

Registration

Current ABA subscribers

Please complete this registration form and return with your payment of \$20.00. (Please make cheques or money orders payable to the Australian Breastfeeding Association.)

New subscribers

Complete both the subscription form (overleaf) and this registration form, and return it with your payment of \$85.00, for ABA subscription and Breastfeeding Education Class. (Please make cheques or money orders payable to the Australian Breastfeeding Association.)

Name:

Partner or support person (if attending):
.....

Address:

Telephone:

Email:

Baby's due date /..... /.....

Preferred class date/venue:

(For availability, please refer to www.abavic.asn.au)

Second preference if class booked:

Current subscriber of the Australian Breastfeeding Association

Your Privacy is Important to Us

The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing association services. Your personal details will not be given to any other party unless legally required to do so. Our privacy policy can be viewed at www.breastfeeding.asn.au or obtained by calling 03 9885 0855 during business hours. Your personal details may be used for internal fund-raising purposes. Should you prefer not to receive these requests, please contact us.

Frequently Asked Questions

At what stage of my pregnancy should I attend a class?

Please consider a class during your second trimester - ie between weeks 13 and 24. This is to allow for the mother's comfort and babies who arrive early. Of course, we are also happy to accommodate those further along than this!

Should my partner come too?

Absolutely! They might not do the breastfeeding, but can be your major support and it really helps for them to learn everything with you. If your partner is not able to attend, you can bring along a friend or other support person if you wish.

I am having twins! Do you have a special class for me?

While you are welcome at our regular classes, where your special needs can be briefly addressed, we also run classes specifically for parents of multiples every few months at the Breastfeeding Centre in Dandenong.

My baby is due in the next few weeks. The class I want says it is fully booked! HELP!

Please book early to avoid disappointment as places are limited and classes fill up quickly. We are generally not able to take extra people and do not hold waiting lists for fully booked classes. However, your local group of the Australian Breastfeeding Association may have upcoming meetings you can attend before your baby is due. We also offer drop in day at our Breastfeeding Centre in Dandenong and welcome pregnant women as well as breastfeeding mothers.

www.breastfeeding.asn.au



australian
breastfeeding
association

ABN 64 005 081 523



australian
breastfeeding
association

breastfeeding education classes

Gain information, skills and confidence to help you enjoy the rewards of breastfeeding your baby.

Presented by the
**Australian
Breastfeeding
Association**

Breastfeeding Helpline
1800 mum 2 mum
1 8 0 0 6 8 6 2 6 8 6



Why attend?

Australian research has shown that new mothers wish they had received more information and support for breastfeeding and the early months of parenting, prior to the birth of their baby.

Attending an Australian Breastfeeding Association Breastfeeding Education session while pregnant complements the knowledge gained at antenatal classes, and gives you the opportunity to:

- ♥ Learn some of the skills you will need to care for your new baby;
- ♥ Make informed decisions about breastfeeding;
- ♥ Realistically prepare for the changes about to happen in your life;
- ♥ Ask questions and discuss concerns you may have about breastfeeding;
- ♥ Develop a support network before giving birth;
- ♥ Meet other women who share your commitment to breastfeeding;
- ♥ Find your own path amidst all the varying advice.

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“I became more aware of the importance of breastfeeding for mothers and babies through the ABA, and this gave me the determination to overcome the difficulties we experienced.” *Susanne*  
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What's in the classes?

Qualified ABA breastfeeding counsellors and community educators volunteer their time to facilitate these sessions. They are conducted in small groups to ensure personalised attention.

Topics will cover:

- ♥ How breastfeeding works;
- ♥ Positioning and attachment;
- ♥ The 'normal' breastfed baby;
- ♥ What to expect in the early days;
- ♥ Common concerns.

In addition to this

- ♥ You will receive up-to-date information and notes to keep;
- ♥ Your partner/support person is welcome (free of charge);
- ♥ Refreshments are provided.

Your subscription to the Australian Breastfeeding Association will provide:

- ♥ A bi-monthly magazine, *Essence*;
- ♥ Free copy of the book *Breastfeeding... Naturally* (RRP \$34.95);
- ♥ 10% discount on products from Mothers Direct (www.mothersdirect.com.au);
- ♥ Discount breast pump hire;
- ♥ Access to local breastfeeding counsellors 7 days a week;
- ♥ Use of your local ABA group library;
- ♥ Support from other mothers in your local ABA group.

Subscription

Title:First Name:

Surname:

Address:

.....

Telephone:.....

Email:.....

New subscription and class \$85.00

New concession subscription and class \$70.00
(Concession card no.)

Current ABA subscriber
Breastfeeding Education Class \$20.00

Total payable \$

Send to:

ABA Victoria Office
3/71 Robinson St
Dandenong VIC 3175
or phone
(03) 9791 4644

Mastercard Visa

Expiry /.....

Cardholder's name:

Cardholder's signature:

Group code: VICBEC