

What an Australian Breastfeeding Association subscription can offer you

- **Australia's foremost source of breastfeeding information.** Available at www.breastfeeding.asn.au
Full of up-to-date and supportive information, with forums and chat groups. Includes a subscribers only section
- **Local Mum's support group**
The Barwon Region has three groups who meet regularly. You are welcome to attend any group's gatherings. See over for details
- **Informative bimonthly magazine ; 'Essence'**
- **Shopping discount at mothers direct**
- **Subscriber-only website**
Full of information and forums.
- **Library of breast feeding & parenting books/DVD's.**
Each group has their own library available at meetings.
- **Breast feeding education classes**
Yvette, ABA Victorian Branch Office
Phone: (03) 9791 4644
Email: abavic@vic.chariot.net.au

Breast pump hire

Breast pumps available to hire (\$50 deposit)
Medela Lactina: \$30 per week/ \$15 for members.
Medela Symphony: \$50 per week/ \$25 for members.
Single & double milk collection kits available for sale.

For hire information please call:

Please Provide Local contact info



Barwon Region Australian Breastfeeding Association proudly supported by



ABA

Australian Breastfeeding Association (Formerly Nursing Mothers' Association of Australia)

Vision

For breastfeeding and human milk to be the norm for human babies.

For babies to breastfeed exclusively for 6 months, with continued breastfeeding for 2 years and beyond.



australian
breastfeeding
association

National Contacts

Head Office: Phone 9885 0855
Web www.breastfeeding.asn.au
Email admin@breastfeeding.asn.au

Mother Direct Store

Ph 18000 032 926
Web www.mothersdirect.com.au
1818 – 1822 Malvern Rd East Malvern

How to join Australian Breastfeeding Association

Fill out a subscription form at a group meeting
OR Join via the internet at www.breastfeeding.asn.au
OR Phone 9885 0855

