

Breastfeeding-

Promotion and Education

- Our members promote and educate in the local community with relevant and up to date Breastfeeding information
- We offer support to local women with breastfeeding and parenting issues
- We have representatives on the Greater Shepparton Breastfeeding Workgroup to develop programs of support that meet the needs of local families
- Counsel on the Victorian Breastfeeding Helpline & by email
- Conduct childcare centre training
- Conduct antenatal talks
- Speak at new mums groups
- Promote breastfeeding at public events (such as the Shepparton Show)

Production of this bulletin is proudly supported by Wendy Lovell;

***Member for Northern Victoria Region.
Shadow Minister for Women's Affairs,
Children and Early Childhood***

***Development, Housing and Country
Victoria.***

ABA breastfeeding counsellors are available 24 hours a day, seven days a week to provide valuable assistance, suggestions and reassurance.

If you would like to speak to a breastfeeding counsellor, please don't hesitate to contact one of our local counsellors, or ring the 24-hour Hotline.

ABA NATIONAL HELPLINE:

1800 686 2 686

(1800 mum 2 mum)

What are the benefits of joining ABA?

- Current, reliable breastfeeding information
- Access to trained Breastfeeding Counsellors
- Stimulating talk, great company, all in your local area
- Respect for your role as a mother
- Essence magazine
- Discounts on Mother's Direct products and breast pump hire
- Access to our group library of breastfeeding and parenting resources
- Subscriptions support the work we do in the community. Without subscribers, ABA wouldn't exist!



Group Leader: Tish 58001234

Counsellors: Ann 5829 8235

Tish 58001234

Breast Pump Hire: Tish 58001234

ABA website: www.breastfeeding.asn.au

24hr NATIONAL HELPLINE:

1800 686 2 686

(1800 mum 2 mum)

Shepparton & District

*Australian
Breastfeeding
Association*

ABN: 64 055 081 523

What does ABA Shepparton do?

Just had a baby?

or

Just want to make contact with other Breastfeeding mums?

Discussion meetings:

The Shepparton ABA Group includes the surrounding areas of Tatura, Mooroopna, Dookie, Kialla, Arcadia, Tallygaroopna, Undera, Pine Lodge & Numurkah.

Shepparton Group holds regular gatherings that offer a relaxed and informal way to meet other mothers. There is always a breastfeeding counsellor or Community Educator present at meetings.

Not only do we cover an array of topics at our meetings but the Shepparton group also offers a bi-annual newsletter. This has up to date information as well as news from Branch Headquarters.

- ☺ Everyone is welcome at ABA meetings, whether pregnant, breastfeeding, bottle feeding or past all that.
- ☺ We encourage you to come a couple of times to see if you enjoy it, before subscribing to the association
- ☺ If you have a special interest in breastfeeding, you could become a Breastfeeding Counsellor or Community Educator. Please feel free to contact us anytime for more information.

Visitors, partners and children are also welcome!

☾ **Wednesday** meetings are at 7:30pm. If you are unsure of locations please phone Tish 58001234 for directions.

* **Friday** meetings will be held at 10:00 am at the RISE Inc 38 Packham St. Please bring a snack/plate to share.

FEBRUARY

☾ 4th Breastmilk –Expressing & storing [Tish's]

* 13th Chat 'n' Snack

* 20th Children, breastfeeding & dentists

* 27th Chat 'n' Snack

MARCH

☾ 4th The early days– (midwife special) [Tracy's]

* 13th Chat 'n' Snack

* 20th About ABA

* 27th Chat 'n' Snack

APRIL

☾ 1ST **Mums night out:** *Spaghetti Hollow*

* 10th Chat 'n' Snack

* 17th Survival Tips

* 24th Chat 'n' Snack

☾ 29th Breastfeeding, amenorrhoea & Contraception [Sam's]

MAY

* 8th Chat 'n' Snack

* 15th Kids & Play

* 22nd Chat 'n' Snack

☾ 27th Breastfeeding and Illness [Tish's]

JUNE

* 5th Chat 'n' Snack

* 12th CPR

* 19th Chat 'n' Snack

☾ 24th **Introducing solids:** *Parklake-*

JULY

* 3rd Chat 'n' Snack

* 10th Breastfeeding the older child

* 17th Chat 'n' Snack

☾ 22nd Myths & stories [Tracy's]

* 31st Chat 'n' Snack

AUGUST

* 7th Breastfeeding & the environment +guest

* 14th Chat 'n' Snack

☾ 19th Breastfeeding & returning to work [Sam's]

* 28th Chat 'n' Snack

SEPTEMBER

* 4th Dads & kids –their role together

* 11th Chat 'n' Snack

☾ 16th **NIGHT WAKING:** *Peppermill-*

* 25th Chat 'n' Snack

OCTOBER

* 2nd Children's Literature

* 9th Chat 'n' Snack

☾ 14th Topic TBA [Tish's]

* 23rd Chat 'n' Snack

* 30th Breastfeeding 101: (midwife special)

NOVEMBER

* 6th Chat 'n' Snack

☾ 11th Holiday resources [Tracy's]

* Sat 21st Family Christmas - TBA

* 27th Nutrition & the breastfed baby/child

DECEMBER

* 4th Chat 'n' Snack

☾ 9th **Mums Christmas Breakup - Last Straw**