

Cheltenham/Parkdale Group News



australian
breastfeeding
association

Hello !

Unbelievably we are into the second half of 2010. Wow!

Children are growing, perhaps your new baby has arrived or is due soon; or maybe your family is expanding with a new pregnancy announced. No matter which phase of parenting and /or breastfeeding you're in – there are ups and downs, loving moments and frustrations, days that run smoothly and days that are anything but! All families go through these periods and it is lovely being able to share the good and the bad.

If you haven't been along to a group get-together yet, perhaps you might like to try to make it to one soon; and discover the world of supportive friendship, whichever stage of family life you are in.

We have an exciting **NEW** schedule of get-togethers planned for the remainder of the year..... the option of a **Tuesday or a Friday** for you.

Have a look at the list of dates and pop a reminder in your mobile or on the calendar so you can come along. We always love to meet more group members!

Yours in mothering, **Lauren Boundy** laurenboundy@gmail.com
(your group leader)

ph 9005 1183

Our venue remains at **Central Bayside Community Health Centre, 335 Nepean hwy Parkdale.** Enter via Carrier ave carpark and look for the Australian Breastfeeding Association banner hanging outside the meeting room.

July	Tuesday 6 th , 10am-12pm <i>Morning tea & chat (school hols)</i>	Friday 23 rd 2-4pm <i>Combining breastfeeding & work</i>
August	Tuesday 3 rd 10am -12 <i>World Breastfeeding Week</i>	Friday 20 th 2-4pm <i>Afternoon tea & chat</i>
August	Tuesday 31 st 10am-12pm <i>Healthy body, thriving baby - Chiropractor as guest speaker</i>	blank
September	Friday 17 th 2-4pm <i>Early days....early daze? Breastfeeding in the first months</i>	Tuesday 28 th , 10am-12 <i>Morning tea & chat</i>
October	Friday 15 th 2-4pm <i>Afternoon tea & chat</i>	Tuesday 26 th 10am-12 <i>- Breastmilk: nature's superfood!</i>
November	Friday 12 th , 2-4pm <i>About the ABA & resources</i>	Tuesday 23 rd , 10am-12 <i>Planning meeting – bring your ideas!!</i>
December	Tuesday 7 th , 10am-12 <i>Breastfeeding: busting the myths!</i>	Friday 17 th , 2-4pm <i>Christmas Afternoon tea</i>

These get-togethers are an ideal opportunity to meet other mums and bring along any breastfeeding questions you may have. The 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 to bring food to share such as fruit, sandwiches, dips or biscuits. We appreciate that sometimes you may be too busy to organise this, so please don't worry – just come along anyway!

Your local counsellors are Lauren ph 9005-1183 and Lisa ph 9584-2484.
For breastfeeding support and information 24 hours, 7 days a week ph 1800 686 2 686.
www.breastfeeding.asn.au

Meet-a-member!

This edition we are 'meeting' Denise, mother of Charlotte who has this to share:

Breastfeeding highlight: For me the highlight was/is being able to calm my daughter in an instance by breast feeding. Feeling the warmth and touch of Charlotte as she drinks and touches me is so beautiful...I have many more highlights and could fill the bulletin!!

Breastfeeding lowlight: the pain I had from cracked nipples, thrush and a bad infection from teeth marks!! But we have nearly made it to 2 years and the highlights certainly outweigh the lowlights.

Most unusual place you have breastfed: At a bus-stop sitting on the curbside, in Naples, Italy. (No chairs available).I got some amazing looks.

How have your thoughts about breastfeeding changed since having a child? Completely changed! I thought it was all a bit strange beforehand and I thought that it was not necessary, but now I know differently & how amazing, challenging and beautiful it is. I admire anyone who has breastfed as it's not always easy!

What do you like most about ABA? The kind, caring members who dedicate their time to help others experience the joy of breastfeeding. ABA members have been the only people that have understood breastfeeding my daughter to sleep and have never been judgemental towards this. I am very grateful and I am now going to train to be an ABA counsellor.

Thank you Denise!! We wish you all the best in your breastfeeding counsellor training.

Breastfeeding Education Classes

Designed for expectant couples to provide them with comprehensive breastfeeding information about the reality of establishing and enjoying breastfeeding.

Please spread the word to family, friends, colleagues, neighbours and anyone you know who is pregnant.

Phone Yvette for bookings on 9791-4644 or visit <http://www.abavic.asn.au/>

Upcoming *local* dates are June 20th, August 29th, Nov 28th.

Many other dates available within the metropolitan area.

Resources:

Breastfeeding Helpline	24 hours, 7 days. Qualified breastfeeding counsellors volunteer to answer your calls.	1800-MUM-2-MUM 1800- 686-2-686 'voip' or internet phones, drop the last digit (1800 686 2 68)
email counselling:	www.breastfeeding.asn.au/products/counselling.asp	
Local breastfeeding counsellors:	Lauren Lisa	9005-1183 9584-2484
Breast pump hire:	Yvette	9791-4644.
Group library:	Paula	9588-2638
The Breastfeeding Centre: (Dandenong)	Yvette runs this brilliant resource. Child friendly, face-to-face counselling available, books and DVD's galore. Open 10am-4pm Tues,Wed,Thurs.	3/71 Robinson st. Dandenong. 9791-4644
Mother's Direct:	www.mothersdirect.com.au 1818-1822 Malvern Rd, East Malvern, VIC	9886 9399
Drug Info Line:	c/o Monash Medical Centre 9am-5pm. For information on medications suitable during pregnancy & breastfeeding.	9594-2361
Membership:	http://www.breastfeeding.asn.au/subs/index.html	9885 0855

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