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A renewal subscription to the Australian Breastfeeding Association is \$65.

Benefits of subscription include

- Free book
- Discount Breastpump Hire
- 10% discount from Mothers Direct
- Essence — bi-monthly magazine covering a variety of aspects of parenting
- Supporting ongoing research into breastfeeding, and training of counsellors

Breastpump Hire

Yvette (Head Office) 9885 6333 or 0417 531 853

Breastfeeding help is also available 24 hrs a day, 7 days a week:

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



australian
breastfeeding
association

Website: www.breastfeeding.asn.au

Australian Breastfeeding Association
ABN – 64 005 081 523

Upper Yarra Group

Bulletin and Diary Dates
April 2011 –September 2011

Group Contacts:

Breastfeeding Counsellors

Annie (Group Leader) 5965 2512 annieL_5@yahoo.com.au
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	<p>1 - 7 August Talk to me! Breastfeeding - a 3D Experience</p> <p>WABA is pleased to announce the World Breastfeeding Week theme for 2011 focusing on engaging and mobilising youth intergenerational work with the catchy slogan of: "Talk to me! Breastfeeding - a 3D Experience". The theme deals with communication at various levels and between various sectors.</p>
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Pot Luck dinner

During the last bulletin we trialed meeting weekly with some weeks discussing a topic and some weeks were a more informal social catch up. During the cooler months we have decided to scale back to fortnightly (the presence of a few public holidays has some weeks out of order), and include a few nights out, so if you can make it for a potluck dinner (bring something to share) and BYO drinks.

Friday 17th June

Sarah's
Millgrove.
Ph: 0401664929

Friday 5th August

Jill's
Woori Yallock
Ph: 0415089224

Babes in arms welcome



Your children need your presence
more than your presents.
~Jesse Jackson

Date/Time/Venue	Topic
Monday 18 th April - 10am Upper Yarra Family Centre, Yarra Junction.	Supply: Too Much/Too little
Monday 2 nd May 10am Yarra Glen Uniting Church Hall	<i>National Mothering Week Motheing: Different journeys, one love.</i>
Monday 16 th May, 10am Upper Yarra Family Centre, Yarra Junction.	Expressing and storing
Monday 30 th May, 10am Yarra Glen Uniting Church Hall	Siblings
Monday 27 th June, 10am Yarra Glen Uniting Church Hall	Sleep
Monday 11 th July, 10am Upper Yarra Family Centre, Yarra Junction.	Early Days
Monday 25 th July, Yarra Glen Uniting Church Hall	Activities: Staying in with young children -Free/cheap places to take chn
Mon 8 th August, 10am Upper Yarra Family Centre, Yarra Junction	Breastfeeding and the Environment
Monday 22 nd August Yarra Glen Uniting Church Hall	Children's speech
Monday 5 th September Upper Yarra Family Centre, Yarra Junction	Breast and nipple care
Monday 14 th September Yarra Glen Uniting Church Hall	Managing daily responsibilities