



**Australian
Breastfeeding
Association**

Australian Breastfeeding Association Kew/Hawthorn Group Bulletin

November 2011 to February 2012

Co-Group Leaders:

Anna and Claire will now lead the Kew/Hawthorn group jointly.
Anna has been our Admin Leader for the past two years, and acting as a Co-Group Leader for that time, so we are now making it official!
Congratulations and thanks Anna!

Hi everyone,

My name is Tricia. I'm mother to Dylan who is 14 months old. I joined the ABA a few weeks after Dylan was born. Initially I had a hard time breastfeeding Dylan. He didn't seem to attach properly and my breast was engorged. Little did I know that it takes several weeks before you and your baby master the art of breastfeeding. My family lives overseas and I am the first of my closest friends to have a baby so I was happy to discover a support network such as the ABA to help me through my breastfeeding journey. I had a long list of things that I wanted to do while on maternity leave – I didn't realise how much time and energy it takes to look after a baby. Alas, I haven't managed to do anything on that list, however, volunteering was one of the things on it, so when the position of the group librarian became vacant I thought it would be a good way to tick one thing of my to do list.

Our group has a great collection of parenting books (I wish I had read some of them before Dylan arrived). ABA members can borrow these books free of charge. There is a folder containing a catalogue of all the books available which you can browse at the group meeting. You can also contact me on 0411 988 157 or triciatjondropuro@gmail.com to arrange book loan.

New books in the library:

- ***The post-baby conversation***: What new parents need to say to each other by Alison Osborne
- ***The no-cry separation anxiety solution: Gentle ways to make good-bye easy from six months to six years*** by Elizabeth Pantley
- ***Innerspace: The art of inner learning, Meditations for students of life*** by Maureen Garth
- ***The science of parenting: How today's brain research can help you raise happy, emotionally balanced children*** by Margot Sunderland

We would like to thank the office of State Parliamentarian Andrew McIntosh for assistance with copying our bulletin.

Kew / Hawthorn Group contact list

Group Leaders: Anna (Ph: 03 9818 0980) & Claire (Ph: 03 9853 0754)

Breastfeeding Counsellor: Ruth (Ph: 03 9859 6478)
Claire (Ph: 03 9853 0754)

Kew / Hawthorn Group email address: kewhawthornaba@gmail.com

Community Educators: Anna (Ph: 03 9818 0980)
Claire (Ph: 03 9853 0754)
Midge (Ph: 03 9853 0343)

Trainee Breastfeeding Counsellors: Josephine (Ph: 03 9819 5007)
Talía (Ph: 0412 568 340)
Natasha (Ph: 9077 8185)

Librarian: Tricia (Ph: 0411988 157)

Bulletin Editor: Fiona (Ph: 03 9853 4685)

Local breast pump hire: Ruth (Ph: 03 9859 6478)

Hiring a breast pump from Ruth is a great way to support your local group. Alternatively you can contact Yvette, the Victorian breast pump coordinator. Phone her on 03 9791 4644 (Tue, Wed, Thur 10am–4pm) or 0417 531853.

Some other useful ABA details:

**Breastfeeding Helpline
has changed to:
1800 686 286**

The Breastfeeding Helpline provides Breastfeeding Counseling without cost to members and non-members alike. The Helpline is answered by volunteer mums who are at home with their families. They are trained to offer support, suggestions and reassurance about breastfeeding concerns or

The Breastfeeding Helpline is supported by funding from the Australian Government under the Support Breastfeeding Mums initiative.

ABA VIC website: www.abavic.asn.au

ABA National website: www.breastfeeding.asn.au

ABA National Head Office: 1818-1822 Malvern Road, East Malvern 03 9885 0855

Mothers Direct: www.mothersdirect.com.au 03 9886 9399

Australian Breastfeeding Association Subscriptions

Did you know that you can become an ABA subscriber or renew your ABA subscription online?

Enter the following link and follow the prompts:

<http://www.breastfeeding.asn.au/subs/index.html>

Life With Two by Martha

Rachael was two years and five months old when Sam was born in May 2010. I do not recall anyone warning me, but I soon learnt that the difficult thing with two children was not the baby, but the toddler. Sam was easy to manage - feed, settle, repeat, but his sister, accustomed to undivided attention, was difficult. After a few weeks, she told us that it was time to “take Sam back to the new baby hospital”! Sleep deprivation (with no time to rest with bub) made it all the more difficult.

