

To better address the needs of these women, the ABA has brought together a selection of its written material in a comprehensive package aimed to inform and support employees who are embarking on maternity leave about breastfeeding and how to prepare so that they can continue to meet the needs of their infant after their return to work.

We recommend that employers provide the Gold Come Back Pack for all staff embarking on maternity leave. This includes the full suite of relevant resources. We also offer a second option at a lower price. BFW accredited organisation receive a discount on both options.

Resources	Gold Come Back Pack \$45 BFW accredited organisation \$35	Standard Come Back Pack \$30 BFW accredited organisation \$35
<i>Breastfeeding: An introduction</i> (booklet)	X	
<i>Breastfeeding: Expressing and storing breastmilk</i> (booklet)	X	
Tip cards – set of 5 on common topics	X	X
<i>Breastfeeding Confidence</i>	X	X
Alcohol and Breastfeeding: A guide for mothers	X	X
Caregivers Guide to the Breastfed Baby	X	X
Suggestions on using an Electric Breast Pump	X	X
Feeding cues/Soothing babies	X	X
Normal nappies chart	X	X
Back issue of ABA's member magazine <i>Essence</i>	X	X
National Breastfeeding Helpline Fridge Magnet	X	X

For orders and postage costs please contact bfwa@breastfeeding.asn.au