



WARRNAMBOOL & DISTRICT GROUP BULLETIN

JANUARY – JUNE 2011

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Breastfeeding is a mother's gift to herself, her baby and the earth. ~ Pamela K. Wiggins

**24 Hr Breastfeeding
Helpline
1800 686 2 686
1800 MUM 2 MUM**

www.breastfeeding.asn.au

Mothers Direct
www.mothersdirect.com.au

If you are not receiving emails from the Group and would like to, please contact Emma on 5567 6021

COUNSELLING SERVICE

The Australian Breastfeeding Association offers a free and confidential breastfeeding counselling service. You can phone one of the local counsellors (listed above) who are volunteers and have completed an extensive training program. They are mothers who have their own families and commitments, so may not be necessarily available at all times. If you cannot contact a local counsellor, please call our 24hr Helpline on 1800 686 2 686 (1800 MUM 2 MUM). Please note that no medical advice is given.

CODE OF ETHICS

The Australian Breastfeeding Association does not set out to promote other businesses or products. During our meetings, we welcome you to share your experiences, but please keep in mind not to mention any business, product, medical personnel, child health professional or hospital, etc. by name.

CALENDAR OF EVENTS

JANUARY

Wednesday 12 Jan, 10am-12 noon	Coffee Morning	Contact Suellen on 5561 1917 for venue details
Wednesday 26 Jan, 5pm-7pm	"Family Get Together" BYO Picnic Dinner	Tower Hill State Game Reserve Meet at Picnic Ground. BBQs available.

FEBRUARY

Wednesday 9 Feb, 10am-12 noon	Coffee Morning	Contact Suellen on 5561 1917 for venue details
Wednesday 16 Feb – Friday 18 Feb	"Sungold Field Days"	Contact Emma on 5567 6021 to volunteer at Feed and Change tent.
Wednesday 23 Feb, 1pm-3pm	Discussion Meeting Topic: Gentle Discipline Guest speaker: Jan Bounds	AquaZone Crèche 10 Queens St, Warrnambool

MARCH

Wednesday 13 Mar, 10am-12 noon	Coffee Morning	Contact Suellen on 5561 1917 for venue details
Wednesday 23 Mar, 1pm-3pm	Discussion Meeting Topic: Breastfeeding Myths	AquaZone Crèche 10 Queens St, Warrnambool

APRIL

Wednesday 13 Apr, 10am-12 noon	Coffee Morning	Contact Suellen on 5561 1917 for venue details
Wednesday 27 Apr, 1pm-3pm	Discussion Meeting Topic: Sex and intimacy and the breastfeeding mother	AquaZone Crèche 10 Queens St, Warrnambool

MAY

Monday 9 May, 7pm	Mother's Night Out!	Lady Bay Resort Bistro 16 Stanley St, Warrnambool RSVP Friday 6 May to Emma on 5567 6021
Wednesday 11 May 10am-12noon	Coffee Morning	Contact Suellen on 5561 1917 for venue details
Wednesday 25 May 1-3pm	Discussion Meeting Topic: Baby wearing	AquaZone Crèche 10 Queens St, Warrnambool

JUNE

Wednesday 8 Jun, 10am-12 noon	Coffee Morning	Contact Suellen on 5561 1917 for venue details
Wednesday 22 Jun, 1pm-3pm	Discussion Meeting Topic: Baby-Led Solids	AquaZone Crèche 10 Queens St, Warrnambool

NB: Discussion Meetings are now held at AquaZone Crèche