Barwon Region

October 2009
March 2010



Breastfeeding Helpline
1800 mum 2 mum
1800 686 2686

Counselling is also available online
www.breastfeeding.asn.au

	April 2010	May 2010	June 2010	July 2010	August 2010	September 2010
Bellarine	<p>Tuesday 13th at 10am-12pm Honouring your instincts Ocean Grove ph Melissa 4202 0088</p>	<p>Tuesday 4th at 10 am at Working and Breastfeeding Portarlinton ph. Kirstin 52592216</p>	<p>Tuesday 1st 10am-12pm Barriers to Breastfeeding Clifton Springs ph. Michelle 5253 1038</p>	<p>Tuesday 6th 10am-12pm Partner and Family Support Clfton Springs ph. Michelle 52531038</p>	<p>Tuesday 3rd. 10am-12pm Do I have enough milk? Clifton Springs Michelle 5253 1038</p>	<p>Sunday 5th at 11am Family BBQ and Picnic Venue Pirate Park Sheepwash Road Barwon Heads B.Y.O.Lunch ph. Michelle 5253 1038</p>
	<p>Thursday 22nd at 10am-12pm Baby Wearing B.Y.O Slings Clifton Springs ph Lana 0408104630</p>	<p>Tuesday 11th 7.30 Sex and Breastfeeding Leopold ph. Andrea 52502717</p>	<p>Thursday 17th 10am-12pm Night parenting Leopold ph. Andrea 5250 2717</p>	<p>Tuesday 13th 7.30 Mental and Emotional Wellbeing Guest Speaker Leopold Jennie 5250 2028</p>	<p>Thursday 19th 10am-12pm Advocacy for Breastfeeding Coffee morning at The Head's at Barwon Heads</p>	<p>Tuesday 7th 10am-12pm Baby led Feeding Clifton Springs ph. Michelle 5253 1038</p>
		<p>Thursday 20th 10am-12pm Pregnancy and Breastfeeding Clifton Springs Ph Michelle 5253 1038</p>		<p>Thursday 15th , 10am-12pm 7 steps of successful Breast feeding Ocean Grove Michelle 5253 1038</p>		<p>Thursday 16th 10am-12pm Pampering yourself Clifton Springs ph. Michelle 5253 1038</p>
Geelong	<p>Monday 12th 10am-12pm Introduction to solids North Geelong Contact Nadia 52781079</p>	<p>Monday 3rd 10am-12pm National Mothering Week Walk- Meet at the corner of O'Connell St and Pakington St in Geelong West and walk to the Carousel at the Waterfront and back. Lunch at the Barking Dog</p>	<p>Monday 7th 10am-12pm Early days of breastfeeding Manifold Heights Camille 5221 2104</p>	<p>Monday 12th 10am-12pm Same breasts, different baby North Geelong Fleur 0412742221</p>	<p>Mon 9th 10.00 am World Breastfeeding Week "Just 10 Steps-The Baby Friendly Way" Newtown Sally 52219864</p>	<p>Monday 6th 10.00 am Coffee morning Manifold Heights Kate 52223748</p>
	<p>Fri 30th 10.00 am Looking after yourself Lara Community Centre, Lions Den, Waverly Rd Gillian 52228614</p>	<p>Wed 19th 7.45pm Sex and the Breastfeeding mother Newtown Contact Gillian 52228614</p>	<p>Wed 16th 7.45pm Dessert Night: Bring something yummy to share Hamlyn Heights Gail 52151307</p>	<p>Fri 30th 10.00 am Night time Parenting Lara Community Centre, Lions Den, Waverly Rd Gillian 52228614</p>	<p>Fri 27th 10.00 am BYO Breastfeeding Questions Lara Community Centre, Lions Den, Waverly Rd Gillian 52228614</p>	<p>Wed 15th 7.45 pm About ABA- Find out about volunteering in your group Herne Hill Jenny 52786919</p>
		<p>Fri 28th 10am-12pm Weaning Lara Community Centre, Lions Den, Waverly Rd Gillian 52228614</p>	<p>Fri 25th 10am-12pm Breastfeeding Book Club Lara Community Centre, Lions Den, Waverly Rd Gillian 52228614</p>			<p>Friday 17th 10.00 am Breastfeeding Beyond your baby's first birthday Lara Community Centre, Lions Den, Waverly Rd Gillian 52228614</p>
South Barwon	<p>Mon 12th 12-2pm Play / Pram Stroll Jan Juc Park. (note the Duffields rd park), Jan Juc. Contact Emma 5261 5442</p>	<p>Mon 10th 12:15-2:15pm Expressing for work and play Bellbrae Contact Liz 5261 9962</p>	<p>Mon 7th 12-2pm Introducing Solids Jan Juc, Contact Emma 5261 5442</p>	<p>Mon 12th 12-2pm Christmas in July Lunch at the Torquay Hotel, Contact Emma 5261 5442</p>	<p>Mon 9th 12-2pm Coping with a toddler and a new baby. Jan Juc, Contact Emma 5261 5442</p>	<p>Mon 6th 12-2pm Cooking tips and tricks - BYO recipe Ama will be cooking up a tasty treat! Yum! Bellbrae Contact Liz,5261 9962</p>
	<p>Wed 21st 10am-12pm Introduction to breastfeeding Grovedale Community Centre 45-47 Heyers Rd Grovedale, Contact Emma 5261 5442</p>	<p>Wed 26th 10am-12pm Crying, Settling, Sleeping Grovedale Community Centre 45-47 Heyers Rd Grovedale, Contact Emma 5261 5442</p>	<p>Wed 23rd 10am-12pm BABY MASSAGE demonstration Grovedale Community Centre 45-47 Heyers Rd Grovedale, Contact Liz 5261 9962</p>	<p>Wed 28th Supporting your friends through pregnancy loss. Grovedale Community Centre 45-47 Heyers Rd Grovedale, Contact Emma 5261 5442</p>	<p>Wed 18th 10-12 What does ABA do? Planning Meeting Highton Contact: Sarah 52417229</p>	<p>Wed 15th 10-12pm Breastfeeding when mum or bub is sick. Grovedale Community Centre 45-47 Heyers Rd Grovedale, Contact Emma 5261 5442</p>