



australian
breastfeeding
association

Diamond Valley Group Bulletin

August 2010 – December 2010

Group Leaders: Jessica L 9444 6459
Danielle B 9841 9319

Counsellors: Jessica L 9444 6459
Sara E 9437 1907
Marian B 9439 0974
Danielle B 9841 9319

Postcodes covered by the Diamond Valley Group:
3082, 3088, 3089, 3090, 3091, 3094, 3095, 3096, 3097, 3099,
3106, 3109, 3113, 3754, 3755, 3757, 3759, 3760, 3761, 3763

DV Group Website:
<http://www.abadiamondvalley.blogspot.com/>

BREASTFEEDING SUPPORT

HELP LINE 7 DAYS A WEEK: 1800 mum 2 mum (1800 6862686)

EMAIL COUNSELLING: www.breastfeeding.asn.au

Australian Breastfeeding Association

Who are we?

The Australian Breastfeeding Association is a voluntary organisation established in 1964 to encourage and support mothers who wish to breastfeed their babies and to promote skilled and loving mothering, while creating in the community an awareness of the importance of human milk.

At present, there are over 1,7000 subscribers in around 300 Australian Breastfeeding Association groups nationwide and over 1400 trained volunteers. In the past 45 years, more than 200,000 Australians have become members of the Association.

Our Vision

For breastfeeding and human milk to be the norm for human babies.

*For babies to breastfeed exclusively for 6 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.

ABA Contacts

Support Line: 7 Days a Week

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

Email Counselling:

Via: www.breastfeeding.asn.au Click on 'Helpline'

ABA National Head Office:

1818-1822 Malvern Road, East Malvern - 9885 0855, www.breastfeeding.asn.au

ABA Victoria Branch Web Site

www.abavic.asn.au

Mothers Direct:

9886 9399, www.mothersdirect.com.au

Victorian Breast Pump Hire Co-ordinator: 9791 4644, 0417 531 853

Diamond Valley Group Contacts

Co Group Leaders:

Jessica L	9444 6459	elvencreature@optusnet.com.au
Danielle B	9841 9319	dannichan@aapt.net.au

Breastfeeding Counsellors:

Jessica L	9444 6459	elvencreature@optusnet.com.au
Sara E	9437 1907	sara@aanet.com.au
Marian B	9439 0974	
Danielle B	9841 9319	dannichan@aapt.net.au

Community Educators:

Colleen R	9432 4467	
Sarah T	9444 0919	sarahtaylor68@optusnet.com.au

Trainee Breastfeeding Counsellors:

Tanya R	0407 134 914
Sarah T	9444 0919
Leanne M	0417 135 524
Jo A	9435 5035
Tennille S	0408896442

Trainee Community Educators:

Erin H	9435 0103
Kate P	9439 0117

Electric Breast Pump Hirer:

Sara E	9437 1907	sara@aanet.com.au
--------	-----------	--

Group Helpers:

ABA Info Bag Provider	Leanne M	0417 135 524
Birth Secretary	We need someone to do this – any takers??	
Group Project Co-ordinator	Erin H	9435 0103
Librarian	Bree B	0435506547
MCH Nurse Liaison	Leanne M	0417 135 524
Membership Secretary	Colleen R	9432 4467
Publicity Officer	Jo A	9435 5035
Treasurer	Tennille S	0408896442
Group Web Page	Jo A	9435 5035
Tea and Toy Lady	Tennille S	0408896442
Bulletin	Emily C	0418 339 361

▶ Email for all bulletin articles/contributions: dv.aba.bulletin@gmail.com

If you have some spare time and would like to volunteer for any job [big or small] we will find you one ASAP!

Locality Mums:

Hurstbridge: Emily C	Wattle Glen: Tanya R
Doncaster East: Bree B	Greensborough: Colleen R, Erin H, Jess L
Templestowe: Marilla	Mill Park: Mary N, Tennille S
Eltham North: Sarah T	

We would love some new Locality Mums for Eltham, Research and Diamond Creek – all you would need to do is help out by occasionally by hand delivering mail to new members in your suburb. Please let us know if you can help!

News from your Group Co-Leader (Jess)

Well, 6 months has passed since our last bulletin, it's hard to believe how quickly my babies are growing, and we are loving watching the seasons change! We have had some excellent group meetings over the last 6 months, with some great guest speakers, as well as our own very knowledgeable volunteers running meetings on various topics, and as always, a chance to have a chat with other mums who have been where we are (and can assure is that no matter what problem we are facing today, that it will get easier) and always someone to hold a baby so that all of the new mums can drink a nice *hot* cup of tea or coffee!

I would firstly like to offer big congratulations to both Danielle Buszard and Colleen Robertson who have both recently completed their Certificate IV in Breastfeeding Education, Danielle having completed the counsellor course, and Colleen the community educator course. They are both a huge asset to our group and the time that they volunteer to help run our group is very much appreciated. I would like to welcome our new trainees, Tennille and Leanne, who are both training to be breastfeeding counsellors, and are both very passionate about supporting mothers to breastfeed! Our other group trainees are all seemingly enjoying their training, and some went along to a training session in Mansfield that you can read about in this edition of the bulletin. I hope to have one or two more trainees signing up to train with ABA very soon, and if you are interested in either training to volunteer with ABA and our group, please let me know. Even if you would like to help out with a group job but can't commit to training, we would love to hear from you!

