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3/20 Hillside Ave
Caulfield South 3162

CAULFIELD GROUP



Australian Breastfeeding Association

Caulfield Group Bulletin

February – June 2012



Australian Breastfeeding Association

**Breastfeeding Helpline
1800 mum 2 mum**

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

ROLE	NAME	CONTACT DETAILS
Breastfeeding Counsellor and Breast Pump Hire Officer	Cheryl	9530 0262 shirakaspi@gmail.com
Trainee Counsellor and Group Librarian	Jess	9024 5958 jedquist@fastmail.com.au
Trainee Counsellors	Erica Ally	
Group Treasurer	Jane	jezymaris@yahoo.com.au
Group Administrator and Bulletin Editor	Ruth	9544 3829 ABACaulfield@hotmail.com
Victorian breast pump hire coordinator	Yvette	9791 4644 Tues, Wed, Thurs 10am-4pm (0417 531 853 - 7 days)
ABA Website and Forum		www.breastfeeding.asn.au www.abavic.asn.au
Breastfeeding Education Classes (BECS) Also if you and your baby are interested in demonstrating breastfeeding to a class	Yvette	9791 4644 Tues, Weds, Thurs www.abavic.asn.au
To have your email recorded/amended		ABACaulfield@hotmail.com

Caulfield Group

February – June 2012

Get togethers are held on the second and fourth Thursday of each month at

Glen Huntly Maternal and Child Health Centre

Corner Royal and Rosedale Avenues, Glen Huntly

10am -12 pm

It's perfectly fine to arrive late or leave early (or both). A yummy plate to share is always appreciated, as is help with putting away chairs and toys, and cleaning up mothers' cups and children's crumbs at the end of our get-togethers.

9 February	Chat and play
23 February	Expressing and returning to work
8 March	Chat and play
22 March	Breastfeeding lurgies – mastitis, supply issues and other bad bits
12 April (school holidays)	Chat and play
26 April	Baby led weaning
10 May	Mothering Week
24 May	Chat and play
14 June	Sleep
28 June	Chat and play

Thank you to the office of MP Ann Barker for printing this bulletin.

If you would like to receive this bulletin via email, please send a message to Ruth at

ABACaulfield@hotmail.com

GROUP LEADER'S MESSAGE

Hi Everyone,

Another year is almost over. It has been wonderful to see so many mums at our get togethers and hopefully we will meet many more of you in the New Year.

Our group takes a break over the school holidays of December/January, so if you are celebrating Christmas or another celebration over this time, enjoy this special time with your families and children.

There will be some changes within the Caulfield group next year. My family and I are moving overseas from February for approximately 6 months. We are extremely lucky to have Cheryl step back into the role of Group Leader for this period. If you have been involved with the Caulfield group for a while, you may already have spoken with Cheryl or met her at a group get together. If not you will have the opportunity to meet her at some of our get togethers in the New Year.

Due to my absence and Cheryl's work commitments, it won't be possible to have a breastfeeding counsellor present at every get together. It is our aim to try and have a counsellor present at the meetings where we have a specific topic to discuss, however for our Chat & Play sessions you will see our wonderful trainee counsellors, so these meetings will be more a social get together. Please remember our trainee counsellors are unable to counsel mums, so if you have a specific query that you would like to discuss with a counsellor you can contact Cheryl directly or call our 24 hour helpline. In addition we will email a copy of the regional bulletin which shows other groups in our areas and what topics they are discussing when. You are more than welcome to attend any other ABA get together if the days/time suits or if you would like to see a counsellor face to face.

Further in the bulletin we have Erica's breastfeeding story and also some fun games and activities you might like to try out with your little ones over the warmer months.

We are always interested in people's breastfeeding stories and ideas for our bulletin so if you have something to contribute or ideas please let us know.

Best wishes to you and your families and I look forward to catching up with many of you in the second half of next year.

Warm regards,

Alicia

ERICA'S STORY

I always knew I was going to give breastfeeding my best shot. I knew that I wanted to give my baby the best start that I possibly could and experience a bond that I couldn't imagine would compare to anything else. I had no close friends or family who had experience with breastfeeding and I felt like I was completely flying blind on my journey to becoming a breastfeeding mother. But I was determined to make it work.

Zac was born in 2008 after a fairly 'normal' delivery. Unfortunately he felt the effects of the pain relief I'd had during labour and that set our breastfeeding relationship off on the wrong foot. He was sleepy and couldn't attach and ended up being syringe fed for his first few feeds. We struggled with attachment at every feed after that and I was terrified to leave the hospital and the safety of the midwife on the other end of the buzzer who was always available to help me latch him on.

After coming home from hospital I remembered at the ABA's Breastfeeding Education Class that I'd been to prior to giving birth, there was a woman who had shared her story of her traumatic birth and the steps she'd taken with support from an ABA counsellor to create a secure attachment with her baby. She talked a lot about skin to skin contact and baby led attachment. So I began having regular skin to skin time with Zac and allowed him on numerous occasions to do the 'breast crawl' and self attach. This seemed to work wonders and our breastfeeding relationship blossomed.

When Zac turned one he was feeding three times a day and we made the decision to continue breastfeeding. At that point I became more heavily involved with our ABA group seeking the peer support that I wasn't finding within my mother's group or circle of friends. The mother to mother support at our group, as well as the counselling from Alicia was crucial to the level of confidence I attained and the successful breastfeeding relationship Zac and I continued to have.

