The meeting began with discussions about funding allocation and personal updates, including Tasha's European holiday and Zoe's experience living in Melbourne. The conversation then shifted to Zoe sharing her emotional journey of discovering she was pregnant with twins, including her recent ultrasound appointment and concerns about her baby's health. The group discussed various aspects of parenting multiples, including sleep patterns, feeding, and activities, while also addressing Zoe's challenges with citizenship documentation for her children in South Africa. Next steps Zoe to consider adding vitamin D to Luke's probiotic regimen Zoe to continue monitoring Luke's runny tummy situation and maintain current probiotic treatment Zoe to explore introducing solids with both twins, starting with casual feeding opportunities Zoe to continue attending baby sensory classes and give them time to develop social connections Zoe to apply for citizenship certificates for the boys before pursuing passport applications Zoe to wait for friend's return from holiday to obtain required signature for citizenship certificate application Summary Project Funding and Friendship Updates Meg discussed plans with Tasha about allocating funds, potentially combining 400 from Knife and 200 from Tess for a project, and mentioned following up with Zoe about her move to Melbourne and her experience with local communities. Tasha shared her recent European holiday experiences with her family, while Zoe expressed feelings of loneliness due to the slow pace of making friends in Melbourne during the winter season. Meg welcomed Tasha and Zoe to the meeting, highlighting Tasha's expertise as a lactation consultant for Cape Town mummies, and discussed plans for future discussions on baby classes and challenges. Emotional Journey of Twin Pregnancy Zoe shared her emotional journey of discovering she was pregnant with twins a year ago, recounting the nerve-wracking experience of a recent ultrasound appointment that brought back memories of a previous miscarriage. She described the shock of seeing two heartbeats and the challenge of breaking the news to her husband, who was initially in denial. Tasha and Meg expressed their amazement at the experience, with Tasha sharing her own positive reaction to discovering she was having twins. The conversation highlighted the diverse emotional responses to such news and the unique challenges and joys of expecting multiples. Baby's Post-Vaccine Tummy Troubles Zoe discussed her concerns about her baby Luke's persistent runny tummy, which started after his 4-month vaccines and has lasted for two weeks. Tasha explained that while the Rotavirus vaccine could be a factor, teething might also contribute to the symptoms. She recommended probiotics and vitamin D to help alleviate the issue, and advised that if the baby remains comfortable and continues to feed well, the condition should resolve on its own. Meg clarified that while teething can sometimes cause runny tummies, most babies do not start teething until after 6 months, and it is not a cause for immediate concern. Understanding Baby Sleep Regression Meg discussed the 17-week sleep regression, explaining that it often occurs when babies need additional nutrition or need to learn self-soothing skills. She advised increasing milk feeds or introducing solids if necessary, and warned against developing a dummy habit. Zoe expressed uncertainty about starting solids with her 20-week-old twins, despite recognizing they were ready. Tasha suggested that the decision to start solids depends on both the baby's readiness and the mother's comfort level, and emphasized that the process can be casual and stress-free. Twins' Sleep Patterns and Development Zoe discussed her twins' sleep patterns, noting that Jordan was sleeping well with 11-12 hour stretches, while Luke was waking three times per night. Tasha and Meg provided reassurance that while Jordan's good sleep habits might continue, both twins could experience sleep regressions at different times. They explained that babies with higher sensory thresholds tend to be better sleepers, while more sensitive babies may require more effort to establish and maintain good sleep patterns. Zoe also shared that both twins were developing well, with Jordan and Luke showing different levels of flexibility during tummy time. Parenting Support and Class Experiences Zoe shared her experience attending a baby sensory class, finding it overstimulating but beneficial for connection with other mothers. Meg advised Zoe to shop around for classes that suit her and her children's needs, emphasizing that classes are often more for the parents than the children. Tasha and Meg encouraged Zoe to be patient and kind to herself, as building a support network takes time, especially in a new environment. Zoe expressed concern about having insufficient toys for her children, to which Meg responded that children adapt well to different environments and that Zoe should focus on creating a nurturing space rather than worrying about material possessions. Age-Appropriate Activities for Twins Meg advised Zoe on age-appropriate activities for her twins, emphasizing the importance of sensory and emotional engagement rather than expensive toys. She recommended simple items like bubbles, balls, books, and a mobile, while suggesting activities such as baby massage and using noisy socks or rice rattles. Zoe shared that her twins enjoy kicking a play gym bee, demonstrating their understanding of cause and effect. Meg encouraged Zoe to continue exploring activities from the Parent Sense app and mentioned a podcast featuring Dr. Mark Tomlinson on baby development.