

Congratulations on the birth of your baby

The Australian Breastfeeding Association (ABA) is a voluntary organisation that recognises your commitment to provide breastmilk for your baby and can provide help for you to do this.

Naturally the best way to remove milk from your breasts is by breastfeeding your baby.

Sometimes this is not possible and you may want or need to express your milk. This could be:

- ♥ If your baby is premature or unable to suck well;
- ♥ If your baby is hospitalised and you cannot be there for every feed;
- ♥ If you need to be hospitalised and baby cannot be there for every feed;
- ♥ If you return to the paid work force, study or other commitments.

Providing breastmilk for your baby can be particularly rewarding. Perhaps you are unsure about your options regarding expressing. If you have any queries an ABA breastfeeding counsellor will be pleased to offer information and support.

Pump hire and counsellor availability

Most of our local groups provide electric breast pump hire in the community. This service is provided by volunteer breastfeeding counsellors, from their family home.

Hirers will need to arrange a convenient time to visit the volunteer, who is trained in all aspects of breastfeeding and pump use and offers ongoing support during the hire period and beyond.

Please call (03) 97914644 to find the nearest available pump.

Australian Breastfeeding Association

booklets

A range of booklets and lactation aids are available.
www.mothersdirect.com.au
1800 032 926

These booklets and many others are available for just \$5.50 (inc. 50¢ postage). Other titles include:

- ♥ An Introduction to Breastfeeding
- ♥ Breast and Nipple Care
- ♥ Breastfeeding after a Caesarean Birth
- ♥ Breastfeeding and Hospitalisation
- ♥ Breastfeeding Babies with Clefts of Lip/Palate
- ♥ Breastfeeding Triplets, Quads and More
- ♥ Breastfeeding Twins
- ♥ Breastfeeding Your Baby with Down Syndrome
- ♥ Breastfeeding Your Premature Baby
- ♥ Breastfeeding, Women and Work
- ♥ Coping with Breast Refusal
- ♥ Increasing Your Supply
- ♥ Looking After Yourself
- ♥ Relactation and Adoptive Breastfeeding
- ♥ Survival Plan
- ♥ Why is My Baby Crying?



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ABN 64 005 081 523

www.breastfeeding.asn.au



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electric breast pump hire

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Breastfeeding Helpline
1800 mum 2 mum
1800 686 2686

We can help you.

www.breastfeeding.asn.au



Why hire your electric breast pump from ABA?

Unlike other agents who hire breast pumps, our counsellors discuss your needs to determine which pump is the most appropriate for you.

As well as providing you with a pump, we take time to demonstrate it. You receive an information package as well as ongoing counselling during the hire period. This will make it easier for you to express your milk.

It can be very reassuring to talk with someone who understands your needs at this time.



Pumps available for hire include: Medela Lactina and Symphony, Ameda Elite. All have been proven for their effectiveness and are highly recommended.

Your local ABA group can offer you...

- ♥ Mother-to-mother support
- ♥ Social contact
- ♥ Discussion meetings
- ♥ A local bulletin
- ♥ A library for borrowing
- ♥ Special sales products
- ♥ Bi-monthly magazines for Association subscribers
- ♥ Booklets on specific topics (see over for list)

Weekly Pump hiring charges

Ameda and Lactina

ABA Subscribers..... \$15.00

Non-ABA Subscribers \$30.00

Plus: Refundable deposit: \$50.00

* Collection Kit Ameda approx \$60.00 inc GST

* Collection Kit Lactina approx \$65.00 inc GST

Symphony

ABA Subscribers..... \$25.00

Non-ABA Subscribers \$50.00

Plus: Refundable deposit: \$100.00

* Collection Kit approx \$65.00 inc GST

**For health and hygiene reasons, all hirers need to have or purchase their own collection kit to suit the hired pump.*

To use our facilities you do not need to be a financial member of the ABA. Of course we are delighted to welcome new members and you will be rewarded by the support and information received through your subscription.

Hiring rates are calculated to cover the costs involved in providing our service. ABA has a policy to not refuse a pump due to financial difficulty of the hirer. If you are having severe financial difficulties, please discuss the situation, as a special arrangement may be possible.

Contact details

To access group breast pump hire throughout Victoria, phone 9791 4644.

In Melbourne's south east, breast pumps can also be hired from our Breastfeeding Centre in Dandenong. Available by appointment, Tuesdays, Wednesdays and Thursdays - phone 9791 4644 to book.

Electric breast pump hire is also available from our Mothers Direct Shop at 1818 Malvern Rd East Malvern Shop Hours: 10 am-5pm Monday -Friday and 11am-3pm Saturdays. Phone 9885 0855 or 9805 5501 for enquiries and bookings.



Australian Breastfeeding Association Subscription form

Post: PO Box 4000 Glen Iris Victoria 3146

Phone: (03) 9885 0855 Fax: (03) 9885 0866

Title: First Name:

Surname:

Address:

Telephone:.....

Email:.....

Two year subscription \$95.00

One year subscription..... \$65.00

Concession subscription \$50.00
(Concession card no.)

Enclosed is a cheque/money order for the above amount
(Payable to the Australian Breastfeeding Association)

Please charge my credit card for the above amount

Mastercard Visa

Expiry /.....

Cardholder's name:

Cardholder's signature:

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 fund-raising purposes. Should you prefer not to receive these requests, please contact us.

Group code: VICPUMP