

**WHEN YOU JOIN THE AUSTRALIAN BREASTFEEDING ASSOCIATION  
YOU.....**

- become part of an Australia – wide network of mothers who care about breastfeeding;
- are more likely to enjoy your breastfeeding relationship;
- receive an informative and entertaining magazine (Essence) regularly;
- help support the breastfeeding Counsellor network giving access to accurate breastfeeding information to all women;
- support the training of approximately 700 new breastfeeding counsellors each year;
- help educate the community about breastfeeding making it easier for your sisters, neighbours, and daughters to breastfeed in the future;
- are a welcome part of discussions and information sharing with ABA group.

**APPLICATION FOR SUBSCRIPTION**

**SUBSCRIPTION:**

<input type="checkbox"/>	\$65.00 per annum
<input type="checkbox"/>	\$95.00 two year subscription
<input type="checkbox"/>	\$50.00 concession rate per annum (please give No. and type.....)
<input type="checkbox"/>	\$ _____ Donation (tax deductible if \$2 or more)
	\$ _____ <b>TOTAL</b>

**TITLE** \_\_\_\_\_ **SURNAME** \_\_\_\_\_ **FIRST NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**POSTCODE** \_\_\_\_\_

**TELEPHONE** \_\_\_\_\_ **FAX** \_\_\_\_\_

**NAME OF LOCAL GROUP (IF KNOWN)** \_\_\_\_\_

I agree to participate in ABA approved research projects: YES / NO

**SIGNED** \_\_\_\_\_ **DATE** \_\_\_\_\_

Enclosed is my cheque \$ \_\_\_\_\_ (payable to ABA) or

Please charge my: Bankcard  Visa  Mastercard  with \$ \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Expiry date** \_\_\_\_\_ **Signature** \_\_\_\_\_

**Send to:** Australian Breastfeeding Association  
PO Box 4000 Glen Iris 3146  
or ring: 9885 0855 / fax 9885 0866



australian  
breastfeeding  
association

# Somerville/Balnarring Group Bulletin Spring/Summer 09/10

Hi!

The cold weather is coming to an end and I hope to be back at group meetings soon with my premi -baby Jordan, now 6 months & doing well.

Congrats to Erica on the arrival of baby Amy, we wish you all the best over the next few months and looking forward to new babies from Bek, Kim, Sarah & Julie before the Summer is finished!

Our bulletin is now 6 monthly and we will have a planning meeting before the next one if you'd like to have some input to group topics & activities etc. Also Crib Point Community Centre (where maternal & child health is) has kindly offered their playroom for us to use for our meetings on Tuesdays from now on, which is great. However if you'd still like to host a meeting at your home on a Tues or Weds morning please let me know for the next bulletin.

And big thanks to Georgia for taking on our library!  
Enjoy the rest of the year and looking forward to our 'toddler disco' xmas break-up!

Your Group Leader, Jo x

## Breastfeeding Ed. Classes

### Know any new or expectant Parents?

Our Mornington Peninsula region holds special meetings covering the benefits of breastfeeding and ABA, what's normal in the breastfed baby, positioning and attachment and understanding your milk supply. The cost of \$85 includes a 12 month subscription to ABA & Essence magazine and a free copy of 'Breastfeeding Naturally'.

The next Breastfeeding Basics Night is on

**Wednesday 18th November at 7pm**

**@ the Community Room, Frankston Library**

To book please ring Janette on 03 9776 7549

### *Our Group Library...*

*Some of our books and DVD's seem to be on "permanent loan".*

*Those that are missing in action are underlined below, if any of them sound familiar please have a look around and contact Georgia to arrange their return.*

*From now on books will have a corresponding borrowing card and a due date. Please fill out all the details when you choose a book, Georgia is more than happy to help with all library procedures.*

The library will be available at most meetings but if you are after a particular book you can always contact Georgia directly. A current booklist has been emailed to our member list, we have some great books so please use them.

Books missing in action...

Breastfeeding made simple

Lives touched by breastfeeding

The successful child

DVD's....

Baby Massage - Pinky McKay

Blokes, Babies, Breastfeeding



## Something for the toddlers...

Available from Mothers Direct, you're ABA shop. Check out the new look website @ [www.mothersdirect.com.au](http://www.mothersdirect.com.au)



### *Merrily Merrily*

This CD is based on a book of songs and rhymes for young children.

This unique book, compiled by a group of Australian Breastfeeding Association members with extraordinary musical skills, has become required reading for many tertiary students in Australia undertaking early childhood teaching courses.