After qualifying as a Breastfeeding Counsellor early in the year, it has been a joy to practice all of the skills that I learnt throughout my training by speaking to mums on the national helpline (1800 mum 2 mum) as well as email counselling, and getting to chat to all of the local group members about all things to do with breastfeeding and parenting. It is wonderful, I feel very lucky to be in a position where I can give mums information and help them decide what the best path is for them!

We've had some fantastic developments over the last 6 months. We have started drop in sessions in conjunction with the Banyule Maternal and Child Health Centres, held at Greensborough, which have given an opportunity for new mums to have breastfeeding support, even though government funding has been reduced for breastfeeding clinics. So far the dates for the next round of these have not yet been set, but watch this space!

You will notice in this bulletin that we now have meetings in Doncaster East once a month on Mondays. There was once a separate group for Doncaster East which was closed down due to lack of volunteers to keep it running, so we are hopeful that having more meetings in the area will be more convenient for the many members we have in Doncaster East and the surrounding suburbs.

Danielle, Tanya and I had the chance to attend a fabulous seminar that was run by ABA called "nurture and nourish" with some amazing international guest speakers. The highlight for me was seeing Dr Brian Vartabedian talk about colic, reflux and allergies, the way he explained and simplified things as well as giving realistic ideas on how to manage these conditions was inspiring. He has written a book called "Colic Solved" and we have purchased a copy that is available to borrow from our group library.

I hope you all enjoy the bulletin, a big congratulations to those of you who are reading with new bubbas in your arms, enjoy those soft cuddles and milky snuggles to keep you warm in the middle of the night. They pass by so quickly and as much as you might not think so now, you will miss being woken in the middle of the night for a nice quiet feed and cuddle!

Jessica Leonard
Breastfeeding Counsellor and Co Group Leader

About the ABA...

Have you ever been interested in training to volunteer with the ABA, but not quite sure? Here are some of the most common questions people ask when they are interested in training with the ABA.

What training can I do with the ABA?

Cert IV Breastfeeding Education - Counselling (14 self paced units)
Cert IV Breastfeeding Education - Community (14 self paced units)
Community Educator Statement of Attainment (4 self paced units)
Cert IV Training and Assessment (14 self paced units)

What is the difference between a counsellor and a community educator?

A counsellor counsels mums and offers support and suggestions to do with breastfeeding and parenting. Community Educator training is slightly more focused on advocacy and group education.

How does the ABA train people? What kind of support is there for people doing their training?

Education Network Australia (EDNA) - an online community where online study groups are formed, and trainers are accessible even if there is not one available in your local area
Workbooks (self paced learning)
Workplace mentors – Breastfeeding Counsellors and Community Educators who will help you to complete your assessment tasks
Workshops and training weekends
Opportunities for Recognition of prior learning
Casual training meetings

I'm a busy mum with small kids. How can I fit ABA training into my life?

ABA training is **very** flexible - it has to be, since pretty much all ABA trainees are mums with small kids! There is even a running joke within the ABA that all trainees have to have a baby or move house at least once during the period of their training - the compulsory training baby! Babies and children are always catered for in the ABA.

What does training with the ABA do for me?

The Certificate IV earned by completing the ABA training is nationally recognised. Training also helps you to remember the skills you might have learnt in the workplace, and to learn new ones as well as life skills. Many employers look very kindly upon volunteer work, not to mention the training units, so training with the ABA may help you with your career prospects. Certificate IV training can be of assistance when applying for university level study, and since the course is nationally recognised, some of the credits are able to be transferred.

Many mums also say that training helps to keep their mind active when they are at a stage of life that often involves singing twinkle twinkle little star 300 times a day and wiping other peoples mucous on our own clothing. Sound familiar?

How much does it cost for the training?

You need to keep your ABA subscription up to date while training and volunteering. The ABA covers most of the training fees for you. You will be required to pay the administration fee (which is currently \$50) to enrol for 12 months, and if you have not completed the course by the end of the 12 months, you will need to pay \$50 to be enrolled for a further 6 months. Hard copies of workbooks cost \$15-\$30. Most workbooks will be sent to you in electronic format, there are only two that cannot be distributed electronically due to copyright issues. The group has a copy of one to loan out to trainees, the other we ask you to purchase yourself.

Once I'm fully trained, what's next? What sort of commitment to the ABA is expected after training?

A minimum commitment of two years is expected after you complete your training. Breastfeeding counsellors are expected to counsel on email or phone helpline. More information is available in the counsellor and community educator position descriptions.

Is there a time limit on how long I can take to do the training? How long does it take on average? Can I take my baby to training meetings?

In the ABA, babies are always welcome! It is hoped that your training will be completed within 12 months. After this you will need to re-enroll every 6 months, but there is no limit on how often you can do this.

The counsellors in my group are so lovely. I'd love to give something back, but I could never be like them. What can I do?