I was fortunate enough to have my husband home with me for the first six months of Sam’s life, which made life much easier for me and it was great for Rachael to have a companion. Nevertheless life for the first three months was chaotic. After those first three months, things became much easier, with Sam in more of a predictable routine. Once he began solids and was on two sleeps a day, around eight or nine months, things became easier once again. It was easier to coordinate meal times, bath time and bed time.

One of the more difficult things to adjust to was the fact that Sam seemed to get no individual attention time, whereas Rachael at his age was constantly played with, read to, sung to and so forth. I made an effort when Sam was asleep to play individually with Rachael but he didn’t seem to get a similar chance. This year Rachael is at kinder two mornings a week and I get some time to play one-on-one with Sam, but feel I have “neglected” him a little. His speech and awareness seems to be developing at the same rate as Rachael’s though, so he must be picking up things from her as well as me!

I read somewhere that the older child takes six months to adjust to a sibling’s arrival and their memory doesn’t really extend further back than that. I feel as if that applies somewhat to me as well; I cannot really remember how life was without Sam. And now Rachael and Sam are both here and growing and developing every day, I wonder how I ever did without them.

Australian Breastfeeding Association Kew/ Hawthorn Group
Calendar November 2011 to February 2012

November 2011

Friday 4th
10am - 12pm

Changes in your
identity when you
become a mum.

Phone: Claire
03 9853 0754

Tuesday 15th
1pm— 3pm

Afternoon tea for new and
expectant mums and ba-
bies –
Inputs (signs my baby is
hungry) and outputs (is
my baby getting enough?)

Ph: Claire
9853 0754

December 2011

Friday 2nd
10am - 12pm

Surviving the holiday
season - alcohol,
travelling and
breastfeeding.

Phone: Claire
03 9853 0754

Monday 12th
10am -12pm

Weaning - a gentle
approach.

Ph: Martha
03 9853 5946

Please note: We now have a regular meeting on the first Friday of each month at the West Hawthorn Uniting Church playgroup room from 10am - 12noon. The address is 4 Power Street, but entry to car park and playgroup room is on Grove Road. You'll know you're in the right place when you see the ABA banner and signs directing you. Anyone is welcome – babies, children and partners – at any of our gatherings. It is not a pre-requisite that you are breastfeeding to come along. For a variety of reasons many of us have weaned our babies and children. Pregnant ladies are welcome too! At each of our activities there is a Breastfeeding Counsellor present, who would be happy to speak with you privately, if you wish.

Australian Breastfeeding Association Kew/ Hawthorn Group
Calendar November 2011 to February 2012

January 2012

Friday 6th
10am - 12pm

What lies
ahead for
2012?

Phone: Claire
03 9853 0754

Thursday 19th
10am-12pm

Sleep...

Ph: Emma
9853 0754

February 2012

Friday 3rd
10am - 12pm

Planning to
have a second.

Phone: Claire
03 9853 0754

Wednesday 15th
10am-12pm

Coping with the
opinions of
others.

Ph: Elise
0400 945 836

Within the Kew/Hawthorn group we hope that you feel supported with the variety of choices available to us as parents, and utilise this network that we are part of. The activities on the calendar can be a great opportunity to source a range of ideas from other parents.

Please try not to come if you, your baby or child are unwell and contagious - others may not thank you. It is great if you RSVP to Anna or the meeting hostess just in case there is a last minute change of plans. You never know, especially as we often meet in our member's homes.

We look forward to seeing you at one of our meetings soon!

Meeting Summary -

Pregnancy, childbirth and the number of babies a woman has increases the risk of her developing incontinence. Being pregnant and having a baby puts pressure on the pelvic floor that results in it being weakened. But like all muscles in our bodies, our pelvic floor can be exercised and strengthened.

Lindy, a continence physiotherapist, was the guest speaker at our May 6th meeting. Lindy talked us through how to correctly exercise our pelvic floor. She discussed the importance of good toilet habits to prevent bladder and bowel control problems (including the correct sitting position on the toilet!). Lindy also reminded us to drink well (1.5-2 litres of fluid each day) and eat enough fibre to prevent constipation (we need at least 30grams of fibre a day).

