



australian
breastfeeding
association

The Australian Breastfeeding Association (ABA) is a non-profit organisation founded in 1964 that provides information and support to breastfeeding mothers.

The Chelsea group of the ABA covers the suburbs of Aspendale, Aspendale Gardens, Chelsea, Chelsea Heights, Bonbeach, Edithvale, Carrum and Patterson Lakes. Join us at one of our friendly get-togethers to find out more about breastfeeding, have a cuppa and chat with other breastfeeding mothers and their babies/toddlers or get help with your individual breastfeeding needs.

A trained volunteer breastfeeding counsellor is present at all get-togethers. You are welcome to attend your first two get-togethers as a visitor. ABA members can attend as often as they like for just \$65 per year. It's easy to subscribe in person at any meeting or online.

For more information on Chelsea group please call our group leader Susan on 0416 190 907 or email abachelsea@gmail.com

24-hour Breastfeeding Helpline
1800 mum 2 mum
1800 686 2 686

www.breastfeeding.asn.au



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Chelsea Group What's On April – July 2010

- Find out more about breastfeeding and expressing
- Talk to a breastfeeding counsellor
- Chat with other mums and make new friends

We welcome all mums, babies and toddlers; whether you are pregnant, fully breastfeeding, partially breastfeeding, bottle-feeding or expressing.

Australian Breastfeeding Association Chelsea Group – What’s On – April to July 2010

Unless otherwise stated, all get-togethers are held at the Chelsea Maternal and Child Health Centre Meeting Room
Cnr Thames Prom & Station Street, Chelsea. If you are having a good day, a small plate of morning tea to share is appreciated.
Babies, toddlers, pre-schoolers, husbands, grandmas and support people very welcome!

| DATE | TIME | WHAT’S ON |
|---------------------------|-------------------|--|
| April | | |
| Wednesday 7 th | 10.30am - 12.00pm | Introducing Solids. The how to of introducing your baby to family foods, including discussing the new technique ‘baby-led solids’. |
| Tuesday 20 th | 10.00am - 12.00pm | Drop In and Chat. Come and meet some other mums & babies for a social chat. A breastfeeding counsellor will be there to answer any questions. |
| May | | |
| Wednesday 5 th | 10.30am - 12.00pm | Reflux and the breastfed baby. What exactly is ‘reflux’? Come along and learn more about this condition and other reasons for crying and discomfort in babies. |
| Tuesday 18 th | 10.00am - 12.00pm | Drop In and Chat. Come and meet some other mums & babies for a social chat. A breastfeeding counsellor will be there to answer any questions. |
| June | | |
| Wednesday 2 nd | 10.30am – 12.00pm | The ABC of breastfeeding. Come along and learn some of the things they don’t tell you about in antenatal class! Includes tips on managing common breastfeeding challenges such as sore nipples. |
| Tuesday 15 th | 10.00am – 12.00pm | Drop In and Chat. Come and meet some other mums & babies for a social chat. A breastfeeding counsellor will be there to answer any questions. |
| July | | |
| Wednesday 7 th | 10.30am – 12.00pm | Breastfeeding your older baby or toddler. Tips for breastfeeding once your baby has past six months, including managing teething, breast refusal, weaning etc. |
| Tuesday 20 th | 10.00am – 12.00pm | Drop In and Chat. Come and meet some other mums & babies for a social chat. A breastfeeding counsellor will be there to answer any questions. |