SCOTTON – Cape Town Chairlady

I would like to thank everybody who sponsored products, hampers and gifts. This really made the day very special for our expecting parents. I would also like to extend my thanks to the Life Carstenhof Clinic who has accommodated SAMBA throughout the year by letting us use their conference facility free of charge. A big thank you to my committee who has assisted me throughout the year!

I would also like to wish you all a happy festive season and a prosperous new year!!

Till next year!

Multiple regards

Louanne Terblanche
SAMBA Seminar co-ordinator
082 898 3608
(012) 665-3286



south african multiple birth association

SAMBA would like to thank the following sponsors for making this day possible:

Johnson & Johnson

bébécash

Life Carstenhof Clinic
HEALTH CARE

eh ESTHER HELM
PHOTOGRAPHY

AuPairs
EXCLUSIVE

PHILIPS
AVENT

ReVite™
Quality Nutritional Supplements

Lansinoh. Click Here For Special Breastfeeding Kits!

Parenting... Your Way!
Mamas & Papas
www.mamasandpapas.co.za

Mom's Uif Assist

naartjie® Kids
the original name in fun clothing...

Cherished Jelly
Only a mom knows another mom's desires.

babeeze.co.za

medela

pigeon
Our Love to your Baby

Dr Brown's
Natural Flow

Being MOM

DuDu
Range
Exclusive Baby & Kids' Wear
and Accessories

PRACTICA

PIENKVOET
Pret

waar grootword Kinderspeletjies is

U Slim
Weight loss the healthy way

netcells
stem cells for life

babyprofessionals
the first name in child safety

Crèche Guard
IMMUNE
MULTIVITAMIN

Orchard
Baby food
100% home made goodness.

NUK

keepo
original. since 1993

TEK
Trends For Kids
-more than a trend-