



australian
breastfeeding
association

AUSTRALIAN BREASTFEEDING ASSOCIATION

www.breastfeeding.asn.au

Peninsula Group Bulletin

**December 2010 to
May 2011**

**For meeting date reminders, follow me on Twitter
(Peninsulamum) or check out our blog for the
Peninsula group of the Australian Breastfeeding
Association at**

<http://abapeninsula.wordpress.com>

Mothers Direct is a wholly owned subsidiary of the Australian Breastfeeding Association. Many of our staff are breastfeeding counselors or educators and can help with all your breastfeeding needs. We also hire and sell Medela and Ameda electric breast pumps.

Website	www.mothersdirect.com.au
Street Address:	1818-1822 Malvern Rd, East Malvern, VIC 3145
Postal Address:	PO Box 4000, GLEN IRIS, VIC 3146
Telephone:	East Malvern, Melbourne - 03 9886 9399 1800 032 926 (credit card ordering line)
Facsimile:	03 9886 9033

Like all ABA services, this bulletin is produced by volunteers.

Our special thanks to David Morris, our Local Member of Parliament, for continuing the tradition and printing our bulletin.

Welcome to Peninsula Group ABA!

For those of us on Facebook, we have a Fan page called ABA Peninsula where there are always dates and a description of each upcoming meeting.

It seems that the sms reminders of group meetings suit us all quite well. However some people do not like receiving them. If you would like to receive meeting notification via sms, please email me, or you can sms me!

Our group currently has a small raffle running. The prizes are puddle wear, baby slings, baby massage book, cloth nursing pads and more. To enter, simply come along to our Holiday season lunch on the 14th December and purchase as many tickets as you like. They are \$1 each and we just ask for your email address and name.

Coming up in February 2011 is the Australian Breastfeeding Association National Raffle. This year the prizes, along with the usual massive shopping spree, there are iPads to be won. The raffle is drawn early in June. Tickets will be available to purchase from group meetings, or you can phone or email any of our group contacts to get hold of tickets.

Thanks for all the people who support our group in so many ways. Some of you come along regardless of the topic and provide friendship and great conversation. Some do marvelous cooking (I say "some" because I'm not one of those). It is great to hear from different people and learn something of your pre children backgrounds. Also how you enjoy life with a baby. Or not at times! The children are all lovely and it is wonderful to see how they change and grow. Thank you also for those who offer their home for us to meet in and support community events. People from our group help promote breastfeeding in a variety of ways to the Mornington Peninsula community.

We hope that you enjoy this latest bulletin and welcome you to our meetings. The meetings are a great place to come out with your baby. You will be met with friendly faces, offers of a hot cuppa, some interesting discussion and children of varying ages. We have a code of ethics that we abide by which ensures that the conversation is positive, inclusive and that the meetings are not a place for people to sell or promote specific products.

Look forward to seeing you,

Penny Vervoorst (Australian Breastfeeding Assoc, Peninsula Group)

Peninsula	Group	Directory
Helpline	24 hours (daytime preferable)	1800 mum 2 mum (1800 686 2 68)
Group Leader and Breastfeeding Counsellor	Penny abapeninsula@gmail.com	
Breastfeeding Counsellors	Janet Mary Sam June	
Trainee Counsellor Librarian	Claire	
Trainee Counsellor	Emily	
Breast Pump Hire	(Tue – Thurs) Other times	
Sales Coordinator	Penny	

Code of Ethics

You may or may not be aware that ABA has a Code of Ethics. Its purpose is to ensure that the objectives of the Association are upheld. The Clauses of particular relevance to members are:

- Discourage the discussion of particular Doctors, Hospitals, Maternal Child Health Nurses and Centres both in meetings and in conversation. If you have any questions regarding the Code of Ethics or would like to see a copy please feel free to contact any one of our Breastfeeding Counsellors or see it on our website www.breastfeeding.asn.au.
- No ABA meeting is to be used for the promotion of political, sectarian or racial cause or for the promotion of goods and services by any other organization other than ABA.

Group Meetings

Peninsula Group meeting topics Dec 2010 to May 2011

December

Tuesday 14th
11am
Holiday Break-up
Katherine's House
Mornington

January

Tuesday 11th
10am
Surviving the Heat
Mornington

February

Tuesday 8th
10am
Coffee Morning
Dromana

Tuesday 22nd
10am
Weaning – the end of breastfeeding
Mornington Library

March

Tuesday 8th
10 am
How to Start Solids
Mornington Library

Tuesday 22nd
10 am
Out and About with Baby
Mornington Community Contact House

April

Tuesday 12th 10 am Health Professional Seminar update
Mornington Library

Tuesday 26th 10 am Planning Meeting
Mornington Community Contact House

May

Tuesday 10th 10 am National Mothering Week
Mornington Library

Tuesday 24th 10 am Early Days with a Newborn
Mornington Community Contact House

Location of meetings is correct at time of printing. In the event of a change of venue, there will be a network of phone calls with the regular members. If this is your first meeting, you may wish to contact one of the group volunteers the night prior to confirm location. You can also check the blog or email. If you would like to be included in our announcements you can email me and I will add you to our group emails. Your email address will be kept confidential and only used for group news and information.

