



Mornington Peninsula Region

Breastfeeding.asn.au | facebook.com/abampregion

The **Australian Breastfeeding Association (ABA)** is Australia's leading authority on breastfeeding. We support, educate and advocate for a breastfeeding inclusive society. ABA offers a **FREE** confidential breastfeeding information and counselling service.



Phone 1800 mum 2 mum
(1800 686 268)
24 hours, 7 days a week



Live Chat at breastfeeding.asn.au
Evenings: Mon to Fri 8pm-10pm
Daytime: Mon 12pm-2pm | Fri 12pm-2pm

To **JOIN** go to breastfeeding.asn.au/membership or call 1800 686 268. Regular meetings are held to provide information and exchange ideas and experiences on various breastfeeding and parenting topics.

BREAST PUMP HIRE

The Australian Breastfeeding Association hires hospital-grade breast pumps. Pumps available include Medela Symphony, Ardo Carrum, Medela Lactina, and Ameda Elite. Please text or call our helpful breast pump officers:

Jess (Seaford) 0434 510 149 | Christie (Langwarrin): 0421 655 444 | Mary (Mornington) 5975 1847

You will receive a reply via text within a couple of hours if no-one is immediately available.

BREASTFEEDING EDUCATION LIVE

Ideal for expectant mums and their partners/support people. Attend via zoom and learn the basics of breastfeeding. The class costs \$90 per couple, which includes ABA Membership (normally \$70), a copy of 'Breastfeeding Naturally' (RRP \$34.95). Go to breastfeeding.asn.au/classes.



Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

The National Breastfeeding Helpline receives funding from the Australian Government

6 great reasons to join the Australian Breastfeeding Association:

- 1. Local mums' support groups**
Meet new friends and get your questions answered at local get-togethers run by trained breastfeeding counsellors and educators. Mornington Peninsula Region has a *private Facebook group* for members only.
- 2. Premium Content on mum2mum App**
All premium content in ABA's mum2mum app, including notifications sent straight to your device covering breastfeeding information pre-birth to 12 months of age.
- 3. Free breastfeeding book**
Everything you need to know from pregnancy through to weaning, at your fingertips with your own copy of *Breastfeeding...naturally* (RRP \$34.95).
- 4. Essence magazine**
Read stories from other mums and get up-to-date information with *Essence* magazine sent straight to your inbox.
- 5. Half price breast pump hire**
50% off breast pump hire.
- 6. Members-only website section**
VIP access to extra info and email counselling through a password protected section of our website.

Your membership also helps run our 24hr Breastfeeding Helpline so it is free to everyone

All meetings are at Frankston North Community Centre, 26 Mahogany Ave, Frankston North

Date	Topic	Venue
Wed 23 rd March 10am-12pm	Social chat BYO breastfeeding question	Frankston North Community Centre
Wed 6 th April 10am-12pm	Welcome Back All Members!	Frankston North Community Centre
Wed 4 th May 10am-12pm	National Mothering Week Celebration	Frankston North Community Centre
Wed 18 th May 10am-12pm	Getting out and about with baby	Frankston North Community Centre
Wed 1 st June 10am-12pm	Breastfeeding Challenges	Frankston North Community Centre
Wed 15 th June 10am-12pm	Expressing and storing breastmilk	Frankston North Community Centre

Additional Information

- Qualified Breastfeeding Counsellors are available at all meetings if you require support
- Toddlers, bigger kids and support people are more than welcome
- Guests can attend 2 meetings before becoming a member
- Email abampregion@gmail.com for additional information

Group Meetings and COVID

- All attendees are required to be fully vaccinated*
- Bring your mask
- Bring your own snacks and drinks to avoid sharing with others
- Stay home if you or your child(ren) are unwell

*As per government guidelines this applies to adults over 18yrs

Scan to view
all upcoming
meeting dates



Scan to find
our facebook
page



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download the
mum2mum app



Scan to Listen to
Breastfeeding... with
ABA podcast

