



Port Phillip Bulletin

2011

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From our Group Leader - Sue

Welcome to Port Phillip ABA

If this is your first Bulletin, you may not be sure what your local ABA group is all about! You might not know that we are a lively, friendly group of mums, living in the Port Phillip area, who are passionate about helping and supporting one another in the challenging area of mothering! Our meetings are all about mother to mother support, and along the way, there are informal opportunities to learn about lots of things related to babies and young children (night time waking, coping with allergies, expressing milk, going back to work, weaning, to mention just a few of the topics that come up). There is always a Breastfeeding Counsellor present at our meetings. You will receive encouragement with breastfeeding and also information and support to help you make decisions that are right for you and your family. We have a couple of extra special meetings to look forward to this year with talks from guest speakers (check out the calendar for details).



A word about our breastfeeding counsellors

Our Breastfeeding Counsellors are all trained volunteers, providing counselling and breastfeeding information to any person seeking help. A Breastfeeding Counsellor is always present at group meetings and available to help with breastfeeding information.

**Babies/Toddlers/
Children are
welcome at our
meetings.**

**Breastfeeding Helpline:
Available 7 days, 24 hours**

1800 MUM 2 MUM

1800 686 2 686

(if calling from a VOIP phone drop the last 6)

From our Group Leader continued...

So now that you know a little more about us – please make the most of your membership, and come along to a meeting. Partners and babies are welcome. Grandmas come too sometimes! Come with your pregnant tummy, your new born, your toddler or even by yourself, if your children are now at school. If you would like to receive email reminders of the meetings, please let us know via email at portphillipaba@gmail.com

This is also my chance to say a big thank you.....

We are very lucky to have a number of people training to be Breastfeeding Counsellors; Beth, Lynn, Amy and Jotara. Thank you so much to all these committed members of our group who do such a lot to keep things ticking along smoothly. Lynn has taken over from Beth in sending you your welcoming letter and Bulletin. Helen has put the Bulletin together and Amy and Darlene have helped to proof read and get it printed. Thank you to our local MP who allows us to use his office to print the Bulletin. Beth is Group Treasurer and Torie has been looking after the library for some time now. Thank you to all these wonderful women. Amy has taken on the job of looking after the library for the time being, but sadly for us, she is moving to Sydney early next year. We will miss you very much, Amy, and wish you all the best. Port Phillip Council generously allows us to use the Mary Kehoe Centre each month and thanks to the generosity of the members who open their homes, we are able to hold meetings around the group. This makes it easier for those who rely on public transport or being able to walk there, to attend. Then there is Darlene, who works quietly behind the scenes to co-ordinate and plan the Breastfeeding Education Classes in our Region. Finally, a huge thank you to Sam, who is the enthusiastic and organised person behind all this efficiency, and the welcoming face you will see at most meetings!

We are indeed lucky to have these hard working volunteers – all busy with their families and often juggling the demands of paid work as well. That means there is always room for others to help. So don't be shy – if you would like to get more involved, we definitely need you and would love to have you.

Looking forward to seeing you at a meeting, sometime soon

Cheers

Sue Hill



**EMAIL REMINDERS – email PortPhillipABA@gmail.com
to be added to our reminder list**

Breast Pump Hire

You can hire an electric breast pump from the Australian Breastfeeding Association. Special rates for ABA subscribers. Service includes consultation with a trained Breastfeeding Counsellor and ongoing information and support.

Ring Sue on 9589 0714 for Lactina pumps.

Ring Sam for the Symphony pump.

Alternatively call Yvette at State Office on 9770 2770 or 0417 531 853

Find us on the web
www.breastfeeding.asn.au

When you join the Australian Breastfeeding Association you..