Australian Breastfeeding Association meetings are free and everyone is welcome.

Hope to see you at one soon!

Volunteering in our Association

Have you ever rung the Breastfeeding Helpline? Did you attend a breastfeeding education class while you were pregnant? Have you talked to a breastfeeding counsellor when you were unsure about something your baby was doing?

All these activities are run by volunteers who have trained either as breastfeeding counsellors or community educators with the Australian Breastfeeding Association. They have a nationally recognized Certificate IV in Breastfeeding Education.

The Australian Breastfeeding Association is a Registered Training Organisation, and conducts training for those who are interested in volunteering to help mothers who wish to breastfeed their babies.

The Certificate IV in breastfeeding consists of 14 units. The training is available through online and face-to-face meetings, and is designed to be undertaken by mothers and fathers who are looking after babies and small children. Some will be working in the paid workforce; others will be on maternity leave, or taking a break from work while looking after their children. It can be completed in approximately 12 months.

We all enjoy what we do, and find the work very rewarding and some of our volunteers go on to use the certificate to further their careers in the paid workforce

If you are interested in this training, you can find out more on our website – www.breastfeeding.asn.au in the section on volunteering. You can also find out more by talking to one of our breastfeeding counsellors.

Breastfeeding Education Classes

If you know someone who is pregnant, you may like to let them know about the Australian Breastfeeding Association Breastfeeding Education classes. The Mornington Peninsula Region hold Breastfeeding Education Classes bi-monthly.

The class costs \$85 for couples, which includes a one year subscription to ABA.

For information regarding times and dates and to book attendance, please go to www.abavic.asn.au.

Bookings are essential.

Hosting a meeting

Would you like to host one of our future meetings at your home?

It is a wonderful way of being involved and getting to know everyone better. Please consider:

- If you don't have a mobile baby or toddler in your house, you may ensure special items are in a safe place.
- Toys for toddlers to keep them occupied, if you don't have any simple let one of the Group volunteers know.
- We don't expect an immaculate home. Mothers don't mind if your house is a little untidy.
- Relax and enjoy the meeting too. Mothers are encouraged to get their own drinks. And we tidy up before we go.

So be brave and volunteer your place for our next round of meetings; simply have a chat to Penny or one of our regular hosts for further details.

Become an ABA Subscriber or give an ABA subscription as a gift

Whether you are already a mum, getting ready for a new baby, or have an interest in breastfeeding, the Australian Breastfeeding Association (ABA) is here to help.

Breastfeeding is a learned skill so most mums need some help along the way. Subscribe to the Australian Breastfeeding Association (ABA) and you can relax knowing you are supported 24 hours a day.

A subscription gives you access to the full range of ABA services. Subscribe online or by 'phoning 03 9885 0855 9am - 5pm EST Mon - Fri.

9 great reasons to join the Australian Breastfeeding Association today!

Joining the ABA will help you gain confidence in breastfeeding and parenting, save money, stay informed and be connected with a caring social network. Join today and you'll receive all these great benefits:

Your own breastfeeding book

Everything you need to know from pregnancy through to weaning, right at your fingertips with your own copy of *Breastfeeding ... naturally* (usually \$34.95).



Breastfeeding education classes

Be fully prepared with a special members-only [breastfeeding class](#) for mums and dads-to-be (where available in your local area)

24 hour help

You can call on our [trained breastfeeding counsellors](#) 24 hours a day. Your subscription also helps run our counselling services so they are free for everyone.

Magazine

Share the stories of other mums and get up-to-date information with [Essence magazine](#) mailed to you every 2 months

Local mums' support groups

Meet new friends and have your questions answered at [local get-togethers](#) run by trained breastfeeding counsellors or educators.

Enewsletter

All the latest tips and information emailed directly to you each month.

Shopping discount

Get everything you need for breastfeeding and expressing with 10% discount from our retail division, [Mothers Direct](#).

Half price breast pump hire

Save 50% on [breast pump hire](#) and receive help with expressing from a trained breast pump hiring officer.

Subscribers-only website section

VIP access to extra information through a password protected section of our website.