



Australian Breastfeeding Association

Below are the meeting dates for 2022

We meet on the first and third Wednesday of the month.

Meetings run from 10.30am-12.30am unless otherwise stated.

Lithgow ABA meetings ... a mothers' group with more!

Regular group meetings are a great way to learn more about breastfeeding and parenthood. But more than that, they provide an opportunity for a cuppa, chat, and plenty of willing hands to help attend to your baby/toddler whilst you relax.

Attendees have access to trained breastfeeding counsellors to help you with any breastfeeding concerns, and acceptance of you and your family, no matter what your parenting style!

We meet at 2 Roy St Lithgow The Church Hall

Breastfeeding Helpline - 1800 686 268

This toll-free number connects you to a highly trained volunteer breastfeeding counsellor, who can help you with many issues such as:

Coping in the early days | Storing and expressing breast milk | Weaning | What is 'normal' infant behaviour? | Milk supply

The National Breastfeeding Helpline is supported by Australian Government funding and operates 24 hours a day, 7 days a week. An interpreter service is available.

For more information visit www.breastfeeding.asn.au

Local Contacts General Enquiries- Sheryl 0437151127

Breast Pump Hire: Sheryl 0437151127 Email: abalithgow@gmail.com

Facebook: Australian Breastfeeding Association Lithgow Closed Group

Breast Pump Hire

Need a breast pump? Our group hires out hospital grade pumps for your needs, backed by support from a trained ABA volunteer.

As a not-for-profit organisation, the ABA is funded primarily by membership, which enables the continuation of services and support of parents, health professionals and the community about breastfeeding

Medications and Breastfeeding

For advice about the use of medications during pregnancy and while breastfeeding, contact

Mothersafe on 1800 647 848

Date	Topic
19 th January	Breastfeeding during the summer months
2 nd February	Ouch. Should breastfeeding Hurt?
16 th February	ABC of Breastfeeding
2 nd March	A Birth Doula: what does that mean?
16 th March	It takes a Village
6 th April	Starting Solids - what a mess!
20 th April	Guest Speaker VBAC
4 th May	Partners: how can they help?
18 th May	What to wear when you are breastfeeding
1 st June	Post-natal exercise
15 th June	Guest Speaker Homebirth
6 th July	Sleep: are you getting any?
20 th July	Looking after your baby's teeth
3 rd August	Is this safe when breastfeeding?
17 th August	Returning to work: pumps and expressing
7 th September	Guest Speaker Woman's Health
21 st September	Post-natal depression and anxiety
5 th October	Breastfeeding hints and hacks
19 th October	Challenges with Breastfeeding
2 nd November	Breastfeeding 2 nd , 3 rd time around
16 ^h November	Travelling, drinking and the silly season/
7 th December	Christmas Party