Just before Zac turned two I fell pregnant. At that point he was feeding morning and night. Suffering from some terrible morning sickness I used the 'don't offer, don't refuse' method to wean him from his morning feed. Within a week he'd given it up and it was as though he'd barely noticed it was gone.

Then at 2 years and 1 month, Zac completely out of the blue asked for a cup of (cow's) milk one night. We awkwardly cuddled while he drank from his sippy cup, experiencing none of the closeness we felt during feeding. When he was finished he kissed his dad goodnight and we went to bed as usual. As I was laying him down he started saying "oh, oh, oh," as though he'd forgotten something but couldn't quite put his finger on what it was. I gave him a big cuddle and put him to bed, expecting tomorrow for things to go back to normal. But again the following night he asked for a cup of milk. After he'd finished he lay down resting his head on my chest and wrapped his arms around me. He started singing his favourite song of the moment "Hello we're the Wiggles" which is usually followed by one of the four wiggles saying something like "My name is Anthony and I like fruit salad" but Zac's version was "My name is Zac, and I like cuddling mum" and I knew he was content.

I miss his blue eyed gaze, sleepy cuddles and when he talked with his mouth full. Soon after he weaned I came across this poem on the internet. It still makes me get teary.

*I know I look so big to you,
Maybe I seem too big for the needs I have.
But no matter how big we get,
We still have needs that are important to us.
I know that our relationship is growing and changing,
But I still need you. I need your warmth and closeness,
Especially at the end of the day
When we snuggle up in bed.
Please don't get too busy for us to nurse.
I know you think I can be patient,
Or find something to take the place of a nursing -
A book, a glass of something,
But nothing can take your place when I need you.
Sometimes just cuddling with you,
Having you near me is enough.
I guess I am growing and becoming independent,
But please be there.
This bond we have is so strong and so important to me,
Please don't break it abruptly.
Wean me gently,
Because I am your mother,
And my heart is tender.
~ Cathy Cardall*

I gave birth to Lewis in July 2011 with a lot more knowledge and confidence than I had had before Zac's birth. After a peaceful drug free water birth, Lewis fed within 30 minutes for a whopping 2 hours straight. He knew what to do straight away and had perfect attachment.

We weren't without our own issues however. A massive oversupply and forceful letdown made the first 2-3 months of breastfeeding challenging. Lewis would cough and splutter during feeds and pull off crying in pain. Sometimes he'd cough as though he was choking and then bring up large amounts of milk. The fast letdown forced him to push my nipple out of his mouth in order to slow down the flow, subsequently destroying what was initially a perfect latch. Plus I experienced (and still do) pain with my let down which I never have before in my previous 2 years of breastfeeding. Sadly feeding Lewis in the early days was much more stressful for both of us than it was enjoyable.

A combination of different feeding positions, block feeding and just simply time for my supply to regulate has helped us to get to where we're at now. Lewis is 4 months old and feeding like a trooper! I hope to continue to provide him with the same love and nourishment that Zac received for 2 years, if not longer.

Editor's Note: Thanks so much to Erica for sharing her story. Each issue we share one of our member's stories: if you'd like to share your story, or if you have suggestions for articles in future issues, email us at ABACaulfield@hotmail.com

HOLIDAY FUN

School holidays and warm days are almost upon us, and what a perfect time to get creative with the kids. Here are some great ideas to brighten up a sunny day!

SPONGE BALLS

Supplies: Sponges, sharp scissors, dental floss.

Directions: Purchase a few packages of sponges in a variety of colours (you'll need three sponges for each ball). Arrange the sponges into different colour combinations, then cut each sponge into quarters. Repeat with two more sponges. Arrange all of the pieces in your hand in a random order. Squeeze them together tightly and give them a little twist. Tie a piece of dental floss around the centre and double knot it, then trim the ends of the dental floss. Now fluff out the sponge ball and voila!

A RIVER RUNS THROUGH IT

Supplies: Aluminium foil, hose, leaves, egg cartons, twigs, toy boats, bottle caps, anything you can think of that may float!

Directions: Lay the foil out along the ground, turning it up at the sides. Pace the hose at one end and let the river flow.

BATH FUN

Supplies: Ice cube trays, food colouring, water.

Directions: Fill your ice cube trays with water, adding a drop of food colouring to each section. When frozen, these can be popped out and put into bath water.

Be cool, baby

With the warmer months fast approaching, it's important to think about keeping our children cool and comfortable.

As well as sunscreen and shade, hydration is a significant aspect of summer care for babies and feeding mothers. Head to the ABA website for some tips on keeping yourself and your baby well looked after in the heat.

<http://www.breastfeeding.asn.au/bf-info/you-and-your-breastfed-baby/cool>

MERRY CHRISTMAS!



SEE YOU IN THE NEW YEAR

The Breastfeeding Centre

Suite 3/71 Robinson Street Dandenong

Open - Tuesday, Wednesday, Thursday 10am - 4pm

Wednesday is drop-in day: visit any time that suits you between 10.30am and 3.30pm. Babies and children very welcome!

This is a place where women can spend time, learn about breastfeeding, support other breastfeeding mothers and access the range of services provided by the Australian Breastfeeding Association.

Breastfeeding Education Classes

Many new mothers wish they had received more preparation for breastfeeding and the early months of parenting prior to the birth of their baby. Breastfeeding Education Classes (offered at the Breastfeeding Centre) complement other antenatal classes. The cost of the class is only \$20.00 plus subscription.

Book and pay now by credit card phone 9791 4644 (10am—4pm Tue/Wed/Thurs)