



**Events: Fridays 9:45 am | 7:30pm**

M	Date	Where	Topic
O c t o b e r	1	Cobb and Co	Chat and play
	8	Laurel Bank	Chat and Play
	15	St Barts Hall	Guest Speaker, Anna - Dietitian. Intro to family foods
	22	Danish Flower Art Cafe	Chat and Play -
	29	Urban Grounds Cafe	Breastfeeding Q & A
N o v e m b e r	5	St Barts Hall	Women's Health Physio - Kelly Pendlebury. Pelvic Floor / post- natal care.
	12	Queens Park	Chat and play
	19	Danish Flower Art Cafe	Breast and Nipple Care
	26	Urban Grounds Cafe	End of year dinner
D e c	3	St Barts Hall	Guest Speaker: Ash, QENDO Endometriosis
	10	Danish Flower Art Cafe	End of year morning tea.

Danish Flower Art Café, 10347 Highway, Highfields  
Laurel Bank Park: Playground  
Queens Park: Lindsay St play area  
St Barts, 103 Stenner St, Rangeville

**Support from your local group:**

- Regular meetings with: informative/social/supportive
- A variety of discussion topics
- Breast pumps for hire
- Library with supportive books
- Provision of information packs
- Breastfeeding counselling
- Community education
- Volunteers, group helpers and members who are involved with ABA.

**Group Project:** cards/magnets/prints  
[aba.asn.au/ToowoombaGroupProject](http://aba.asn.au/ToowoombaGroupProject)

**Local Volunteers:**

*Breastfeeding Counsellors:*

*Jeanette Loxton, Claudia Stephenson, and Anna Reeves*

*Community Educator: Ann Lobsey*

*Group Helper: Carla Sankey*

**Come and volunteer with us!**

**General news/updates**

**Breast pumps:** We have four hospital-grade Medela Symphony pumps for hire and four Ardo Calypso double pumps for hire.

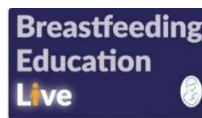
**What's new in ABA:**

**Local Toowoomba Facebook Support Group:**

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

**Online Breastfeeding Education Classes:**

Weekends, and some weeknights. See website.



**Essence:** Available online and/or paper copy for all members. To request a hard copy, request via "update my details" on the website when logged in /contact us for help.



**mum2mum**  
Brought to you by the Australian Breastfeeding Association

**ABA APP: mum2mum** has been designed to provide you with breastfeeding information and support at your fingertips. Breastfeeding information based on your baby or child's age. Frequently asked questions and answers. Plus, you can keep a journal, record feeds, sleep and nappy changes. Premium content for ABA members.

breastfeeding...  
with **ABA**

**Podcast:** 'Breastfeeding ... with ABA', a new podcast and blog  
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Episodes include:

- Introducing Breastfeeding
- Early Days
- The juice on when my milk comes in
- Ouch! What happens when my nipples crack?
- Breastfed babies and poo
- More episodes to come.

**From the Group Leader:**

Welcome, and thanks for being a member/supporter of your local ABA Toowoomba Group. A few mums are expecting babies during this term so it will be lovely to share the journey.

We continue to navigate the challenging times with COVID-19. We have been fortunate with very few disruptions here in Toowoomba but ever mindful of the impact it is having on communities.

The early days of learning to breastfeed and be a mother is probably a steep learning curve for many. Things like working out is your baby getting enough milk, why your baby might be crying, lack of sleep for everyone, and trying to work out the minimal house tasks that need doing.

*Five top reasons the National helpline is called*

1. *breast and nipple pain.*
2. *reassurance.*
3. *low supply.*
4. *positioning and attachment*
5. *info on feeding patterns.*

It is comforting to know that we as mums are not alone in asking these questions, and that with help and support, many breastfeeding goals can be achieved.

I'm looking forward to our events this term. Come and join us! A great place to meet other mums and catch up. A lot of socialising and friendships happen while we share our parenting journeys!

**Jeanette Loxton**

ABA Toowoomba Group Leader,  
Breastfeeding Counsellor and Assistant Branch President (QLD)

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**Breast Pump Hire:**

- **Jeanette (0412 446 045)**
- **or 46357691**
- **Ann (0400 482 240)**



**Breastfeeding Helpline  
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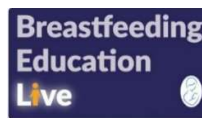
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