



Australian
Breastfeeding
Association

Helpline: 1800 MUM 2 MUM (1800 686 2 686)

AUSTRALIAN BREASTFEEDING ASSOCIATION BURWOOD/CAMBERWELL GROUP



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INFORMATION BULLETIN
NOV 2011 - MAR 2012

Do you need to speak with a breastfeeding counsellor?

Group Counsellors:
Anne 9889 2796
Judy 9889 7862

Helpline:
1800 mum 2 mum
(1800 686 2 686)

Our group counsellors are available for confidential breastfeeding support, either at get togethers or over the phone. We are happy to talk to you about any breastfeeding problems or any questions you have about parenting and motherhood. Our counsellors are volunteers, with their own family and work commitments, so if they should be unavailable you can call the National Breastfeeding Helpline to speak to a counsellor who is on roster and available to take your call.

Group Leader's Message

Welcome to another round of gatherings of the Burwood/Camberwell group!

I extend a very warm welcome to new members and offer our congratulations to those of you who have new babies in the family. As always, we have an interesting range of topics planned for the next few months and hope you will all be able to join us to learn, share your experiences and support each other in this adventure of parenting. Full details are in the Calendar (see over). Remember, there is always an opportunity to talk about other topics too - BYO questions always welcome!

As we gallop towards the end of another year, I would like to wish you all the very best for the holiday season and the start of the New Year. May your celebrations be joyful, your holidays refreshing and relaxing, your homes cool and your children happy - choose whichever of those are applicable!

I always love to talk to group members, so please feel free to get in touch with me if you have any questions, concerns or feedback. Remember, if our group counselors should be hard to catch over the holiday period, there will be counselors available on the Breastfeeding Helpline to assist with any problems or questions.

Best Wishes, Anne.

About Our Group

Library

Our group library contains some excellent books and videos on breastfeeding and parenting topics, and we are constantly updating the collection. General borrowing period is 1 month, negotiable if required. **Lisa** is group Librarian - contact her by email on lisa.ardern@gmail.com. (Current list of books in the Library is available in Facebook Group)

Breast pump hire

Our group owns a range of hospital-grade breast pumps that are available for hire. Half-price rates for Australian Breastfeeding Association subscribers! Contact **Judy 9889 7862** for details of costs and availability. (If Judy is unavailable please try Ashburton/Glen Iris group - contact **Alison 9889 6985**, or the Victorian Branch Pump Hire Coordinator on 9791 4644.)

Sales

Mothers' Direct catalogues are available at group get togethers for you to browse. Contact Anne 9889 2796 to place orders for delivery to you, or shop in person at Mothers Direct (1818 Malvern Road, East Malvern).

Group Helpers

Have you thought about taking on a group job? Jobs (both big and small) that are done by members make it easier for our counsellors to keep in touch with mums who need counselling. Your involvement is an important part of keeping our group running well. Please speak to one of the counsellors if you are interested.

News and Events:

MONTHLY GATHERINGS:

Our group gets together usually 3 times each month, with the following pattern...

- **1st Tuesday** of each Month at the Craig Family Centre, Ashburton
- **3rd Monday** of each Month at the Burwood Uniting Church, Glen Iris (Burwood Village)
- **Last Friday** of each Month – Ferndale Park, Glen Iris (or alternative café if poor weather)

There are sometimes exceptions to this pattern (such as the Christmas – New Year period, public holidays etc) so check the calendar for details, but take note of our regular pattern so you don't miss out on our fantastic gatherings!

GROUP SURVEY:

Thank you to those who participated in our survey during August. We received responses from 19 group members, with about a 50:50 split between those who regularly get to our group gatherings and those who can't (due to work or other commitments).

The three most popular discussion topics raised were: (*Watch out for these topics appearing in the calendar soon!*)

1. Introducing Solids and Baby-led Weaning
2. Breastfeeding and Sleep
3. Latest Breastfeeding Research

The three most popular social activities were:

1. Picnic/BBQ with the family on a weekend (daytime)
2. Restaurant meal (typically without children/partners) on a weeknight
3. Excursion-type activity (eg sporting event, trivia night, zoo, movie) on a weekend day or night

We intend to continue including such social activities in our calendar – watch for email or facebook invitations.

Other feedback related to such things as our venues, communication within the group and getting more involved in the group. We will be working to incorporate this feedback into our group activities over the coming months, and you may notice changes in future bulletins and/or discussions that arise from this feedback.

FACEBOOK GROUP:

Together with the Ashburton/Glen Iris Group we have a facebook group which includes the events calendar in this bulletin, providing reminders and easy access to the schedule of events for people who use facebook. The group also provides links to other ABA websites, lists the current library catalogue, holds group photos etc.

To join the group either search for "Australian Breastfeeding Association Burwood/Camberwell/Ashburton/Glen Iris" and request to join – or email the group ababurwoodcamberwell@gmail.com

About Our Gatherings:

All welcome!