The counsellors in our group are both lovely, and very different from each other. There is no "right" type of person who can become a breastfeeding counsellor or community educator, we are all different, which is excellent, as it means that there are lots of different types of mums to offer support to all of the individuals out there. What you have to offer could be just right, the ABA is about empowering mothers to make informed decisions so consider all the information and remember that the counsellors are mothers like you.

If you decide that training with the ABA is not for you, there are lots of other ways you can give back to the ABA, from group jobs, to volunteering at a national level with things like working groups for proof reading and booklet reviews.

How hard is it? What level of study is needed?

Apart from the CE statement of attainment, the ABA training is a certificate IV qualification. Most of the assessments are very much hands on activities that will help our group to run one way or another. Many trainees have commented that ABA training is much more hands on than university level studying. Training courses such as this are developed by industry and are meant to train the student to industry standards, therefore just as the ABA is very hands on and practical, so is the study.

I don't know much about counselling/breastfeeding/speaking in public/educating - can I still enrol?

Definitely, that's why we train people! The training teaches you everything you need to know to be a counsellor or community educator, from public speaking skills, to breastfeeding information, to dealing with conflict situations, to how to conduct occupational health and safety checks.

Do you study on your own or do you get to do it with a group of other women?

There are lots of different study options. Our group is happy to support all trainees, and there is also the option of online study groups through the Education Network Australia (EDNA) website, where you can study online with other ABA trainees around the country, and even around the world.

Is there a minimum requirement before I can be accepted to train with ABA?

Breastfeeding counsellors are required to have breastfed a baby for 6 months and past the introduction of solids stage with their child/ren before completing the units on counselling mothers. You can start training earlier than this if you plan to have breastfed a baby for 6 months and past the introduction of solids by the time you are ready to start these units, then you can be accepted to start training.

Community educator applicants are required to have had extensive contact and experience with breastfeeding mothers. CEs do not necessarily need to have breastfed - we do have some male CEs!

I'm going back to work in a few months and won't be able to make the daytime group meetings- is there any point in training?

There are many ways to complete ABA training that don't involve day time group meetings. Self paced learning, online support and flexible group training meetings mean that if training is something you want to do, support is available! You do need to commit to some level to volunteering with ABA, but there are lots of different very flexible ways to do this.

If you are interested in pursuing ABA training, please contact one of our friendly group leaders!

Diamond Valley Group News

To all new members: Welcome to our Group!

We hope you find being a part of the group rewarding and we hope to meet you and your beautiful children sometime soon. It's amazing how much support and knowledge is shared when a bunch of Mums get together for a chat and a coffee!

Taryn C, Rachel C, Lynsay C, Kara S, Erin A, Fleur D, Tamara K, Hedy C, Sally H, Cassandra M, Asta L, Alex E, Emma C, Lydia A, Dana R, Sabina J, Lisa M-B, Paula F, Jasmin M, Kylie S-W, Gemma B, Bonnie G, Sue I, Peggy R, Jessica C, Rhiannon T, Erin H and Anna M, Gabrielle H, Sascha D, Tanya P, Fiona M, Maria L, Gabrielle D, Megan M, Rachel C, Vicky V, Tammy H, Marika A, Debbie B, Rebecca B, Karrie B, Deirdre H, Nichole C, Kerryn G, Olivia D, Kirstyn K, Jane R, Andrea H, Shaz and Lucas T, and Renee H, Rebecca D, Anita B, Leanne C

Introducing.... Emily!

Hi, my name is Emily and I am the newly appointed bulletin editor for our ABA group. I have been married to Bryan for 4 years. We have a daughter, Lucy, who just turned two and a son, Mason, who is five months. I am also the locality mum for Hurstbridge, where we live.

I joined the ABA in 2008 a few months before Lucy was born and went to my first meeting at Julie's house in Eltham when I was still pregnant. A friend suggested I join while still pregnant as it is never too early to start learning about, and preparing for, breastfeeding. Thank goodness for this advice!

Lucy was a sleepy baby who had lots of trouble attaching so we got off to a rocky start with

breastfeeding. But, as I always (proudly!) explain to friends we persisted and it has more than paid off – as you all know, lots of benefits for Lucy and for me! Oh, and my electric pump became a very well-used and well-loved little helper!!

Mason had his first feed very soon after being born and we haven't looked back since. He is a big, happy, healthy baby boy!

As I am very new to this role, I would love to hear any suggestions/ideas you have and I need plenty of content to fill future editions. This could include personal experiences, recipes, poems, sayings, anecdotes, anything really! Please email any ideas for inclusion in the bulletin to me on dv.aba.bulletin@gmail.com



Diamond Valley Group fund raising projects:

Laminating

We have purchased a laminating machine which is able to laminate A3 size and smaller (including A4 size). So if you have any priceless pieces of children's art work that you want to preserve or any project please contact Sarah T on 9444 0919 to organise laminating time.

Cost: A4: \$1.50 per page, A3: \$2.00 per page

Beaded charms

These charms look great on your phone, handbag, nappy bag, wherever! They can be purchased for \$3 from Erin H on 9435 0103.



