

Breastfeeding- Promotion and Education

- Promote and educate in the community
- Support local women with breastfeeding and parenting
- We have representatives on the Greater Shepparton Best Start Breastfeeding Workgroup to develop programs of support that meet the needs of local families
- Counselling on the National 24hr Breastfeeding Helpline
- Conduct antenatal talks
- Promote breastfeeding at public events
- Breastfeeding Education Sessions

Are there benefits of joining ABA?

YES - YES - YES

- Current, reliable breastfeeding information
- Access to our group library of popular texts and resources on breastfeeding and parenting
- **FREE** Breastfeeding book (value \$34.95)
- Essence magazine posted to you every 2 months
- 24 hour help -phone or email
- Discount Mothers Direct shopping
- Subscriber only website section
- **FREE** borrowing of group library resources- latest information, DVDs & baby carriers

ABA NATIONAL HELPLINE: 1800 686 2 686 (1800 mum 2 mum)

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

What is an ABA get together like?

- ☺ Support for your choices
- ☺ Great ideas and suggestions to help you in parenting and breastfeeding when you ask
- ☺ Accepting of you and your parenting ideas
- ☺ An opportunity to learn about breastfeeding during your pregnancy
- ☺ Trained ABA counsellors to answer your breastfeeding questions
- ☺ Free parenting and breastfeeding books, DVDs, slings for loan
- ☺ People who care about breastfeeding
- ☺ A hot cuppa and a bite to eat with a safe place for the kids to play

Breast Pump Hire

We hire hospital grade Medela Lactina Breast-pumps, to members and non members alike. 50% Discount on pump hire for members. For any enquires about the hire of a pump please call Tish 58001234

GROUP CALENDAR:2011

Australian Breastfeeding Association

Shepparton & District

Local mums

Local support

Local get-togethers

Local friends

Local fun

Group Leader: Tish 58001234

Breast Pump Hire: Tish 58001234

Counsellors:

Tracy 58316063

Tish 58001234

Trainees:

Ilse 5825 2845

Sam 5825 2940

Julie 5823 5306

www.breastfeeding.asn.au

abashepparton@gmail.com

What does ABA Shepparton do?

Discussion meetings: an ideal opportunity

- ☺ to meet other mums
- ☺ to bring along any breastfeeding questions
- ☺ for your babies/children to play in safe spaces
- ☺ where lots of friendly faces welcome you.

We ask that you bring a plate of food to share such as fruit, sandwiches, dips or biscuits. However, we appreciate that sometimes you may be too busy to organise this so please don't worry - just come along anyway.

Breastfeeding Educations Sessions

- ☺ Sessions include afternoon tea
- ☺ information about breastfeeding & the early weeks
- ☺ demonstration feed by a local mum and her new bub
 - ☺ opportunity to ask many questions.
 - ☺ Take home information resource pack

Mid Trimester in pregnancy attendance is most comfortable however, you are welcome to attend at a time that most suits. Places are limited so book early with Tish 58001234.

2011 Dates 12.40 - 4pm

- | | | |
|------------|------------|------------|
| * FEB 6th | * MAR 20th | * MAY 1st |
| * JUN 5th | * JUL 24th | * SEPT 4th |
| * OCT 16th | * NOV 20th | * DEC 18th |



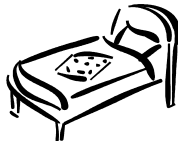
Soak'em's Making toilet training easier.

- ☺ A Soak'em is a comfortable waterproof absorbent mat which sits on top of your child's mattress.
- ☺ Colorfast as well as machine washable and dryable to 90°C.
- ☺ Just switch the Soak'em, not the sheets, for a clean dry bed.
- ☺ Available in ABA Aqua and Kool Kids Print

Single (90cm x 90cm) \$37

Set (90cm x 90cm & 60cm x 50cm) \$47

To order call Kellie 58218016



FREE EARLY DAZE SESSIONS



Early Daze 10.30am - 12.30pm runs on the third Tuesday of the month for mums with new babies...

Please feel free to drop in to one of our Early Daze sessions, where we can discuss topics or questions that are specifically appropriate for you and your baby during your first few weeks together.

25th Jan	22nd Feb	22nd Mar	Apr public holiday	24th May
28th June	26th Jul	23rd Aug	27th Sept	25th Oct 22nd Nov

*** Tuesday 11am - 1pm** held at the Cubby Toy Library (TL) Cnr Balaclava Rd & Wyndham St OR at the location stated.
☺ Tuesday 7:30pm various locations, watch email for details & for directions or phone Tish 0427311072

February

- * 1st 11am TL Out and about with a newborn
- * 15th 11am TL Managing time as a mother?

March

- ☺ 1st 7.30pm Coping with breast refusal
 - * 15th 11am TL Sleep and the breastfed baby
 - * 29th 11am Aquamoves All-Abilities Playground
- *****

April

- ☺ 26th 7.30pm Mums night out for Mother's day

May

- * 10th 11am TL Resources available for you
- * 24th 11am Giggle Kids

June

- ☺ 7th 7.30pm Craft night
 - * 21st 11am TL Play and development
- *****

July

- ☺ 19th 7.30pm- Kinder readiness

August

- * 2nd 11am World Breastfeeding Week activity
- * 16th 11am TL Baby Sign Language
- ☺ 30th 7.30pm Breast health

September

- * 13th 11am Cussen Park Tatura
- *****

October

- * 11th 11am TL Baby Slings & Carriers
- ☺ 25th 7.30pm Medications and breastfeeding

November

- * 8th 11.00 Numurkah Playground
- ☺ 19th Family Christmas TBA
- * 22nd 11am Baby Massage

NEW CALENDAR COMING SOON

December

- * 6th 11am TL Sibling relationships & breastfeeding
- ☺ 20th 6.30pm Mums Christmas night out

Did you receive this bulletin via email? If not, it means that we don't have your email address. Help us save some trees (not to mention saving time photocopying and stuffing envelopes) and let Tish know your email address. Email us at abashepparton@gmail.com