



australian
breastfeeding
association

Sunraysia Group Bulletin

May 2011 - October 2011

Our Vision

- For breastfeeding and human milk be the norm for human babies.
- For babies to be breastfed exclusively for 6 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 our society to acknowledge breastfeeding as normal and important to skilled and loving parenting.



breastfeeding support

24 HOUR BREASTFEEDING



HELPLINE

1800 686 2 686

Brooke (Group Leader)	5024 3352
Bernadette	5025 7192
Cheryl	5024 2022
Rachel	5024 7334

These local breastfeeding counsellors provides mother-to-mother care and support. They have breastfed their own children, understands what new mothers go through, and have completed a an extensive training course. They voluntarily make themselves available to those who need a listening ear and an encouraging word. They are just a phone call away.

www.breastfeeding.asn.au

happy mothers day

Before I was a Mum,
I had never been puked on.
Pooped on.
Chewed on.
Peed on.
I had complete control of my mind and my thoughts.
I slept all night.

Before I was a Mum,
I never held down a screaming child so doctors could do tests.
Or give shots.
I never looked into teary eyes and cried.
I never got gloriously happy over a simple grin.
I never sat up late hours at night watching a baby sleep.

Before I was a Mum,
I never held a sleeping baby just because I didn't want to put her down.
I never felt my heart break into a million pieces when I couldn't stop the hurt.
I never knew that something so small could affect my life so much.
I never knew that I could love someone so much.

I never knew I would love being a Mum.

Before I was a Mum,
I didn't know the feeling of having my heart outside my body.
I didn't know how special it could feel to feed a hungry baby.
I didn't know that bond between a mother and her child.
I didn't know that something so small could make me feel so important and happy.

Before I was a Mum,
I had never gotten up in the middle of the night every 10 minutes to make sure all was okay.

I had never known the warmth,
the joy,
the love,
the heartache,
the wonderment
or the satisfaction of being a Mum.
I didn't know I was capable of feeling so much,
before I was a Mum.

other useful numbers

Maternal and Child Health Line

24 hour **13 2229**

Poisons Information Centre

24 hour **13 1126**

breast pump hire

For information on hiring on of our 3 electric pumps, long term expression or the best hand pump to purchase for the occasional night out ring:

0409 946 822

mothers direct

Get online to browse a wide range of booklets, lambskins, books, bras, breast pumps, breastfeeding tops and other mother and baby care products at:

www.mothersdirect.com.au



We hope to see you at one of our meetings soon.

a gentle reminder

As a courtesy we ask that if you or your child are ill on any of our gatherings, that you consider our expectant mothers, newborns and other mothers and their children. During our gatherings there is often morning tea available. If you require a healthier option for yourself or your child please feel free to bring something suitable along. Please be aware that we do have children attending that do have severe allergies to nuts. Please try to limit what snacks are brought containing nut and or nut products. We appreciate your understanding on these sensitive issues.

1. Chance to meet and share experiences with other mothers in your area. You might make a new friend or establish a network for yourself.
2. Access to up-to-date information.
3. Gets you and your baby out of the house for a morning.
4. Get to know your local breastfeeding counsellors. Some mums feel more confident ringing us when they can put a face to a voice.
5. Talk to a trained breastfeeding counsellor available at all group meetings. If you like, they can watch you feed or answer questions during the discussion or in private afterwards.
6. Borrow books from our breastfeeding and parenting library.
7. Everyone is welcome – mums, dads, partners, grandparents, friends, babies and children of all ages. We sometimes have family activities.
8. View a range of ABA booklets and other items from the Mothers Direct catalogue.
9. Watch babies of various ages. Great way to get a 'preview' of the next stage.
10. Learn from other mums. Some people prefer to learn through observation rather than reading.