Diamond Valley Group Advocacy:

Breastfeeding welcome here

Do you know of a local business that would qualify for a breastfeeding welcome here sticker? Criteria for breastfeeding friendly venues are as follows:

- Smoke free environment
- Room to move a pram
- Welcoming attitude from staff and management

Businesses receive a sticker or folder to proudly display, and are registered for free on the national ABA website as a breastfeeding welcome here venue.

These local businesses have just qualified:

Dobell's Cafe, Greenhill Rd Greensborough

Diamond Creek Medical Centre

Balance Gymnastics, Candlebark Dr Research

If you know of a local business that you think would qualify for the sticker, email Jessica at elvencreature@optusnet.com.au with details, or to get more information:

<http://www.breastfeeding.asn.au/advocacy/welcome.html>

Upcoming Events...

Check out some of the ways the Diamond Valley ABA is coming to a community event near you!

Feed/change tents are a great way to spread the word about all the great things the ABA does and they can also allow members to help the group and meet people in their local area. We can always use more help with any of these events. Please let one of the group leaders know if you would like to get involved!

- New monthly Monday meetings in East Doncaster
- World Breastfeeding Week, 1st – 7th August 2010
<http://www.worldbreastfeedingweek.org/>
<http://www.breastfeeding.asn.au/news/wbw2010.html>
- Hurstbridge Wattle Festival, Sunday 29th August 2010
- Eltham Toy Library's Toy & Baby Goods Sale, Saturday 4th September 2010
- Diamond Creek Town Fair, Saturday 11th September 2010
- Eltham Festival, Sunday 14th November 2010

• • • Community Education Report

Briar Hill Baby Fun Day 18/4/2010

The office of Jenny Macklin MP held the annual Baby Fun Day in Briar Hill at the community centre in April, and once again the DV Group of the ABA was there to provide an information stand, along with feed and change facilities.

Seeing 80+ babies and their families over the course of the morning was great fun, and we gave out lots of showbags, smiles and group pamphlets. Being the Federal Minister for Families, Jenny Macklin showed great interest in our tent when she came around to introduce herself at the start of the day.

With the generous help of our members Caroline and Pauline, we had our tent up in no time, found a great position near the entrance to the park, and displayed lots of signage and posters inside. We had many new faces using the feed and change tent, which gave us a great chance to smile at the newborn babies – and to congratulate their mothers on their breastfeeding journey so far.

Many enquiries about our services came from mums who live in our neighbouring group Banksia's territory, but we explained that everyone is welcome at all ABA meetings – our members go to their meetings, and they come to ours. Each group offers different topics on different days/times, so there is always a meeting to suit.

A few shy mums were hesitating at the front of our tent, but when I opened with a smile and a line about “you don't have to be breastfeeding to come along”, they visibly relaxed, and then were happy to engage in a chat. It seems some mums were unclear of how we could help as they had either finished breastfeeding, or were unsure of what we were about “*but I'm breastfeeding just fine, I don't need help*”. Pauline did a great job of explaining to one mum that she's the sort of member we need – to assist other mothers in the group with her successful experiences.

This was the first time Pauline and Caroline had volunteered at an ABA tent, and both said that it was much easier than they expected. Mums that approached us were mostly looking for reassurance, a friendly smile, and information about becoming members or group meeting times. Volunteering on a feed and change tent is a great way to solidify your own knowledge about what we do, but as always – no experience is necessary, only to bring a smile. We have a busy festival season coming up in the second half of the year, so please ask any of the training team how you can help wo-man the tent for an hour or so.

Overall, the day went very quickly, and all 3 of us were energized and happy with our achievements. Before we knew it, it was time to take the tent down and pack everything away. A great day out, and I am very pleased that I had the chance to organize this event – and used it as part of my “Lead a Volunteer Team” unit in my Counsellor training. If you are thinking about doing some ABA training in the future – your participation in these events can count towards one or more units of study! Ask Jess, Danni or Tanya for more information.

Leanne Matthews
Trainee Breastfeeding Counsellor

• • •

Training News

Mansfield Training Weekend 29-30/5/2010

The Diamond Valley Group was well represented at the annual Training Weekend in Mansfield, with Danni, Tanya, Erin, Colleen and me on board. Three sessions were scheduled over the two days, and all of us were very keen to have units completed.

As a result of this final burst of training, Danni has now completed her BC training, Colleen has finished her CE training, and Erin is close behind with one unit to go. Tanya and I are closing in on them!

The three units I completed were Administer a Volunteer Group (which includes how to 'run the books' and breast pump hire), Manage Conflict in a Volunteer Group (which will hopefully give me new strategies on how to manage my children as well!) and Provide Advocacy to Promote and Protect Breastfeeding (this is the most vital part of what the ABA stands for – fighting for the rights of mothers and babies). I was so excited to have all 3 units finished by the time we left on Sunday, as I am now over half way through my training.

The atmosphere when we arrived at the Hotel Delatite on the Saturday morning was buzzing – a room full of enthusiastic breastfeeding trainees and their dedicated trainers, everyone was champing at the bit to get it underway. As always, it can be a challenge to train with babies and toddlers around, but just like at an ABA meeting, everyone keeps them amused. The trainers had put in hours of preparation to ensure that we all understood the workbooks and were confident to complete the assessment task that day.

