

Breastfeeding Education Classes:

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 Australian Breastfeeding Association Breastfeeding Education Class compliments the knowledge gathered at antenatal classes, and give you the opportunity to:

- Make informed choices about breastfeeding
- Discuss questions and concerns you may have about breastfeeding
- Develop a support network before giving birth
- Meet other women who share your commitment to breastfeeding
- Find your own path amidst all the varying advice

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 and attachment
- Understanding your milk supply
- Discussion of what is 'normal' for a breastfed baby
- Role of partners in breastfeeding
- Common concerns and problem solving

The sessions include:

- Up to date information and notes to keep
- Breastfeeding mother and baby in attendance to demonstrate a breastfeed (when possible!)

Registration and subscription includes:

- Approx. 3 hour workshop-style class, including time for refreshments
- One-year subscription to the Australian Breastfeeding Association, which includes
- The book Breastfeeding ... naturally, valued at \$35.00
- Introduction to your local ABA network of discussions and other services for pregnant and new parents.
- One year subscription to Australian Breastfeeding Association magazine "Essence"
- Complimentary handout material
- 10% discount on purchases from Mothers Direct
- 50% discount on breast pump hire rates

Saturday 29th October 2011 1.30pm-5pm

Beaconsfield Childrens Hub- 2-8 Winsdor Drive Beaconsfield

Contact the Breastfeeding Centre to book
and pay now by credit card phone 9791 4644
(Office hours Tues, Wed, Thurs 10am-4pm)



Australian Breastfeeding Association

Berwick/Pakenham Group

Meeting Fortnightly Wednesdays: 12.30pm-2.30pm

Brentwood Park Community Centre

21A Bemersyde Drive, Berwick VIC 3806

Melways Ref 111 C12

August-December 2011

Come and join us for informal discussion, information sharing, mother-to-mother support, and a hot cuppa! Everyone is welcome, a plate of food to share is always appreciated if you have the time. Please feel free to come at any stage during the meeting. Any topic can be discussed at any meeting. There is always a counsellor present and available for your questions or concerns.

For help with breastfeeding please call the breastfeeding helpline:

Breastfeeding Helpline
1800 mum 2 mum
1 8 0 0 6 8 6 2 6 8 6

or one of your local *Breastfeeding Counsellors*:

Roanna 9707 5084 roanna@berwickpakaba.asn.au
Melissa 8786 8999 melissa@berwickpakaba.asn.au
Leonie 9769 5160 leonie@berwickpakaba.asn.au
Shelley 9799 2389 shelley@berwickpakaba.asn.au
Ruth 9702 5409 ruth@berwickpakaba.asn.au
Bec 8794 8881 bec@berwickpakaba.asn.au
Helen 9799 9735 helen@berwickpakaba.asn.au
Jenny 9702 5991 jenny@berwickpakaba.asn.au

or our Community Educator

Kris 9705 7829 kris@berwickpakaba.asn.au

Breast Pump Hire: Breastfeeding Centre 9791 4644

<http://www.abavic.asn.au/>

Keep up to date with our Group Website:

www.berwickpakaba.asn.au

Proudly acknowledging: Brad Battin MP for Gembrook for the printing of our calendar.

ABN 64 005 081 523

Are you a subscriber yet?

Subscribe to the Australian Breastfeeding Association at www.breastfeeding.asn.au
New subscribers will receive a FREE copy of ABA's comprehensive book "Breastfeeding ... naturally" (RRP \$34.95)*
* This offer excludes six-month gift subscriptions

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.

August 2011

Wednesday 10th 12.30pm-2.30pm: WBW: Talk to me! Breastfeeding a 3D experience.

Wednesday 24th 12.30pm-2.30pm: Breastfeeding and Weight loss.

September 2011

Wednesday 7th 12.30pm-2.30pm: Ouch: painful breastfeeding challenges and tips for overcoming them.

Wednesday 21st 12.30pm-2.30pm: Introducing Solids.

October 2011

Wednesday 5th 12.30pm-2.30pm: Breastfeeding and other cultures.

Wednesday 19th 12.30pm-2.30pm: Out and About with a Breastfeed Baby.

November 2011

Wednesday 2nd 12.30pm-2.30pm: Benefits of reflexology! (Guest speaker).

Wednesday 16th 12.30pm-2.30pm: Breastfeeding an older child.

Wednesday 30th 12.30pm-2.30pm: Comforting Baby.

December 2011

Friday 9th 7pm onwards: Planning Meeting Christmas Dinner. (Private House Berwick)

Wednesday 14th 12.30pm-2.30pm: Summertime Partytime!