

Looking for a mothers' group with a difference?

Meet other mums and participate in lots of interesting discussion on breastfeeding and parenting.

Our regular meetings are for everyone, whether you are pregnant, a new mum or have four kids. Whether you find breastfeeding a breeze, a challenge or you are not breastfeeding at all, come along and make some friends, learn something new and go away feeling more confident and relaxed about being a mum.

For help with breastfeeding please call one of your local Breastfeeding Counsellors:

Nat	02 6023 6523
Sharon	02 6041 2351
Myrna	02 6071 2827
Mikaela	02 6027 0679
Cathy	02 6021 5913

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

Nearby local groups:

Beechworth	Kristy	03 5726 1992
Corryong	Lisa	02 6077 9272
Wangaratta	Tricia	03 5722 1184
Bright/Mt Beauty	Sally	03 5750 1690

Breast Pump Hire:

Sharon 02 60412351

Group Website:

<http://awabagroup.zilcorp.net/>

April - September 2010 Meeting calendar

10am until 12noon:

**Tuesdays at Glenecho Neighbourhood House,
Burrows Road, North Albury (G)**

Fridays at Trudewind Road Preschool,

Wodonga (T)

April 2010

Friday 9th at Sumsion Gardens playground

Tuesday 13th @G - What ABA can do for you

Wed 21st 8pm at Nat's "News from ABA conference"

Tuesday 27th @G - Women's Health guest speaker

May

Friday 7th @T Chiropractics and breastfeeding
– guest speaker Dr Eon Scott

Tuesday 11th @G - Early Days

Wed 12th 7pm Thai Dinner out

Tuesday 25th @G - Breast Refusal

June

Friday 4th @T - Sleep (come in PJ's)

Tuesday 8th @G - Weaning

Thursday 17th 8pm at Sharon's

"Breastfeeding beyond 12 months-why bother?"

Tuesday 22nd @G - Diet and Exercise

July

Friday 2nd @T - Craft morning

Tuesday 6th @G - Baby-led Attachment

Tuesday 13th 8pm Nora's

"Dealing with distracted feeders and night feeds"

Tuesday 20th @G - sling workshop/baby wearing

Friday 30th @T - Introducing solids

August

Tuesday 3rd @G - World Breastfeeding Week

"Breastfeeding: Just 10 steps – the Baby Friendly Way"

Friday 13th 8pm at Melanie's

Tuesday 17th @G - expressing and work

Friday 27th @T – Supply: Meeting baby's needs

Tuesday 31st @G - Breastfeeding during pregnancy and beyond

September

Saturday 4th - Family BBQ lunch at Mikaela's

Tuesday 14th @G - Housework – it will still be there in the morning

Friday 24th @T - Coffee and chat

Tuesday 28th at Sumsion Gardens playground



'Mothering: Together we do better'



Photos by Vicky Leon

www.photosbyvickyleon.com

Are you a subscriber yet?

Subscribe to the
**Australian Breastfeeding
Association**

at

www.breastfeeding.asn.au

or by calling

Nat on 02 60236523

New subscribers will receive a FREE
copy of ABA's comprehensive book
"Breastfeeding ... naturally"
(RRP \$34.95)*

* This offer excludes six-month gift subscriptions



Vision:

- For breastfeeding and human milk to be the norm for human babies.
- For babies to breastfeed exclusively for six months, with continuing breastfeeding for 2 years and beyond.

Our mission:

As Australia's leading authority on breastfeeding:

- To educate society and support mothers, using up-to-date research findings and the practical experiences of many women
- To influence society to acknowledge breastfeeding as normal, and important to skilled and loving parenting.

ABN 64 005 081 523



australian
breastfeeding
association

Breastfeeding
Laughter
Inspiration
Support
Socialising

Albury Wodonga Group

**Australian
Breastfeeding
Association**

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Meeting calendar

www.breastfeeding.asn.au