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Subscribe to the
Australian Breastfeeding Association
at
www.breastfeeding.asn.au
or by calling
Nat on 02 60236523

New subscribers will receive a FREE
copy of ABA's comprehensive book
"Breastfeeding ... naturally"
(RRP \$34.95)*

This offer excludes six-month gift subscriptions



Did your health professional inform you that the World Health Organisation advises breast feeding exclusively for the first six months for optimal health?

Our Vision:

- For breastfeeding and human milk to be the norm for human babies.
- For babies to breastfeed exclusively for six 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 society to acknowledge breastfeeding as normal, and important to skilled and loving parenting.

ABN 64 005 081 523

Photos courtesy of Vicky Leon at Vickyleon.com



**Australian
Breastfeeding
Association**

Albury Wodonga Group Bulletin October 2011- March 2012



Breastfeeding is a mother's gift to herself, her baby and the earth.
~Pamela K. Wiggins

Given enough time and support
most women can go on to breastfeed successfully.
Yes it is possible! As new mothers we all need practise
and support to learn the skill of breastfeeding.
So come along and be inspired: meet, learn and share.
Experience a mums group with a difference!

www.breastfeeding.asn.au

Everyone is welcome to attend our meetings.
Come and enjoy a relaxed cuppa while the kids have a play.
Learn something new, share your experiences and meet other mums.
For more details phone Nat on 02 60236523

For help with breastfeeding please call one of your local breastfeeding counsellors

Nat 02 6023 6523
 Sharon 02 6041 2351
 Myrna 02 6071 2827
 Mikaela 02 6027 0679
 Cathy 02 6021 5913

Breastfeeding Helpline
1800 mum 2 mum
 1800 6 8 6 2 6 8 6

All breastfeeding counsellors are mothers who have breastfed their babies for at least 6 months and have had extensive training. We understand and are here to help.

Nearby local groups:

Beechworth

Kristy 03 5726 1992

Corryong

Lisa 02 6077 9272

Wangaratta

Tricia 03 5722 1184

Bright/Mt Beauty

Sally 03 5750 1690



Breast Pump Hire

Hospital grade electric breast pumps available. Competitive hire prices. Call Sharon on 60412351

Breastfeeding Education Classes

For all expectant parents...



We encourage you to come along to our breastfeeding education sessions – where knowledge, confidence and support for breastfeeding your baby is discovered. Please call Sharon on 02 60412351

Visit our Group Web page:
<http://awabagroup.zilcorp.net/>

Or our Facebook page:
 ABA - Albury/Wodonga Group

Come and join us from 10am-12noon:

Tuesdays: Glenecho Neighbourhood Centre, Burrows Rd, North Albury

Fridays: Trudewind Road Preschool, Quirks Court, Wodonga

Please note, we meet throughout school holidays – older children are very welcome



Meeting Dates

October 2011

Tuesday 11th Promoting positive toddler interactions
 Friday 21st Coffee morning
 Tuesday 25th Baby training, self settling – are there other options?
 Saturday 29th “Baby’s Day Out” at Oddies Creek Playground Albury

November

Tuesday 8th First aid for littles
 Friday 18th Young mothers and breastfeeding
 Tuesday 22nd Life with a new baby

December

Tuesday 6th Developing a breastfeeding culture
 Friday 16th Returning to work and expressing
 Tuesday 20th End of year celebration

January 2012

Tuesday 3rd Play date at Oddies Creek Playground Albury
 Friday 13th Play date at Willow Park Wodonga
 Tuesday 17th Play date at Albury Pool
 Tuesday 31st Is my baby getting enough?

February

Friday 10th Coping with breast refusal
 Tuesday 14th “Baby Magic - Planning for a Lifetime of Love”
 Tuesday 28th Planning forum - Have your say in ABA

March

Friday 9th Why is my baby crying?
 Tuesday 13th Realistic weight gains for breastfed babies
 Tuesday 27th The happy mother – Caring for family, home and self

Please note: Our ABA meetings are allergy conscious, so that all people little and big feel safe and welcome. We ask you keep food up high and out of reach of little hands, so that each parent is responsible for what their own children eat. We also ask that you don't bring any foods that contain nuts to our meetings. Thank you.