A Short Guide to Running a

Multiple Birth Playgroup



A multiple birth playgroup is a supportive space where families with twins, triplets or higher-order multiples can come together with their children to connect, play and share experiences.

These playgroups help families build confidence, exchange practical parenting strategies and connect with others who understand the unique joys and challenges of raising multiples.



Playgroup Space

- Choose a spacious venue with extra room for multiple prams and equipment.
- Provide safe pram parking near the entry.
- Set up separate areas for babies and more active toddlers where possible.
- Include comfortable seating for adults and quiet spaces for feeding and settling, keeping the environment relaxed and welcoming for all families.
- Maintain clear sightlines so caregivers can supervise more than one child at once.

Partnerships and Promotion

- Allow time for conversation and peer support.
- Welcome new families and encourage informal introductions.
- Welcome partners, grandparents and additional carers.
- Encourage families to offer a helping hand when appropriate.
- Emphasise that the playgroup is flexible and non-judgemental.
- Reassure families that participation can be casual and that it is okay to come and go as needed.
- Partner or become familiar with other services to provide additional support.

Toys, Resources and Activities

- Provide a mix of active and quiet play options for different ages and stages of development.
- Include duplicate toys and books to support shared play.
- Offer open-ended activities such as blocks, sensory play, soft play and simple crafts.
- Set up activity stations so children can explore while caregivers supervise easily.
- Offer songs, stories and music sessions that include babies and toddlers.
- Take note of children's interests and keep the session flexible—families may need to feed, settle or care for more than one child at a time.

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An Important Note

Every family's experience of raising multiples is unique. There is no one right way to parent. Caregivers are often managing the supervision, feeding and settling of more than one child at a time. A safe, enclosed and well-organised environment can help reduce stress and support participation. Families may be balancing significant physical, emotional and logistical demands. A welcoming, flexible and non-judgemental approach can make a meaningful difference.

More Information

Australian Multiple Birth Association

A charitable organisation offering information, support and local club connections for parents of twins, triplets and more.

Raising Children Network

Australia's most reliable online resource for information on baby development, play and parenting. time sessions and early literacy resources.

For more advice and resources, register your playgroup!