If you're interested in more information on this topic, please see the following links from the Continence Foundation of Victoria:

Pelvic floor muscle exercises for women

<http://d1526731.i86.quadrahosting.com.au/node/74>

Healthy bladder and bowel habits (inc. diagram of correct toileting position)

<http://d1526731.i86.quadrahosting.com.au/sites/default/files/HBBH.pdf>

Did you know that the Australia Government maintains a website - <http://www.toiletmap.gov.au> - of all public and private public toilets in Australia? A free downloadable app for iPhone users is also available (see the toilet map website for more information).

Breastfeeding and Pregnancy by Janneke

I was very much looking forward to attending the ABA meeting on pregnancy and breastfeeding. I am in my last trimester of my second pregnancy and still breastfeeding my 19 month-old son a breastfeed in the morning, so this was a topic I was particularly interested in. I treasure our cuddle in the morning (and sometimes in the middle of the night...), but I had been wondering how Jasper would respond to watching another baby being breastfed by mum.

Continued...

The most interesting aspect of this meeting for me was to hear the experiences of other mothers, both those who were currently pregnant and breastfeeding, and those that had gone through the pregnancy and then tandem-fed both their children. From what I have seen, there is not a lot of information out there about pregnancy and breastfeeding and tandem-feeding, so it was good to hear some information not based on myths or old-wives' tales. The most meaningful thing I took away from the meeting was that ultimately, once everyone is adjusted to the new situation, tandem-feeding can be a beautiful and very practical experience.

Breastfeeding During Pregnancy by Jaclyn

September's discussion about Breastfeeding During Pregnancy could not have come at a better time for me. At the time I was 8 weeks pregnant and my two year Oli was showing absolutely no signs of losing interest in his breastfeeding hobby/obsession.

Hearing from mums who had been through the experience of breastfeeding during pregnancy and tandem feeding was invaluable in reassuring me about what seemed like a very daunting journey. It would never have crossed my mind when I started breastfeeding that I would be in this situation when I became pregnant again. Because I've tried to follow Oli's lead when it comes to breastfeeding I can end up feeling a bit like I'm along for the ride rather than captaining this breastfeeding ship.

Conversations about conception, possible risks and myths about breastfeeding during pregnancy were also interesting when I wasn't grilling the other mums with all my questions. It's the mother-to-mother support, hearing about personal experience and the opportunity to ask questions that you can only get from attending the ABA meetings. I've read the books but I didn't come away with that same feeling that it might work out OK.

I certainly wouldn't be heartbroken if Oli spontaneously weaned himself any time soon, but if he doesn't I have a lot more confidence that tandem feeding is something I can manage and there may even be a few perks in it.

Thank you

Hawthorn ABA Library display in May and Kew ABA Library display in August looked terrific.

Children's Week ABA tent October: Thank you to all who are about to help out at our ABA tent at Rocket Park (27th Oct 10am-2pm) and Hays Paddock (29th Oct 10am-2pm) for Children's Week organised by the Boroondara Council.

Thank you to Kew East Bendigo Tent for lending their marquee to us.

Congratulations

Claire has recently become a Breastfeeding Counsellor after completing her Cert IV in Breastfeeding Education(Counselling)

New members & new babies

We would like to welcome all of our new members to the Kew / Hawthorn group. We look forward to seeing you at an upcoming meeting. If you have recently had a baby, we congratulate you!

Are you new or have you had a baby and we haven't mentioned you? We apologise for the oversight. Please contact Claire on 03 9853 0754.

Elise, Radha, & Beau	Blanka & Eliot
Kate E & Isabelle	Lauren S & Axel
Jo-Lene & Milla	Joanne & Ethan
Prue, Millie, & Finn	Kassie & Jacob
Laurence, Sebastian, and Gabrielle	Susan & Jack
Janneke & Jasper	Ritsa & Nathan
Jennifer W, Tom, & Emily	Tanya & Elke
Agnes-May, Maya, & McKenzie	Emilia & Clara
Paola, Clarissa, & Jessica	Kirsten
Nicole McA, Miles, & Wil	Nicole P & Milla
Corinne & Charlie	Amanda & Edith
Sharon & Lydia	Fiona
Elizabeth	Melanie & Oliver
Nicky & Jake	Martine