I enjoyed meeting so many people and putting faces to the names that I see, both online in the forums, various yahoo groups and in our subscribers magazine - Essence. To think that some trainers have been active in the ABA longer than I have been alive makes me feel like I am really part of something important. Many women before us have had breastfeeding challenges and successes, and the network and support opportunities the ABA gives us brings us all closer together as "sisters in mothering". Whatever parenting style we individually have, we all have the common trait of being a mother and doing the best for our families, and ourselves.

Post-Mansfield, I am in the middle of completing another 3 units for my training, and hope to have it finished soon. ABA training units are very flexible, and are designed to be done at your own pace. My pace is being pushed along by the encouragement of Jess and Danni, but I am loving being able to use my brain again after being at home with my 2 daughters – and I find volunteering so rewarding, that it usually takes priority in front of my part time paid work !

Please speak to any of the Trainees if you would like to learn more about ABA training... I can thoroughly recommend it as a great way to learn more about the ABA, and yourself.

Leanne Matthews
Trainee Breastfeeding Counsellor



Victorian Branch Conference

Increasing Caesar Rates and the Impact on Breastfeeding

Dr Heather Harris, report by Colleen Robertson

It had occurred to me that there might be extra hurdles to overcome when establishing breastfeeding after a caesarean section, but I assumed it was to do with the drugs and baby being a bit sleepy. However, when I found myself nodding and lightbulbs going off while listening to this presentation at the Victorian Branch Conference, I soon realised that there was more to it than that. When a baby is delivered vaginally there is a spike in four hormones that all help establish breastfeeding and contribute to a calm, secure feeling in mother and baby.

- Oxytocin – also known as the ‘love’ hormone is responsible for the milk ejection reflex (also known as the ‘let-down’ reflex) and aids in bonding.
- Prolactin – the milk-making hormone, important for growth and maintenance of breast tissue
- Adrenaline – a low level is required for mother and baby to be in an alert state straight after the birth.
- Beta-endorphins – these hormones increase the sense of wellbeing and decrease pain.

After delivery by Caesarean section, these hormones are perturbed, resulting in a delay in milk production and a lower volume of milk produced for the first couple of days. The good news is that this imbalance can be addressed in a very enjoyable way: lots and lots of skin to skin contact with your baby. This will result in the hormone levels being normalised in both mother and baby. Dads can do skin to skin cuddles as well (I have some lovely photos of our baby tucked into her Daddy’s shirt!). Keeping baby with you and cuddled up with you when possible and safe to do so, will also facilitate part two of the equation – frequent breastfeeds. Baby will need many frequent feeds for their first few days (throw out the clock!) and this will help to establish a higher supply much more quickly (more milk out = more milk made), while providing them with nutrients, fluids and – you guessed it – more skin to skin contact. Always practice safe co-sleeping, and if your baby needs special care, be guided by your health provider but let them know that skin to skin contact and breastfeeding are important to you and your baby! After two caesareans (and one baby in special care) I know this works because luckily I had the support of knowledgeable midwives and, for my second baby, my local ABA counsellor and group as well, who guided me down the right path. The hurdles were not that high after all.



Book Review

“Colic Solved – The Essential Guide to infant reflux and the care of your crying difficult-to-soothe baby”
by Bryan Vartabedian M.D.

I wish I had read this book earlier – when my son had reflux. This is a very easy book to read and would be very helpful to parents of reflux babies. It has a lot of information but is very easy to read and understand – quite simple and straightforward. Medical terms are explained in detail and I found the down to earth tone reassuring. There are chapters on recognising reflux, medications and tests and reflux beyond infancy. All the chapters are quite thorough and there are lots of tips to assist in caring for your baby. Dr Vartabedian explains in the first chapter that colic is not a useful term- a generic term doctors use when they are not really sure what the problem is. He says that ‘colic represents a pattern of behaviour and not a disease’ so a baby cannot ‘have’ colic. Reflux is a common cause of the unsettled baby that has been lumped under the colic heading and he goes onto describe some other possible reasons for ‘colic’ symptoms such as a milk protein allergy. An interesting and useful read – Pauline M.

Important Information – Read this!

Maternity Bras by Colleen

During pregnancy, most women find that as their breasts develop in anticipation of their baby's arrival, they will outgrow their normal bra. Some women choose not to wear a bra but most find it more comfortable and supportive, and it may reduce sagging and stretching of the breast. Most of the changes in the breast have taken place by around four months into pregnancy so this is a good time to be fitted for a maternity bra, if you haven't needed it earlier.

It is worthwhile being professionally fitted, as any pressure points on the breast may lead to blocked ducts and even mastitis. This is also the reason that underwire bras are not recommended while breastfeeding, as the underwire is unable to change shape to

accommodate the changes in size and shape of the breast over the course of the day, when milk is produced and removed. ABA's retail outlet, Mothers Direct, has a wide range of maternity bras and staff who are extremely experienced in fitting maternity bras, if you would like to visit the shop.

