

8. Springleigh Group Meeting Dates

Date	Venue	Topic
Thursday February 23 rd 9:30-11:30am	Bentleigh Maternal & Child Health Centre 542 Centre Road Bentleigh	Myths about Breastfeeding
Thursday March 22 nd 9:30-11:30am	As above	Breastmilk....What is so good about it?
Thursday April 19 th 9:30-11:30am	As above	Common Breastfeeding Concerns
Thursday May 24 th 9:30-11:30am	As above	Sleep
Thursday June 21 st 9:30-11:30am	As above	Expressing and storing breast milk

Meetings will conclude promptly by 11:30am.

Please contact Renee if you would like a particular topic covered at a meeting or if you think that you might find it convenient to host a meeting at your house (eg if you have a baby or toddler who sleeps at the time of meetings, or you don't drive).

email: reneekam@iprimus.com.au

phone: 9570 9003

1.

Springleigh Group Bulletin

February 2012



australian
breastfeeding
association

Australian Breastfeeding Association
Telephone: (03) 9885 0855

www.breastfeeding.asn.au

ABN 64 005 081 523

Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

The National Breastfeeding Helpline is supported by funding from the Australian Government

to the Springleigh Group of the Australian Breastfeeding Association (ABA)

The Springleigh Group of the ABA covers the suburbs of Bentleigh, Ormond, Clayton, Moorabbin, Oakleigh, Mckinnon, Brighton, Highett and Elsternwick

- One does not have to be breastfeeding to attend our group meetings, nor is it necessary to be having any problems to attend our meetings. You are welcome to come along as a visitor or bring a friend to one or two meetings before subscribing to the ABA. Partners are welcome to attend.
- The meetings are set up as informal discussions to allow any mother to express her feelings and experiences, as well as providing the information relevant to the topic - your input is important to the group. There is also time allowed to ask a counsellor specific questions. The counsellor will endeavor to be present at every meeting, unless there is an extenuating circumstance, in which case you will be given her contact details.
- A plate of healthy food is always welcomed. But if you don't have time to bring something please don't let it stop you from coming. We often have young children attend, so we ask you to choose foods low in salt and sugar (eg sandwiches, fruit or muffins).
- The counsellors listed below have made themselves available outside meeting times.
 - Renee 95709003
 - Sonia 95556804
 - Anne 95041135
 - Jill 95572121
 - Pauline 95554061
 - Diane 95638552
- If you need to talk to someone more urgently, there is always the National Breastfeeding Helpline with counsellors rostered on 7 days per week on 1800 686 268 (1800 mum 2 mum).

To subscribe, or to make a donation, please register online at www.breastfeeding.asn.au or fill in this form and send to:

Australian Breastfeeding Association
P.O. Box 4000, Glen Iris, VIC 3146
 Fax form to 03 9885 0866
 Phone 03 9885 0855

Name:.....

Address:.....

.....Postcode:.....

Telephone:.....

Email:.....

One-year subscription \$ 65

Two Years \$ 95

Concession (one year) \$ 50

(Card no:.....)

New Subscribers receive a free copy of the Association's comprehensive book on breastfeeding, *Breastfeeding...Naturally* (valued at \$34.95). Please tick box if you **do not** want to receive a copy.

Enclosed is my cheque/money order for \$_____

or Please charge my: Visa MasterCard

No: _____

Exp. Date: ____/____ Total \$_____

Signature:.....

YOUR PRIVACY IS IMPORTANT TO US

The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing association services. Your personal details will not be given to any other party unless legally required to do so. Our privacy policy can be viewed at www.breastfeeding.asn.au or obtained by calling 03 9885 0855 during business hours. Your personal details may be used for internal fundraising purposes. Should you prefer not to receive these requests, please contact us.

ABN 64 005 081 523

4. Group Roles

There are currently a few volunteer group roles/jobs up for grabs (eg treasurer, auditor, fundraising leader, meeting topic planner etc). If anyone may be interested in helping out with our Springleigh Group, please let me know.

reneekam@iprimus.com.au

Breast pump hire

- If you need a breast pump, contact Yvette (the Victorian branch breast pump hire coordinator) first who will inform you as to where the nearest available pump is.
- Yvette's contact details:
Office: 9791 4644
Mobile: 0417 531 853
Email: abavic@vic.chariot.net.au
Website: www.abavic.asn.au
- A breast milk collection kit is available for purchase from the hiring officer (\$64.95).
- Hiring cost:
 - \$30/week (\$15 for ABA members) and \$50 deposit for the Medela Lactina pump
 - \$50/week (\$25 for ABA members) and \$100 deposit for the Medela Symphony pump

Neighbouring ABA Groups

5.

You are welcome to attend other group meetings in your region (eg if another day is more convenient or you like the topic that another group may be discussing). If you wish to be on another group's mailing list (eg to receive bulletins, fundraisers etc.) contact head office on 9885 0855. Here is a list of emails of group leaders from other groups in your region:

- Prahan/Malvern - Claire Justin
prahran.malvern.aba@gmail.com
- Bayside - Taoe Gray
ababaysidegroup@yahoo.com.au
- Port Phillip - Susan Hill
hills35@bigpond.com
- Caulfield - Alicia Lyon
abacaulfield@hotmail.com
- Cheltenham/Parkdale - Lauren Boundy
laurenboundy@gmail.com

6. Code of Ethics

The Australian Breastfeeding Association has a code of ethics which we follow at our meetings and when representing the ABA. The following clauses may be of interest to you as subscribers:

- Discourage discussion of particular doctors, hospitals and maternal and child health nurses at meetings or in conversations to allow for non-bias and respect for all.
- ABA meetings are not to be used for the promotion of any political, sectarian or racial cause; or for the promotion of goods and services by any other organisation.
- Counsellors do not advise mothers, but offer suggestions on a mother-to-mother basis.
- Counsellors do not give medical advice. Any mother needing medical advice is to be referred to her doctor, child health nurse or other appropriate professional person or organisation.

The complete version of the code of ethics is available from:

<http://www.breastfeeding.asn.au/aboutaba/coe-09.pdf>

In closing....

A big thank you to **Elysia** at Elizabeth Miller's (MP) office for her assistance in printing our bulletin.

Occupational Health and Safety

3.

In line with the Australian Breastfeeding Associations commitment to the health and safety of everyone attending our group meetings and events please keep in mind the following points:

- Please refrain from attending meetings if you or your child is unwell.
- If you or your child is diagnosed with a contagious illness after attending a group meeting please notify the group leader immediately to enable other meeting attendees to be notified.
- Due to the prevalence of nut allergies we ask that you refrain from bringing items containing nut products including peanut butter, nutella and muesli bars to meetings.
- Please ask parents before sharing food with a child(ren) at meetings as some children may have food allergies or intolerances.
- Be careful with hot drinks at meetings to ensure they are not accidentally spilled onto babies or children and also that toddlers and children cannot pull hot drinks from tables or benches.
- Please provide sun protection for your child(ren) at outdoor meeting venues and events.

Breastfeeding clinics

- Yvette runs breastfeeding clinics at suite 3/71 Robinson Street, Dandenong by appointment on a Tuesday and Thursday between 10am-4pm. Wednesdays are drop in days where you can drop in at any time that suits between 10:30am-3:30pm. See http://www.abavic.asn.au/breastfeeding_centre.htm You can contact Yvette on 9791 4633 or abavic@vic.chariot.net.au
- The Bayside group runs breastfeeding confidence groups on the 1st and 3rd Fridays of each month 10am-12pm. Email ababaysidegroup@yahoo.com.au for more information.