- Become part of an Australia-wide network of mothers who care about breastfeeding;
- Are welcome to be part of discussions and information sharing with an ABA group which includes a calendar of events in your area including access to local network of mothers and meetings.
- Receive an annual subscription to Essence magazine full of great breastfeeding information and real life stories of other mothers.
- Have access to the Breastfeeding Helpline 7 days a week
- Receive discount breast pump hire from the Australian Breastfeeding Association
- Support training of approximately 700 new breastfeeding counsellors each year
- Are eligible for a 10% discount on purchases from Mothers Direct
- Help educate the community about breastfeeding, making it easier for your sisters, neighbours, and daughters to breastfeed in the future

We provide a wide range of literature on breastfeeding from expressing and storage of milk, to breastfeeding triplets! The Australian Breastfeeding Association has an extensive library of breastfeeding information and is continuously updating its information from the latest research around the world. This information combined with a 7 day a week breastfeeding helpline, staffed by trained voluntary breastfeeding counsellors helps you with any queries you may have about breastfeeding.

If you have any queries about breastfeeding, then the Australian Breastfeeding Association is the place to call!

1800 MUM 2 MUM

1800 686 2 686

(if calling from a VOIP phone drop the last 6)

Did you know?

Baby elephants
sometimes drink breast milk
for 10 years!!



A baby elephant is called a calf. It weighs about 250 pounds at birth and stands about three feet tall. They can't see very well at first, but they can recognize their mothers by touch, scent, and sound.

Baby elephants stay very close to their mothers for the first couple of months. They drink their mother's milk for about 2 years, sometimes longer. They drink up to 3 gallons of milk a day. At about four months old, they also begin eating some plants, but still need as much milk from their mother. They continue drinking milk for up to ten years.

For more info visit: <http://homeschooling.about.com/cs/unitssubjsci/p/elecalf.htm>

Breastfeeding classes in our region

Australian research has shown that new mothers wish they had received more preparation for breastfeeding and the early months of parenting prior to the birth of their baby.

Attending an ABA Breastfeeding Education Class complements the knowledge gathered at antenatal classes. The relaxed and information packed seminars are also a great first introduction to the ABA's support network. Qualified ABA breastfeeding counselors and community educators volunteer their time to facilitate these sessions.

Tell all the pregnant women you know and support their breastfeeding journey

Topics will cover:

- How breastfeeding works?
- Establishing breastfeeding and the first feed
- Importance of skin-to-skin contact in the first hours and beyond
- Positioning & attachment
- Understanding your milk supply
- Discussion of what is 'normal' for a breastfed baby
- Role of partners in breastfeeding
- Adjusting to parenthood - survival tips for the early days

Have you attended one of our classes?

We would love to hear from you and how it may have influenced your breastfeeding experience/journey.

There are 4 planned for 2011:

- **20 March**
- **22 May**
- **7 August**
- **30 October**

Carnegie Library, 7 Shepparson St, Carnegie 1-4pm

Morning sessions may also be available

The cost of the class is only \$20.00 (plus subscription if you haven't yet joined).

**To book call 9791 4644
(Tues, Weds, Thurs 10-4)**

For more information visit the website
<http://www.abavic.asn.au/BECs.htm>

Please note that if these dates do not suit, other dates are offered for classes all over the Melbourne region.

These are a great introduction focusing on the first 10 days – successfully establishing breastfeeding.

Even second time mums have found the information useful.

Feedback from participants:

"My husband and I really got a lot out of the breastfeeding education class. All the advice, practical exercise, sharing of personal experiences, handouts helped a lot. I also especially appreciated it as a forum for my husband to learn to the extent he was talking to his Mum about all he'd learned enthusiastically that night - which he found funny when he realised he was talking to his Mum about breasts."

Wendy August 2010

"I feel much more confident and empowered to successfully breastfeed my baby. I learnt a lot of useful tips and was not really aware of the importance of baby led feeding prior to the class."

Bridgette November 2010

Volunteering to help at BECs

Supporting Breastfeeding

Education Classes is a great way to support breastfeeding and the ABA – and a very rewarding experience.

BECs are held as a joint initiative for the Nepean Region taking in Port Phillip, Caulfield, Bayside, Cheltenham/Parkdale,

Prahran/Malvern and Springleigh ABA local groups.