There is a range of different styles, but most have clips at the top of the cup to allow the cup to be opened to allow for feeding. Either the whole cup opens up, or the top layer opens up revealing a window underneath. Some women find that this 'trapdoor' type of bra can put pressure on parts of their breast while they are feeding but others find it more convenient as everything stays in place. Some mothers find sleeping in a soft cup bra comfortable, at least in the early weeks, both for support and

also to hold breast pads in place if they need them.

It is a good idea to have at least two or three bras as they may need to be washed more than usual because of milk leaking and other baby-related messes! Gentle hand washing is sufficient and will ensure your bras last well. If you need more information, there is an information page about maternity bras which you can access through the 'Breastfeeding Information' pages of the ABA website <http://www.breastfeeding.asn.au/bfinfo/bra.html> but of course you should always feel free to come along to an ABA group meeting and chat to other mums or a counsellor.

Check out one of our new meeting venues The Eltham Scout Hall



Our first meeting was held on 16th July. The topic was Composition of Breastmilk, facilitated by Erin. We learned about the differences between mature breastmilk in comparison to cow's milk, and how each animal has its own milk for its young, as every species is so different to the next. We also discussed the wonders of colostrum and all it can do – Leanne M.

Baby Care Room Assessment – Westfield Plenty Valley

Being active in the community is vital to gaining publicity (and members!) for the ABA, and many success stories begin due to the “Breastfeeding Welcome Here” stickers in various venues such as cafes, restaurants, play centres, health professionals offices etc, and the “Baby Care Room Certificates” found in Parents Rooms within shopping centres.

In order to complete one of the units of our ABA Training, Tennille and I, under the watchful eye of our Co-Group Leader Jess, headed out to Westfield Plenty Valley in South Morang to do an assessment on their Baby Care Rooms. This formed part of the unit titled “Promote and facilitate breastfeeding in the community and workplace” – which although it is a mouthful, representing ABA out in the public arena is an exciting prospect. These two initiatives are a great way to spread the word about ABA, get our logo out there, and hopefully raising awareness of what we can do to support families in our community.

Westfield Plenty Valley has four Baby Care Rooms – one central to the food court, one at either end (near Coles and Woolworths) and another opposite K Mart.

There are three levels of attainment – 2 star, 3 star and 5 star rooms. 2 star rooms at a minimum need to have features such as comfortable seating, hand

washing facilities, nappy change area, smoke free, no advertising of artificial feeding products, be clearly marked and easy to find, and to have a separate area away from general toilets.

We are pleased to report that all Baby Care Rooms at Westfield Plenty Valley attained 5 star rooms status, which covers all of the above and extra features such as: easy pram access, nappy dispensers, a high chair, piped music or television, microwave, private or lockable feeding areas, secure play area for toddlers, and doors that open with a push button. We were also surprised to find a duress alarm installed in all rooms – what a great idea!

Once the assessment is finalised, this centre will be added to the list of ABA approved Baby Care Rooms both on our website and published in Essence. This forms an easy reference for members who might be travelling to an area, and are unaware of where their nearest 5 star Baby Care Rooms are. Be sure to check the online list if you are heading on holidays, or shopping in a different suburb. If there are any Baby Care Rooms within our area that need assessing, please let one of our Group Leaders know.

We look forward to presenting Westfield with their certificate in the coming weeks!

Leanne Matthews
Trainee Breastfeeding Counsellor



Yummy Mummy Recipe

Hannah's Banana Cake

Prep time: 15-30 mins, Cook time: 45-50 mins

Ingredients:

170 g butter (straight from the fridge)
3 eggs
4-5 smallish bananas (no need to measure exact amount)
1 1/2 tsp vanilla essence
1 1/2 tsp bicarb soda
75 ml milk
3/4 cup castor sugar
2 1/4 cups self raising flour

Method:

1. Flour and butter two loaf tins. I use two 22 x 12cm rectangular loaf tins and this amount of mixture is perfect. Preheat oven to 180 degrees Celsius.
2. Cream butter, sugar and vanilla.
3. Add eggs separately, beating well.
4. Roughly mash banana and add to mixture.
5. Dissolve soda in milk and add flour and milk alternatively. Beat until just combined.
6. Pour evenly into two loaf tins. Bake for 45-50 minutes or until a skewer inserted in the middle of the cake comes out clean. My oven is a bit slow so you may need to adjust the cook time if you have a fan forced or better performing oven! It helps to turn the tins around half way through the cook time so the cake browns evenly. Turn out onto a cake rack immediately and eat while still warm.

Hannah (and Alice, 10 months old, who thinks this cake is yummy!)



Why we love breastfeeding...



Breastfeeding: Lose weight while you sit in an armchair

Breastfeeding: Because I hate washing up

Breastfeeding: So I could buy myself some new tops

Breastfeeding: Have two hands free to eat cake

Breastfeeding: Go on, eat the whole block.

Breastfeeding: Who can be bothered getting out of bed in winter?

Breastfeeding: More room in the handbag, less junk in the trunk

Breastfeeding: Because oxytocin rocks my world

Breastfeeding: Baby gets a snack, you get a rack!