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great reasons to come along to a local group meeting

code of ethics

It can be helpful to know that the Australian Breastfeeding Association has a Code of Ethics. This is to ensure that the objectives of the Association are upheld. Some clauses that are helpful to remember at our meetings are:

- * Discourage discussion of particular doctors, hospitals, nurses or health centres, both at meetings or in conversation (e.g. *talk about experiences without mentioning names of people or places*).
- * No Australian Breastfeeding Association meeting or mailing list, or any other aspect of the Association shall be used to promote the sale of goods or services by any person or organisation other than the Association without the permission of the board (e.g. *school, kinder, playgroup etc fundraisers should not be brought to any ABA meeting*).

welcome

... To all our new subscribers & their families!

We hope you enjoy your time with ABA and look forward to seeing you at one of our talks, coffee mornings or other functions soon. Our get togethers provide a great opportunity to meet other mums of babies and young children and share experiences.

Meeting Hosts—we need you!



As always a huge *thank you* to all our members who have opened their homes to us for group meetings. We couldn't have these meetings without you!! If you find it difficult to get out of the house maybe it would be easier for the meeting to come to you. If you could host a meeting some time please contact your group leader.



activity summary guide

Everyone is welcome at meetings– mothers, fathers, partners, grandparents, friends, babies, and older children. A simple nutritious plate of food to share is appreciated but not expected. Our get togethers are relaxed, friendly, and enjoyable. Your shared experience may make the difference to another mother. **A Breastfeeding Counsellor is available at our discussion meetings. All venues are baby and toddler friendly unless otherwise stated.**

MAY	Sun 1st 12 noon	National Mothering Week Community Picnic	Park for Play Mildura	Brooke 50243352
	Mon 16th 10am	Starting Solids - Baby Led Weaning	Narelle's Home	Narelle 50246854
JUNE	Thur 2nd 10am	Cuppa and Play	Loretta's Home	Narelle 50246854
	Thur 16th 7.30pm	Speech Development	Brooke's Home	Brooke 50243352
JULY	Thurs 7th 10am	Cuppa and Play	The Fun Jungle Mildura	Narelle 50246854
	Sat 23rd 10am	Intimacy and Breastfeeding	Brooke's Home	Brooke 50243352
AUG	Thurs 4th 10am	World Breastfeeding Week Cuppa and Play	To Be Advised	Brooke 50243352
	Thurs 18th 1pm	Development and Play	Total Learning Centre Mildura	Rachel 50247334
SEP	Thurs 1st 10am	Cuppa and Play	Narelle's Home	Narelle 50246854
OCT	Thurs 6th 10am	Cuppa and Play	Pip's Home	Pip 50246950

Every attempt is made to ensure that this information is correct at the time of printing. However sometimes due to unforeseen circumstances the dates, times or locations of these meeting can change. It is therefore important to check emails before events or to contact the host before a meeting.





Australian Breastfeeding Association Subscription Form

PO Box 4000, GLEN IRIS VIC. 3146

Telephone (03) 9885 0855 Facsimile (03) 9885 0866 or online www.breastfeeding.asn.au

First Name: _____ Surname: _____

Street: _____ Suburb: _____

State: _____ Postcode: _____

Tel: (____) _____ Mobile: _____

e-mail: _____

Birthdate: _____

1 year new/renewal \$65.00

2 year new/renewal \$100.00

Concession new/renewal \$50.00

Total: \$ _____

[No. _____]

Enclosed is my cheque/money order (payable to Australian Breastfeeding Association) **OR**

Please charge my Visa/Mastercard

□□□□ □□□□ □□□□ □□□□

Card Expiry Date ____/____

Card Holder's Name: _____ Signature: _____

I am a new subscriber to the Australian Breastfeeding Association

When you join you will receive a copy of the Association's comprehensive and invaluable book on breastfeeding, Breastfeeding ... naturally. This book usually retails at \$34.95.

I have been an ABA/NMAA subscriber before. Subscriber Number:-

OR

Please provide previous surname/address details if these have changed

When you renew you will receive a free copy of Steve Biddulph's book 'Raising a Happy Child', valued at \$22.95.

Please tick this box if you do NOT want to receive any copy of book

YOUR PRIVACY IS IMPORTANT TO US

The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing association services. Your personal details 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 during business hours. Your personal details may be used for internal fundraising purposes. Should you prefer not to receive these requests, please contact us.

ABN 64 005 081 523

GROUP