Are you a pregnant mum, partner to one or new to our area or our group? Do you want to get to know other mums in the area or mums with different aged children? Our gatherings are a place where you can do just that. Topics will be discussed between 10:15 and 11:00 leaving plenty of time for morning tea, chat, and personal advice from our counsellors. Our gatherings have a diverse range of participants from first time mums and bubs to mums with bubs and toddlers and also mums who are no longer breastfeeding, all are welcome to any meeting you don't need to have a new baby or be able to come regularly. Don't worry if you're running late – we all understand it can be difficult to get out the door on time. If you have problems getting to a meeting e.g. have just had a baby but are unable to drive due to caesarean section etc., please contact a group counsellor as we can probably arrange a lift in a car fitted with appropriate car seat. Our gatherings are a place where a wide range of opinions can be expressed and heard in a non-judgemental, non-competitive setting. Your participation and shared experiences will be valued. Social evenings are organised from time to time for everyone to attend with or without their baby.

Contact us anytime

While we have scheduled discussion topics, please don't feel that you have to wait until a topic comes up. All our counsellors are very happy to talk about anything, in confidence if you wish. Feel free to approach us anytime, at gatherings or by phone.

No longer breastfeeding?

Our group welcomes anyone with an interest in breastfeeding, whether currently breastfeeding or not. A number of our group have children who have weaned, and we understand that breastfeeding does not always go as planned. Perhaps you would like to learn more for your next baby, or just meet other mums in the area. Our topics cover a range of general parenting issues as well as breastfeeding, and you and your baby will be welcomed, regardless.

Breastfeeding Education Classes

These classes are especially for expecting couples and cover the basics of breastfeeding in a friendly, relaxed atmosphere. Our classes are designed to expand on knowledge gained at your antenatal classes and give you the confidence to successfully breastfeed your baby. The ideal time to attend is during the 2nd trimester of pregnancy, but please book early as our classes are popular and regularly book out! For class location and dates please visit www.abavic.asn.au. For bookings and enquiries, contact **Yvette Ph 9791 4644**.

Breastfeeding Education Classes – Demo mums and helpers

Have you heard about our excellent Breastfeeding Education Classes (BECs)? We need volunteers to demonstrate a breastfeed for class members. If you're confident to breastfeed in front of a group and willing to talk about your experiences, please talk to **Anne 9889 2796**. Young babies especially sought, but all welcome. We also need members to assist with registration and organising afternoon tea at BECs. Again please contact Anne if you are interested.



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 \$65.00 2 year new \$95.00 1 year renewal \$50.00 2 year renewal \$85.00

Concession [No. _____] New \$50.00, Renewal \$35.00 Total
\$ _____

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 Please tick this box if you do **NOT** want to receive a copy

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

Please provide previous surname/address details if these have changed _____

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 GATHERINGS - DEC 2011 – MAR 2011

Please direct all enquiries about gatherings to Anne: Ph 9889 2796, email acampbell06@netspace.net.au

Day Date Month	Venue	Topic
Tuesday 6th December 10am – 12 noon	Craig Family Centre Samarinda Ave, Ashburton Melway 60 E10	BABY LED WEANING (INTRODUCTION OF SOLIDS)
Monday 19th December 10am – 12 noon	Burwood Uniting Church Hall Cnr Warrigal Rd & Hyslop St, Melway 60 G6	END OF YEAR CELEBRATION with discussion on coping with conflicting advice
Monday 16th January 10am – 12 noon	Burwood Uniting Church Hall Cnr Warrigal Rd & Hyslop St, Melway 60 G6	KEEPING BABY COOL - and BYO questions
Friday 27th January 10am – 12 noon	Ferndale Park* Glen Iris Rd, Glen Iris (Melway 60 A7)	CHAT AND PLAY IN THE PARK Join us for an informal chat, coffee and play
Tuesday 7th February 10am – 12 noon	Craig Family Centre Samarinda Ave, Ashburton Melway 60 E10	SLEEP
Monday 20th February 10am – 12 noon	Burwood Uniting Church Hall Cnr Warrigal Rd & Hyslop St, Melway 60 G6	ADJUSTING TO MOTHERHOOD
Sunday 26th February 10am – 3pm	ASHBURTON FESTIVAL	ASHBURTON FESTIVAL
Tuesday 6th March 10am – 12 noon	Craig Family Centre Samarinda Ave, Ashburton Melway 60 E10	WEANING

Further location details:

Burwood Uniting Church Hall

Enter from Hyslop St, walk past hall and kitchen (on left), enter room at end through double glass doors, turn left and we are in the next room. Parking: Some parking is available in the Church car park; otherwise there is off-street 2 hour parking a 2 minute walk away at the end of the street and unrestricted parking (one side of each street) in surrounding streets.

Craig Family Centre

Enter through the doors to the medical centre off the car park and then walk almost straight ahead past reception. We meet in the second room on the left. Parking: Plenty of car parking available in the centre car park.

Ferndale Park

*In case of wet weather relocate to **Coffee & Soul** - Hartwell, Toorak Rd, Melway 60 D5 *Between Wattle Valley Rd and Glencairn Ave*, if unsure call Anne on 0409 858 926. For those who love coffee there is a milk bar across the road which does good takeaway coffee (and cakes).