

SUBSCRIPTION OFFER

Great reasons to become a subscriber:

- A free copy of our book “*Breastfeeding...naturally*” (valued at \$34.95)
 - Receive *Essence* magazine—our bimonthly publication
 - Breastfeeding Education Classes
 - Shopping discount with Mothers Direct
 - 50% off breast pump hire
 - 24 hour help via our Breastfeeding Helpline
- (this service is available to everyone but your subscription assists in running this service)
- Subscribers only website section
 - Local group meetings

Renewing subscribers receive Steve and Shaaron Biddulph’s best selling book “*Raising a Happy Child*” (valued at \$22.95).

Australian Prices (new and renewing) for 2011
12 months \$65
24 months \$100

See our website or ask a counsellor for more information. Gift subscriptions also available.



Online?

Have you visited the ABA online discussion forum?
www.lrc.asn.au/forum

Breastfeeding information
www.breastfeeding.asn.au

Find us on Facebook too:

**Australian Breastfeeding Association
Bairnsdale / Far Eastern Group
PO Box 94
Newmerella, Vic 3886**

BREASTFEEDING COUNSELLORS

Our breastfeeding counsellors are happy to answer your breastfeeding queries.

B'DALE: Jo (Trainee Counsellor)

ORBOST: Shelley 5154 2583

Helen 5154 8365

Melissa 5154 2413

Bronwyn (Trainee Counsellor)

Alternatively you might like to call our national breastfeeding helpline

1800 mum 2 mum

1800 686 2 686

1800 mum 2 mum is possible through funding from the Federal Government under the Support Breastfeeding Mums initiative



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- Note: ABA breastfeeding counsellors
- are all volunteers. Counsellors are not
- medically trained so cannot give medi-
- cal advice. Their area of expertise is
- breastfeeding management and they
- look forward to hearing from you.

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Breastfeeding Helpline

1800 mum 2 mum

1800 686 2 686

Bairnsdale/ Far Eastern Group 2011

Australian Breastfeeding Association (ABA)

WHO ARE WE?

The Australian Breastfeeding Association is a voluntary Organisation established in 1964.

Our vision:

- For breastfeeding and human milk to be the norm for human babies.
- For babies to breastfeed exclusively for 6 months, with continuing breastfeeding for 2 years and beyond.

OUR GET-TOGETHERS...

Our local group meets at least monthly. The venues are baby friendly. At each discussion meeting there will be a short topic of discussion lead by a trained volunteer. It is a chance to share experiences, ideas and answer questions.

Please feel free to approach one of the counsellors if you would like to have a chat with them.

(Please note occasionally Bairnsdale meetings will revert to coffee mornings if a breastfeeding counsellor is not available)

We like to have morning tea at our gatherings, so if you have a good day, a plate of something to share would be appreciated.

Our activities are open to everyone, whether breastfeeding, bottle-feeding or 'past all that!' Please feel free to bring along a friend.



ORBOST COFFEE MORNINGS

WHEN: 3rd Wednesday of every month

WHERE: 29 Browning Street, Orbost.

TIME: 10am—12noon



MONTH	TOPICS for both ORBOST & BAIRNSDALE
February	When babies Travel—your holiday stories
March	The changing face of Midwifery (Guest Speaker)
April	The versatility of supply—how supply customised itself to your baby's needs.
May	National Mothering Week. (Topic to be advised)
June	Mess, Mayhem and Munchies—introduction to solids
July	Medical Roadblocks to Breastfeeding
August	World Breastfeeding Week (Topic to be advised)
September	Osteopathy explained (Guest Speaker)
October	Breastfeeding in Cyberspace
November	Eco Baby—Superhero. Saving the environment one day at a time.
December	Christmas Pram Walk

BAIRNSDALE COFFEE MORNINGS

WHEN: 1st Thursday: Relax & chat
3rd Thursday: Topic Item of every month

WHERE: Presbyterian Church Hall
159 Nicholson St, B'dale
(Follow driveway to enter via side gate)

TIME: 10:30am-12 noon

B'dale contact: Jo 5152 5589

MOTHERS DIRECT

Buy your books, slings, carriers, maternity / breastfeeding clothing, lactation aids and much more from Mothers Direct.

www.mothersdirect.com.au

1800 032926

Your privacy is important to us. Information collected for the purpose of providing Association services 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