Breastfeeding: A great excuse to watch Sex in the City at 3am

Breastfeeding: Nature's dummy!

Breastfeeding: Nature's drink with superior packaging

Breastfeeding: I make milk. What's your superpower?

Breastfeeding: Better for the bank balance

Breastfeeding: Lunch is on me.

Breastfeeding: It's BPA free.

Breastfeeding: Tested on (little) animals.

Breastfeeding: Like they do on the discovery channel.

Breastfeeding: Ready when you are.

Breastfeeding: More you, less moo

Breastfeeding: 100% environmentally friendly

Breastfeeding: More to spend on shoes

Breastfeeding: Real fast food



Code of Ethics

It can be helpful to know that the Australian Breastfeeding Association has a Code of Ethics. This is to ensure that the objectives of the Association are upheld. Some clauses that are helpful to remember at our meetings are:

* Discourage discussion of particular doctors, hospitals, nurses or health centres, both at meetings or in conversation

(e.g. talk about experiences without mentioning names of people or places)

* No Australian Breastfeeding Association meeting or mailing list, or any other aspect of the Association shall be used to promote the sale of goods or services by any person or organisation other than Association without the permission of the board (e.g.

school, kinder, playgroup etc fundraisers should not be brought to any ABA meeting)

If you have any questions about the Code of Ethics or would like to read a copy, this can be accessed from the ABA websites

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



Essence – Reuse and Recycle!

Do you love to read your Essence magazine when it arrives? What do you do when you have finished with it? Do you carefully file it away for future reference, or does it go in the recycling bin? If you have no need for your magazine, you may like to consider donating it to the group. Community Educators & Counsellors give away back issues to prospective subscribers. Please bring to meetings or call Leanne M to pick up your back issues.



It's never too early to start learning about and loving breastfeeding...

(Thanks Anna G for the photo of daughter Isabel!)



Breast Pump Hire

Our Group now has five Medela Symphony and one Ameda Electric Breast Pumps for hire to both members and non-members alike.

(Note the different hiring charge applies to the two groups)

The pumps are available for both long and short term hire. If you would like to enquire about availability please contact Sara E on 9437 1907.

<i>Cost</i>	<u>Ameda</u>
<i>Deposit</i>	\$50 (Refunded on return of pump)
<i>Kit</i>	\$59.95 single kit \$79.95 double kit (Converts to a manual breast pump)
<i>Hire</i>	\$15 per week Members \$30 per week Non members

The Medela Symphony is fairly new on the market. It has breakthrough technology with a two phase pumping program that offers an initial rapid rhythm to promote 'Let-Down' and a slower deeper rhythm for efficient milk expression.

<i>Cost</i>	<u>Medela Symphony</u>
<i>Deposit</i>	\$100 (Refunded on return of pump)
<i>Kit</i>	\$64.95 single kit \$89.95 double kit (Converts to a manual breast pump with additional parts)
<i>Hire</i>	\$25 per week Members \$50 per week Non members

Hiring from a local ABA group has many advantages, pickup from a Breastfeeding Counsellor who can explain pump usage, sell pump kits (included is a free ABA booklet "Expressing and Storing Breastmilk" valued at \$5) and who will contact you weekly to see how you are going.

If you are outside our area or all Diamond Valley Group pumps are on loan, please contact the ABA Victorian Breast Pump Hire Co-ordinator on 9791 4644 or 0417 531 853.

Thanks to all those who have contributed to this bulletin.

Please send any contributions, reports, letters, book reviews, recipes, photos etc to:

dv.aba.bulletin@gmail.com.

Thanks!

Australian Breastfeeding Association
Subscription Form for New Subscribers
PO Box 4000 GLEN IRIS VIC 3146
Telephone (03) 9885 0855 Facsimile (03) 9885 0866
www.breastfeeding.asn.au

Title: _____ Surname: _____ First Name: _____

Street: _____

Suburb: _____ State: _____ Postcode: _____

Tel: (____) _____ Fax: (____) _____

e-mail : _____

Have you subscribed to ABA/NMAA before? Y / N

One year subscription \$50.00 Two year subscription \$85.00

Concession [No. _____] \$35.00

Enclosed is my cheque/money order for \$ _____ (*payable to Australian Breastfeeding Association*)

OR

Please charge my Visa/Mastercard/ Amex

Total \$ _____ Card Expiry Date: ____/____

Card Holder's Name: _____

Signature: _____

When you join you will receive a free 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

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.



