

Date and time	Venue	Topic
Sunday January 22 nd from 5pm	Lilydale Lake – meet near the playground	Family BBQ – bring your kids, partner etc. and let's get to know each other.
Friday 3 rd February 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Breastfeeding during the first year – how does it change?
Wednesday 8 th February 10-noon	Holly's house	Coffee morning
Friday 17 th February 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Introducing solids
Sunday 19 th February	Wandin	Feed and change tent – would you be free to help out for an hour or two? If so, please let Lisa know!
Friday 2 nd March 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Breastfeeding – what are the benefits and costs to mothers?
Wednesday 7 th March 10-noon	Amelia's house	Coffee morning
Friday 16 th March 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Breastfeeding Supply
Friday 30 th March 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Anywhere, anytime? The legalities of breastfeeding
Wednesday 11 th April 10-noon	Catherine's house	Coffee morning
Friday 20 th April 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Breastfeeding through the hard times. A look at breastfeeding and illness.
Friday 4 th May 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Parenting Toolbox – a workshop on common parenting issues.

Wednesday 9 th May 10-noon	Zoe's house	Coffee morning
Friday 18 th May 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Full term breastfeeding – how breastfeeding helps in the long term
Friday 1 st June 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Planning meeting
Wednesday 6 th June 10-noon	Lisa's house	Coffee morning
Friday 15 th June 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Biological Nurturing
Friday 29 th June 10-noon	Lilydale Playgroup rooms 54-56 Landscape Drive, Mooroolbark	Gentle parenting
Thursday 12 th July	To be advised	Dinner out

If you are on the email list, you will be notified of any changes or updates to the day, time or location of meetings. Please email Lisa at lilydalecroydonaba@gmail.com to receive email notifications or for more information.

If you have had a good day, you might like to bring along a small plate to share from the pantry, it does not need to be homemade. Otherwise do not fuss, just bring yourself and your children, and your breastfeeding questions.

All members are welcome at any of these meetings. You are also welcome to attend any other ABA groups, not just ours! Check out neighbouring group bulletins and dates at <http://www.abavic.asn.au/> or contact Lisa for more details about neighbouring groups.

Our new location has a pin code to enter the front door. I will sent this code out each time with each email reminder but if you forget, please just knock on the door and we will let you in (please don't use the bell - we share the use of the building with offices and the bell rings throughout the building).

Breastfeeding Education Classes

These classes are especially for expecting parents 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! We run classes bimonthly during the year in Ringwood and I will let you know of the dates when they are confirmed for next year. For other class locations and dates, please visit www.abavic.asn.au or <http://www.breastfeeding.asn.au/classes>. For bookings and enquires, contact Yvette on 9791 4644.

We also 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 experience, please email Lisa at lilydalecroydonaba@gmail.com. Young babies are especially sought but all welcome.

Breast pump hire

Need to hire a breastpump? Consider making the ABA your first option. We have Medela Symphonies and Lactinas available for hire and you are welcome to call and pick up at any time that is convenient for you and the hirer. All our breastpumps are hired out by a trained breastfeeding counsellor who is happy to answer any of your questions about breastfeeding and breastpump use. Please bear in the mind that you will need to purchase a Medela Lactaset to collect your milk. These can be purchased through Mother's Direct, a chemist or often the breastpump hirer will have some at her home that you can buy off her. The Lilydale/Croydon group relies on the money received through breastpump hirer to cover room hire fees for group meetings and keep their counsellors up to date with the latest breastfeeding information by enabling them to attend conferences etc. We would appreciate you letting your friends and family know of this service also. Please call Amelia on 0421879669 (Seville East location) or Yvette (to find out about other locations closer to you) on 9791 4644

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 the Association without the permission of the board (e.g. school, kinder, playgroup etc fundraisers should not be brought to any ABA meeting).
- Counsellors are not qualified to give medical advice.

Group Contacts

Group leader – Lisa – 90172159

Group email address - lilydalecroydonaba@gmail.com

24 hr Breastfeeding Helpline – 1800 MUM 2 MUM (1800 686 2 68)