



# Australian Breastfeeding Association

## Ringwood Group

### Diary dates April – June 2010

Join us Tuesday - 10am - 12noon. Coffee mornings alternate between a casual 'mum's play' date and a topic on breastfeeding and parenting support. Meet at **Stephen's Community Living Centre, Freeman St, Ringwood East**. Please bring a plate to share if you have time. Casual guests are encouraged to join the association as a group member after two visits.

Date	What's it all about?
Tuesday 13 July 10am – 12noon	Catch up on holiday news while the kids play
Tuesday 20 July 10am – 12noon	Express yourself – a how to guide for you. Also, find out if you could help give an amazing gift for another mum's sick baby in the future with an update on progress towards the opening of Victoria's first Milk Bank.
Tuesday 27 July 10am – 12noon	Coffee and chat about World Breastfeeding Week (1 – 7 August) and play dough fest for the littlies
Tuesday 3 August 10am – 12noon	Guest speaker <i>Kids Safe</i> : keeping our kids safe
Friday 6 August 7.30 -	Mum's night out (Location to be advised)
Tuesday 10 August	Your Toddler and the new baby
Wednesday 18 August 10.30am – 12noon * Ringwood Library	Guest speaker: Ringwood children's librarian what to read to your children why it matters.
Tuesday 24 August 10am – 12noon	Coffee and chat, and planning next term's activities.
Tuesday 31 August 10am – 12noon	Diet and exercise while breastfeeding
Tuesday 7 September 10am – 12noon	Is your workplace breastfeeding friendly? What are your rights at work?
Tuesday 14 September 10am – 12noon *70 Holloway Road, Wonga Park	Spring is here? Play date out and about at The Foyer Café, Wonga Park.

**Group Leader Jasmine 9870 5985**

Breastfeeding counsellors Sarah 9812 3662 Stephanie 9870 8431 Jennifer 9720 4824

Kerrie 9870 3824

#### Planning to Breastfeed? Plan to Succeed...

If breastfeeding your soon to arrive baby is important to you, a breastfeeding education class gives you your best chance to succeed. Our practical, fun, classes will help you to make informed choices about feeding your precious baby, whilst answering questions and concerns you may have. Find out how breastfeeding can work for you, because, although it is the natural thing to do, it doesn't always come naturally! *The next class is on Sunday, 10 August at the York on Lilydale, Cnr York & Swansea Roads, Lilydale from 7pm – 10pm. Book now on [abavic@vic.chariot.net.au](mailto:abavic@vic.chariot.net.au). Ph: 9791 4644. Classes are exclusive to new or existing members of our association at a cost of just \$20 (+ the cost of membership (\$65) for those joining) Class and membership includes:*

- ✓ Workshop-style class, handouts and refreshments
- ✓ The book Breastfeeding ... naturally, valued at \$35.00
- ✓ 1-year subscription to the Australian Breastfeeding Association
- ✓ 1- year subscription to Australian Breastfeeding Association magazine "Essence"
- ✓ 10% discount on purchases from Mothers Direct, 50% discount on breast pump hire rates.