• • •

Australian Breastfeeding Association

Diamond Valley Group Calendar Dates August 2010 – October 2010

August 2010		
Friday 6 th 10am-12pm	Coffee Morning Expressing and Storing	Eltham Scout Hall Youth Road, Eltham Leanne M 0417135524
Friday 13 th 10am-12pm	Coffee Morning World Breastfeeding Week	Marilla C 9846 5280 Templestowe
Monday 16 th 10am-12pm	Coffee Morning Lumps, Bumps and Hot Spots	Doncaster East Baptist Church, 47-53 Tunstall Road, Doncaster East Danielle B 0431806086
Thursday 19 th 8pm-10pm	Evening Discussion & Supper Breastfeeding Beyond 6 months	Jessica L, Greensborough 0437070205
Friday 27 th 10am-12pm	Coffee Morning New and Expectant Mothers Survival Plan for Early Motherhood	Chirocentre Greensborough, 13 Eldale Ave, Greensborough Jessica L 0437070205
Sunday 29 th	Hurstbridge Wattle Glen Festival Feed & Change Tent: Volunteers needed	Tanya R 0407 134914
September 2010		
Friday 3 rd 10am-12pm	Coffee Morning Introduction to Solids	Eltham Scout Hall Youth Road, Eltham Leanne M 0417135524
Saturday 4 th	Eltham Toy Library's Annual Toys & Baby Goods Sale Feed & Change Tent: Volunteers needed	Colleen R 9432 4467
Friday 10 th 10am-12pm	Coffee Morning Training to be an ABA Counsellor or CE	Danielle B, Doncaster East 9841 9319
Saturday 11 th	Diamond Creek Festival Feed & Change Tent: Volunteers needed	Tennille S 0408896442
Friday 17 th 10am-12pm	Coffee Morning Breastfeeding and the Environment	Chirocentre Greensborough, 13 Eldale Ave, Greensborough Jessica L 0437070205
Monday 20 th 10am-12pm	Coffee Morning Colic, Reflux and Breastfeeding	Doncaster East Baptist Church, 47-53 Tunstall Road, Doncaster East Danielle B 0431806086
Thursday 23 rd 8pm-10pm	Evening Discussion & Supper Breastfeeding and fertility meeting	Jessica L, Greensborough 0437070205

October 2010

Saturday 2 nd Start 12 noon	Baby's Day Out BBQ at Ruffey Lake Park	Ruffey Lake Park The Boulevard, Doncaster Danielle B 0431806086
Friday 8 th 10am-12pm	Coffee Morning Breastfeeding Storybooks	Eltham Scout Hall Youth Road, Eltham Leanne M 0417135524
Friday 15 th 10am-12pm	Coffee Morning Breastfeeding in Special Circumstances: Premmies, Twins etc.	Wendy G, North Warrandyte 9844 3439
Monday 18 th 10am-12pm	Coffee Morning Recipe Swap!	Doncaster East Baptist Church, 47-53 Tunstall Road, Doncaster East Danielle B 0431806086
Thursday 21 st 8pm-12pm	Evening Discussion & Supper Planning Meeting	Colleen R 9432 4467 Greensborough
Friday 29 th 10am-12pm	Coffee Morning Breastfeeding in Other Cultures	Chirocentre Greensborough, 13 Eldale Ave, Greensborough Jessica L 0437070205

Note: School Holidays Friday 17th September – Monday 4th October 2010



Diamond Valley Group Calendar Dates November 2010 – January 2011

November 2010		
Friday 5 th 10am-12pm	Coffee Morning Weaning	Eltham Scout Hall Youth Road, Eltham Leanne M 0417135524
Friday 12 th 10am-12pm	Coffee Morning Chiropractor Guest Speaker	Tanya R Wattle Glen 0407 134914
Sunday 14 th	Eltham Town Festival Feed & Change Tent: Volunteers needed	Jo A 9435 5035
Monday 15 th 10am-12pm	Coffee Morning Toddler Behaviour	Doncaster East Baptist Church, 47-53 Tunstall Road, Doncaster East Danielle B 0431806086
Thursday 18 th 8pm-10pm	Evening Discussion & Supper Pamper Yourself	Tennille S, Mill Park 0408896442
Friday 26 th 10am-12pm	Coffee Morning New and Expectant Mothers Breastfeeding Summer Babies	Chirocentre Greensborough, 13 Eldale Ave, Greensborough Jessica L 0437070205
December 2010		
Friday 3 rd 10am-12pm	Coffee Morning Santa Visit BYO Present	Eltham Scout Hall Youth Road, Eltham Leanne M 0417135524
Friday 10 th 10am-12pm	Coffee Morning Breastfeeding and Returning to Work	Erin H Greensborough 9435 0103
Monday 13 th 10am-12pm	Coffee Morning Babies and Breastfeeding: What is Normal?	Doncaster East Baptist Church, 47-53 Tunstall Road, Doncaster East Danielle B 0431806086
Thursday 16 th 8pm-10pm	Evening Discussion & Supper Christmas Dinner Out	Colleen R 0448300290
January 2011		
Friday 14 th 10am-12pm	Play in the Park	Warrandyte Danielle B 0431806086
Friday 28 th 10am-12pm	Play in the Park	Eltham Leanne M 0417135524

Note: School Holidays Friday 17th December 2010 – Monday 1st February 2011

Everyone is welcome – including babies, children & partners to any of our gatherings.

Where possible please bring a small plate to share.

A Breastfeeding Counsellor attends each meeting and is happy to talk with you.

Non-members are encouraged to attend a few meetings prior to subscribing.

It is not a pre-requisite that you are breastfeeding to come along. One of our aims strives for “the art of skilled and loving mothering, thus encouraging close and happy family relationships.