Price: AU \$19.95  
(incl GST)

**\*\*Look out for the ABA 2010 Calendar - all profits go to ABA \*\***

### **\*ABA Subscriber Discount\***

Australian Breastfeeding Association subscribers receive 10% discount on all products purchased via [www.mothersdirect.com.au](http://www.mothersdirect.com.au), mail order or at the Mothers Direct shop in East Malvern on 1800 032926. Discount will be applied by Mothers Direct when processing your order.



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



## Electric Breast Pump Hire

You can hire an electric breast pump from the Australian Breastfeeding Association.

Phone 9885 6333 or (AH) 0417 531 853

Monday to Friday, 9.00am – 5.00pm

After hours, weekends and public holidays

Cost: Non-ABA Members \$30 per week (\$50 symphony)

ABA Members \$15 per week (\$25 symphony)

Deposit: \$50 (\$100 symphony)

Personal milk collection kit: \$58.45 plus postage

ABA Subscription: \$50 per year / \$35 concession

Service includes consultation with a trained Breastfeeding Counsellor and ongoing information and support.

*ABA is a not-for-profit organisation*

## CODE OF ETHICS

You may or may not be aware that the Australian Breastfeeding Association 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 at meetings and in conversation.
- ◆ 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 organisation other than ABA.

If you have any questions regarding the Code of Ethics or would like to see a copy of the code of ethics please speak to Jo or one of our group counsellors.

## AUSTRALIAN BREASTFEEDING ASSOCIATION SOMERVILLE/BALNARRING GROUP DIRECTORY & MEETING PROGRAM

Group Leader and Breastfeeding Counsellor	Jo	5989 8898
Breastfeeding Counsellor	Liz	5977 7731
Community Educator	Leanne	5955 8011

Breast Pump Hire 9885 6333 or 0417 531 853

Sales Co-ordinator	Margot	5931 3518
Treasurer	Liz	5977 7731
Library	Georgia	59 898309

24 HOUR BREASTFEEDING HELPLINE -  
1800mum2mum or 18006862686  
DRUG INFORMATION LINE - 03 9594 2361  
WEBSITE - [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### GROUP DISCUSSION MEETINGS

These open discussions are for everyone, whether pregnant, a new mum or more experienced with older children. Meetings are held at various times and if you are having a good day please bring a plate of food to share. We understand that things do not always go according to plan.

A Qualified Breastfeeding Counsellor is present at every meeting along with our Group Sales and Library.

*Australian Breastfeeding Association Meetings are free and everyone is welcome. Hope to see you at one soon.  
(see next page for dates & venues)*

## September

Wednesday 2nd 10:00am - 12:00pm  
BYO Breastfeeding questions  
RW Stone Hall  
Camp Hill Rd, Somers

Tuesday 15th 10:00 - 12:00pm  
Weaning  
Crib Point Community Centre  
7 Park Rd, Crib Point( Mel ref 195 C2)

## October

Wednesday 7th 10am - 12:00pm  
Benefits of Baby wearing with 'sling demo'  
RW Stone Hall  
Camp Hill Rd, Somers

Tuesday 20th 10am - 12pm  
Breastfeeding - the early weeks  
Crib Point Community Centre  
7 Park Rd, Crib Point( Mel ref 195 C2)

## November

Wednesday 4th 10am - 12:00pm  
First -Aid for children  
RW Stone Hall  
Camp Hill Rd, Somers

Tuesday 17th 10am - 12pm  
Introducing Solids  
Crib Point Community Centre  
7 Park Rd, Crib Point( Mel ref 195 C2)

## December

Wednesday 2nd 10am - 12pm  
Christmas Break -Up "Toddler Disco!"  
RW Stone Hall  
Camp Hill Rd, Somers

Tuesday 15th 10am - 12pm  
Understanding your supply  
Crib Point Community Centre  
7 Park Rd, Crib Point( Mel ref 195 C2)



**Merry Christmas & a  
Happy New year!!**

## January

Wednesday 6th 10am - 12:00pm  
About ABA  
RW Stone Hall  
Camp Hill Rd, Somers

Tuesday 19th 10am - 12pm  
Reflexology massage for babies & children  
Crib Point Community Centre  
7 Park Rd, Crib Point( Mel ref 195 C2)

## February

Wednesday 3rd 10am - 12:00pm  
Survival Plan  
RW Stone Hall  
Camp Hill Rd, Somers

Tuesday 16th 10am - 12pm  
Breastfeeding Basics  
Crib Point Community Centre  
7 Park Rd, Crib Point( Mel ref 195 C2)