



**Australian
Breastfeeding
Association**

NEWCASTLE/HUNTER REGION

SERVICES



Library

Contains a selection of material regarding all things parenting. Located at the Mums Cottage in Holmesville

BREASTFEEDING EDUCATION

Face to face Breastfeeding Education Classes (details overleaf or on region facebook page) and Breastfeeding Education Live Webinars (information on website) (Discounted rates for members)

Regular Meetings - face to face and zoom

See overpage, follow us on facebook or look on the website for our calendar



images supplied by Susan D'arcy and Tatiana Syrikova



BREAST PUMP HIRE

For more detail contact:

Newcastle Group:
Michelle - 0407 581 239

Lake Macquarie Group:
Kathleen - 0421 343 924

Upper Hunter Group:
Marion - 0459 458 001

(discounted rate for members)

Looking for breastfeeding information & support?

**Breastfeeding Helpline
1800 mum 2 mum**

1800 686 268

Supported by funding from the Australian Government

LiveChat

with the Australian Breastfeeding Association

JOIN US at www.breastfeeding.asn.au or phone 03 9885 0855

\$70: one year membership
\$55: concession membership
\$110: two year membership

Professional membership is available for \$195 a year. There are a range of benefits specific to professionals. See our website for more

information <https://abaprofessional.asn.au/memberships/>



> download or update your app now



Podcast and Blog



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CALENDAR OF EVENTS

APRIL		
Mon 4	ABC's of Breastfeeding	Zoom 10am – 12md
Sat 9	Breastfeeding Education Class (\$)	Southlake's Community Centre, Dora St Morisset. 9am – 1pm
MAY		
Mon 2	National Mothering Week Looking after your Assets: Breast and Nipple care	Zoom 10am – 12md
Mon 16	Guest Speaker: Emotional development and children	Zoom 10am – 12md
JUNE		
Mon 6	How much is enough? Breastfeeding and supply	Zoom 10am – 12md
Tues 21	Breastfeeding and Baby wearing	Location TBA 10am – 12md
JULY		
Mon 4	Breastfeeding as your family grows	Zoom 10am – 12md
Tues 19	Park Play Date	Rathmines Park 10am – 12md
AUGUST – WORLD BREASTFEEDING AWARENESS MONTH: STEP UP FOR BREASTFEEDING		
Mon 1	Pram Walk	Speers Point Park Time TBA
Tues 16	Topic TBA	Zoom 10am – 12md
SEPTEMBER		
Mon 5	Guest Speaker: All about Breastfeeding and teeth! Talk with a dentist	Zoom Time 10am – 12md
Fri 23	Topic TBA	TBA 10am – 12md

\$ = Cost associated. Please contact your local group or visit our website for details

Please contact your local group for details and Zoom link

NEWCASTLE: Felicity - 0467 094 444

LAKE MACQUARIE: Vicki - 0402 129 778 (text only)

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LOWER HUNTER: Lauren - 0459 381 633

lowerhunteraba@gmail.com

UPPER HUNTER: Margaret - 0438 451 891

Ya'el - 0404 365 629

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Regional Facebook Page
Keep updated with local news and events

Breastfeeding with ABA Facebook Group
Connect with like-minded people

