

CHELTENHAM/PARKDALE NEWS 2012



**Australian
Breastfeeding
Association**

OUR VISION

Breastfeeding is the normal way to feed and nurture infants, with babies being breastfed exclusively for 6 months and continuing to breastfeed for 2 years and beyond.

OUR MISSION

As Australia's leading authority on breastfeeding, we:

- Educate society and support mothers, using up-to-date research findings and the practical experiences of many women
- Influence society to acknowledge breastfeeding as normal and important to parenting and the physical and mental health of babies, children and mothers.

"Feeding your baby is about so much more than milk; how you feed your baby with cuddles, eye contact and loving interactions is just as important."
Pinky McKay

LOCAL GROUP MEETINGS

Get togethers are an ideal opportunity to meet other mums and bring along any breastfeeding questions you may have. Topics listed will be discussed but do not take up the whole session. Time for individual counselling will be available should you need it. There are toys and safe spaces for your babies/children and lots of friendly faces to welcome you. We ask you bring food to share such as fruit or biscuits but appreciate that sometimes you may be too busy, so please don't worry—just come along anyway!

WHEN: First Monday 12:30-2:30pm, third Tuesday 10am-12

WHERE: Central Bayside Community Health Centre

335 Nepean Hwy, Parkdale

Play centre—Enter via Carrier Ave carpark

January	Monday No booking	Tuesday 17th, 10am-12 Summer Quenchers—Keeping Baby Cool
February	Monday 6th, 12:30-2:30 pm Expressing: Squeezing, freezing & leaving	Tuesday 21st, 10 am-12 Breastfeeding & Returning to work
March	Monday 5th, 12:30-2:30 pm Afternoon cuppa and chat	Tuesday 20th, 10 am-12 Building bonds—mother & child
April	Monday 2nd, 12:30-2:30 pm Planning meeting	Tuesday 17th, 10am-12 Breastfeeding & the baby blues
May	Monday 7th, 12:30-2:30pm Family Food Ideas & Recipes	Tuesday 22nd, 10am-12 Breastmilk - Nature's superfood
June	Monday 4th, 12:30-2:30pm Boobytraps - Overcoming breastfeeding challenges	Tuesday 19th, 10am-12 The Changing pace of breastfeeding - from birth & beyond

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

www.breastfeeding.asn.au

*The National Breastfeeding Helpline is supported
by funding from the Australian Government.*



Australian Breastfeeding Association

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THE YEAR AHEAD

Congratulations to Ainslie on completing her breastfeeding counsellor training and taking on the role of co-group leader, well done.

Breastfeeding education classes-The Nepean region hosted 5 classes in 2011 at Carnegie Library, supporting over 40 couples. Classes recommence January 22. For info & booking contact Yvette at 9791 4644, vicoffice@breastfeeding.asn.au or www.breastfeeding.asn.au/classes

ABA National Raffle runs March through May—support our group by purchasing or selling tickets. **First prize—\$20, 000 Shopping Spree!**

Group project—to help raise funds our group has developed a beautiful poster promoting Skin-to-skin contact between baby and mother as a great start to breastfeeding.

For info contact poster.groupproject@gmail.com

National Mothering Week May 7-13—join us at a group social dinner, to be organized.

World Breastfeeding week August 1-7and more...

MEET OUR GROUP LEADERS

Lauren

I have been an ABA member since 2005 and a counsellor since 2009. I am a mother to 2 children and passionate about all matters breastfeeding. I love talking with other mums about the ups and downs of not only breastfeeding, but parenting too.

The most wonderful thing about my role is when I see that moment of realisation on the face of a mum who says "yes, that makes sense! So that's normal for this age?!"

I hope 2012 is a wonderful year for you, and look forward to seeing you at a group meeting,
Lauren

CONTACT US

aba.cheltenhamparkdalegroup@gmail.com

Group info -Ainslie at 03 8743 0152

Breastpump hire—Yvette 03 9791 4644

National Raffle Prizes

1st— \$20,000 Shopping Spree

2nd—\$10,000 Shopping Spree

3rd—\$5,000 Furniture Voucher

4th—\$3,000 Travel Voucher

5th-6th—Apple iPad2

Ainslie

I grew up in an ABA household and formally joined in 2007 before the birth of my first child. I am currently an at home mum of two, with number three on the way, due in July 2012. I find a deep sense of fulfilment in breastfeeding my children and in supporting mums and babies on all levels. I qualified as a counsellor in September 2011 and am looking forward to putting my new skills to use and expanding my own knowledge of all things breastfeeding in 2012. I look forward to welcoming new and existing members to our group meetings and hope that 2012 brings you health and happiness.

Warm regards,
Ainslie

"Breastfeeding is a precious gift."

Breastfeeding...naturally

What can the Australian Breastfeeding Association offer me?

Assistance with breastfeeding
Breastpump hire and support
Discussion get togethers & social contact
Lending library

Mother-to-mother support & friendship
Bi-monthly magazine for subscribers
A local bulletin with a diary of events
Booklets on specific topics

Plus much, much more - why not come along to our next group meeting.

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