Regional training day

A training day will be held for interested members on the 3rd April 2011.

If you would like to volunteer to help at the BECs or are interested in attending the training day, please email Lauren:

laurenboundy@gmail.com or

Darlene: Darlene@swiftdsl.com.au
or talk to your group leader.

From our Bulletin Editor—Helen

It's hard to believe that yet another year has flown by. I've had another baby girl and I'm still happy to be "pulling my weight" as an active member of the wonderful group that is Port Phillip ABA. Even though I no longer live in the Port Phillip area I just love the atmosphere of our group so much that I'm staying. I hope this bulletin will not only inspire you to come along to as many meetings as you are able to but also give you a bit of a giggle and that "feel good" feeling that comes with being part of something wonderful.

Calendar of Meetings for 2011

Month	Day/Date	Venue	Address	Topic
All Monday meetings are held at the Mary Kehoe Centre from 10am til noon		224 Danks St Albert Park		All Monday meetings are held at the Mary Kehoe Centre from 10am til noon
January 2011	Monday 17th	"New Mothers' Morning– come along, meet other mums, share stories and have a cuppa		
February	Thursday 3rd 10am-12pm	Amy's place 0466 525 400	38 Ashworth St Albert Park	"Pam McGrath (Amy's mum) will share the research results on breastfeeding after caesarean birth.
Cover charge \$10, morning tea included	Monday 21st	Nutrition with Kim Bishop from Yu Food + Lifestyle. For more info about Kim see http://www.yu.net.au/about.html. Cover charge of \$10, morning tea included.		
March	Tuesday 1st 12-2pm	Lynn's place 0431 941 737	3/8 Thomas St South Melbourne	Breastfeeding "out and about" - share your experiences or get some helpful tips.
	Tues/Fri TBA 10am-12pm	Carnegie Library	7 Shepparson Ave, Carnegie	Pinky McKay , new book, 'Parenting By Heart'. Please make booking via portphillipaba@gmail.com
	Monday 21st	Toilet training/learning		
April	Friday 8th	Anna's place	52 Richardson St, Albert Park	Baby carriers/slings - novice or an old hand, talk about "wearing your baby"
	Monday 18th	Sleep and the breastfed baby" – how to get more of it (sleep that is!)		
May	Thursday 5th 12.30–2.30pm	Mary's place 0438 080 490	192 Pickles St Port Melbourne	What is tongue tie and how does it affect breastfeeding? + amazing expressing stories
	Monday 16th	A belated Mother's Day Celebration		
June	Friday 3rd	Nicollette's	21 Smith St	Breastfeeding the older child and baby
	Monday 20th	"Baby-led weaning" – introducing solids guided by your baby.		
July	No home hosted meeting this month (School Holidays)			
	Monday 18th	Crying/unsettled babies—what's normal?.		
August	Tuesday 2nd 12-2pm	Caroline's 9537 1127	6/47 Brighton Rd St Kilda	"Musical beds" - feeding and sleeping arrangements, many combinations.
	Monday 15th	Breastfeeding awareness week.		
September	Friday 2nd 7-9pm	Lynn's place 0431 941 737	3/8 Thomas St South Melbourne	Father's Day celebration—bring along your baby's father, let's celebrate their support.
	Monday 19th	"New Mothers' Morning– come along, meet other mums, share stories and have a cuppa		
October	Wednesday 5th 7–9pm	Sam's place Ph 9596 1680	11A Cowper St Brighton	Social evening— Come and have a chat and share some home-cooked supper
	Monday 17th	"Express yourself" - expressing and storing breast milk and increasing your supply.		
November	Thursday 3rd 10am -12pm	Dearne's place Ph. 9507 2304	7 Wilgah St East St Kilda	Chocolate! Bring your favourite chockie treat to share.
	Monday 21st	The role of family in successful breastfeeding		
December	Monday 5th	"Celebration!" – bring some festive morning tea to celebrate the holiday season with us.		
January	Monday 16th	"New Mothers' Morning– come along, meet other mums, share stories and have a cuppa		