

Some useful facts about breastfeeding

- Healthy babies do not usually require any other food or fluids other than breastmilk for the first 6 months of life.
- Most young babies are having 8-12 feeds in 24 hours. Breastmilk is the main food for the first year of life.
- It is normal for most babies to continue to feed through the night in the first year of life or longer.
- The World Health Organization recommends breastfeeding your child up to 2 years and beyond.

There are some great reasons to subscribe!

Get answers!

- New subscribers will receive a FREE copy of *Breastfeeding ... naturally*, RRP \$34.95
- Email counselling from our trained breastfeeding counsellors
- Be fully prepared with an antenatal Breastfeeding Education Class

Stay up-to-date!

- Keep informed with regular home deliveries of *Essence Magazine* – the latest information on breastfeeding & parenting and hear the stories of other mums' experiences!
- Member eNewsletter – read about current activities and be connected with resources to assist you in your breastfeeding journey.

Save money!

- Half price breast pump hire.

Be connected!

- Local support group – meet new friends and have your questions answered at local get-togethers run by friendly volunteer breastfeeding counsellors or educators. Whether you are fully breastfeeding, partially breastfeeding, or expressing, it's great to chat to other mums and get those hints and tips that only other mums know.

Join the Australian Breastfeeding Association

PO Box 33221, Melbourne VIC, 3004

Ph. (03) 9690 4620

Or online: www.breastfeeding.asn.au

First name: _____

Surname: _____

Street: _____

Suburb: _____

State: _____ Postcode: _____

Tel: (____) _____ Mob: _____

Email*: _____

Have you joined ABA or NMAA in the past?

Yes No

If yes, membership number if known:

I am a new member I am a renewing member

1 Year subscription \$70.00

2 Year subscription \$110.00

Concession (No. _____) \$55.00

Please find enclosed my chq/money order for \$ _____
made payable to the Australian Breastfeeding Association.

Or charge my Visa MasterCard

Card No.:

Cardholder's name:

Signature: _____ Expiry date: /

Please tick if tax invoice/receipt required.

Prices valid at 14/02/2022

*by providing your email address you give permission for us to email you relevant news and information.

^prices are for membership within Australia only. International prices are available on our website.

Your privacy is important to us. Our privacy policy can be viewed at www.breastfeeding.asn.au or obtained by calling 03 9690 4620

ABN 64 005 081 523



Australian Breastfeeding Association

Tenterfield-Granite Belt Group

Diary Dates February-July 2022



Breastfeeding Helpline 1800 mum 2 mum

1800 686 268

 www.breastfeeding.asn.au



www.facebook.com/AustralianBreastfeedingAssocTenterfieldGraniteBelt/

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

*For local confidential counselling and
breast pump hire contact:*

Leah 0409 001 634

Join our Facebook group:

[http://www.facebook.com/groups/Australia
nBreastfeedingAssocTenterfieldGraniteBelt](http://www.facebook.com/groups/Australia
nBreastfeedingAssocTenterfieldGraniteBelt)

What are ABA discussion meetings like?

- ABA get-togethers are welcoming and informal. Some are for fun and others are to share information and thoughts about breastfeeding and parenting.
- Everyone is welcome, breastfeeding or not. Pregnant mums, partners, other family members or friends are also welcome to come to our meetings.
- The get-togethers are a wonderful opportunity to meet other women with whom you can form long lasting friendships.
- Older children are also welcome and often enjoy the chance to play together.
- Pregnant women are encouraged to attend.
- Breastfeeding is a learned skill so most mums need some help along the way.
- A qualified breastfeeding counsellor is available to provide free and confidential breastfeeding support and information.

February-July 2022 calendar

Monthly Meetings

Thursday February 24, 9:30 am – Breastfeeding and Returning to Work, Weeroona Park

Thursday March 24, 9:30 am – Breastfeeding and Sleep, Weeroona Park

(Wet weather venue: The Hub, Granite Belt Neighbourhood Centre, 8 Corundum St)

Friday April 22, 9:30 am – Breastfeeding: As your family grows, Weeroona Park

(Wet weather venue: The Hub, Granite Belt Neighbourhood Centre, 8 Corundum St)

Friday May 27, 9:30 am - Walk & Talk Breastfeeding Concerns (mum), Kilpa St Park

Friday June 24, 9:30 am - Walk & Talk Breastfeeding Concerns (baby), Kilpa St Park

Monday July 25, 7:00 pm - Wednesday July 27, 7:00 pm – Breastfeeding and Family Foods, Online

Other Gatherings

**Saturday March 5 and Sunday March 6 - Feed and Change Tent
at the Apple and Grape Festival, Weeroona Park**

Keep an eye on our Facebook group for details of social gatherings, such as park chat and play events, coffee shop meet-ups, creek walks, etc, which may be organised from time to time taking into account the current COVID-19 government guidelines.

All times stated are Qld times. All ABA events in 2022 will follow a COVID-19 plan for safety.

Weeroona Park is in Marsh St, Stanthorpe. Kilpa St Park is in Kilpa St, Stanthorpe.

Check out Facebook group for wet weather venue details, where not mentioned above.

Online sessions – see our Facebook group for more details of these events.

Did you know that all Australian Breastfeeding Association Counsellors are volunteers and receive no payment for the work they do? Your subscription enables us to train breastfeeding counsellors community educators and to provide support and information to mothers. Please join now to help ensure this service can continue.

Membership makes a great baby shower gift! Give an Australian Breastfeeding Association gift membership to someone you care about and they'll receive 12 months or more of information, support and friendship.

Use the form on the back of this bulletin, or join at:

<http://www.breastfeeding.asn.au/membership/individual>.

We hope to see you soon at one of our gatherings. Don't worry if you're late! We understand what it is like with a new baby and/or young children, and we'd love to have you, whenever you can get there.