



Australian Breastfeeding Association

ABN 64 005 081 523 RTO 21659

Lismore Group News

July-Dec 2022

OUR VISION: Breastfeeding is recognised as important by all Australians and is culturally normal.

OUR MISSION: As Australia's leading authority on breastfeeding, we support, educate and advocate for a breastfeeding inclusive society.

Why join the Australian Breastfeeding Association?

Get the answers

- Read your free copy of Breastfeeding... *naturally*
- Access premium content on ABA's mum2mum App
- Email a breastfeeding counsellor
- Attend a Breastfeeding Education Class or Webinar

Stay up-to-date

- Keep informed with our member magazine – *Essence*
- Read the latest news in our monthly e-newsletter

Save Money

- Get half price breast pump hire
- Get discount on ABA products

Be connected and supported

- Meet new friends and have your questions answered at local get-togethers
- Join the ABA family. Your membership enables us to continue our services in supporting and educating the community about breastfeeding.

By joining the Australian Breastfeeding Association you will have access to expert help whenever you need it and will gain confidence in your parenting skills.

To join :

- go online at www.breastfeeding.asn.au
- phone 03 9690 4620
- contact your local group at abalismore@gmail.com

THANK YOU

The Australian Breastfeeding Association is a national organisation run by volunteers to support and educate mothers, their families and the community.

Thank you to our new and renewing members. Your support helps fund the training of our volunteer breastfeeding counsellors and community educators.

Group Leader's Message

We planned to return to face-to-face Lismore gatherings after the easing of COVID restrictions earlier in the year. Then came the February and March flooding. Our volunteers were supporting close family members who were flood affected. Our venue at the Lismore Library was damaged while our group resources were saved.

But July brings some good news. Flood affected families are slowly rebuilding their homes and their lives. A grant has provided funds to hire a meeting room for the rest of the year while the library is being repaired.

The World Breastfeeding Week (1-7 Aug) theme this year is **Step Up for Breastfeeding Educate and Support.**

Lismore Group volunteers are excited to again be able to Step Up for Breastfeeding by providing education and support at our mum2mum gatherings on the 2nd Friday of each month and at our Breastfeeding Education Classes.

See page 3 for information about our activities or contact us for more details.

I hope to see you and your little ones soon!

Ros x

LISMORE GROUP CONTACT

Visit our website at:

<https://www.breastfeeding.asn.au/local/nsw/lismore-nsw>

Email us for local group information:

abalismore@gmail.com

Find us on facebook:

<https://www.facebook.com/groups/ABAlismore/>

LISMORE GROUP VOLUNTEERS

Group Leader & Counsellor: Ros

Breast Pump Hire & Counsellor: Hélène

Counsellors: Jade, Erin, Jeanne & Raphie


Would you like to join our volunteer team?

Enquiries to abalismore@gmail.com

Are you familiar with all the current ABA services for members and non-members?


One-stop link to all ABA services and resources Visit <https://www.breastfeeding.asn.au/bf-info/aba-services-downloadable-flyer> to view our interactive flyer with direct links to videos and other services.

NEW MEMBERS



Every new member receives a **FREE** copy of our comprehensive book, Breastfeeding... *naturally*.
RRP \$34.95

NEW & RENEWING MEMBERS



Join or renew to receive ABA's **Essence** magazine and monthly email newsletters plus discounts on ABA products and breast pump hire. Membership supports breastfeeding in the whole community .

BREAST PUMP HIRE & SALES

Contact 0492 942 875
or [hele-
ne.breastfeeding@gmail.com](mailto:hele.ne.breastfeeding@gmail.com)
to discuss your breast pump needs with our volunteers



Hire a breast pump:
ABA members receive 50% discount on pump hire.
Join today!

Buy a breast pump:
ARDO Calypso Double Plus Electric
Buy this pump from ABA Lismore (\$299.95) and

BREASTFEEDING BOOKLETS - \$5.00 ebooklet
an inexpensive aid to successful breastfeeding.

The booklets are based on the latest medical information and the breastfeeding experiences of many mothers. They are presented in an easy-to-read format with photos, diagrams, and practical suggestions. Available as downloadable PDFs from <https://shop.breastfeeding.asn.au/>

Topics include:

- Breastfeeding: expressing and storing breastmilk
- Breastfeeding: and your supply
- Breastfeeding: breast and nipple care
- Breastfeeding: and sleep
- Breastfeeding: and family foods
- Breastfeeding: women and work

To see the full catalogue of topics available in hard copy visit <https://www.breastfeeding.asn.au/products>

BREASTFEEDING EDUCATION CLASSES

Expecting a baby and preparing to breastfeed?
1.30-4.30pm Saturday 22nd Oct 2022
Lismore (venue to be advised)



Places are limited.
Booking is essential!

See: www.breastfeeding.asn.au/node/24866/bec

Can't get to Lismore?
Then join our interactive 1.5 hour webinar sessions - available most weekends and some week nights.
<https://www.breastfeeding.asn.au/classes>

Something for everyone - Helpline & LiveChat & facebook & podcasts & phoneApp



Australian Breastfeeding Association

Breastfeeding Helpline
1800 mum 2 mum
1800 686 268

The National Breastfeeding Helpline receives funding from the Australian Government



LiveChat
with the Australian Breastfeeding Association

Week nights 8-10pm at www.breastfeeding.asn.au

FACEBOOK



Join the online breastfeeding community.

- **Breastfeeding with ABA** Facebook support group
- ABA's **Facebook** page
- Local groups: **enter your postcode** to find your local group and find their Facebook, with local news and activities.



Your goals matter.

Australian Breastfeeding Association
breastfeeding.asn.au We are here to support you.

Introducing a new blog and podcast

made by parents for parents

breastfeeding ... with **ABA**




Australian Breastfeeding Association
blog.breastfeeding.asn.au

Breastfeeding Counselling


- Is a confidential service provided by trained volunteer counsellors.
- Is available to all by phoning the Breastfeeding Helpline 24hours/7days (free from all phones).
- Is available in person at our local mum2mum gatherings.

We're here for you, every step of the way



mum2mum
Brought to you by the Australian Breastfeeding Association

Download or update your app now





**We welcome all mothers, their babies and young children, and their support people.
You don't need to have breastfeeding concerns and you don't need to be breastfeeding.**

Discussion topics are just conversation starters.

We are always happy to discuss any breastfeeding questions or concerns.

Date	Time	Event Type	Details	Location
Friday 8th July	10:00am	Info & Chat	ABC of Breastfeeding	143 Hunter St Lismore
1-7th August	World Breastfeeding Week - Step Up for Breastfeeding Educate and Support.			
Friday 9th Aug	10:00am	Info & Chat	Step up for Breastfeeding Education and Support	143 Hunter St Lismore
Friday 9th Sept	10:00am	Info & Chat	Expressing your love – when & how to provide breastmilk when you baby doesn't feed from your breast	143 Hunter St Lismore
Friday 14th Oct	10:00am	Info & Chat	Sleeping like a baby – what does that mean?	143 Hunter St Lismore
Saturday 22nd Oct	1.30-4.30	Breastfeeding Education Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore venue to be confirmed
Friday 11th Nov	10:00am	Info & Chat	Baby's first foods – when and what	143 Hunter St Lismore
Friday 9th Dec	10:00am	Info & Chat	Breastfeeding and celebrations – travel, alcohol, & social gatherings	143 Hunter St Lismore

Can't make it to these events but would like to be part of the breastfeeding community?

- ◆ Join an online gathering. See <https://www.breastfeeding.asn.au/calendar-of-member-events>
- ◆ Share your experiences at <https://www.facebook.com/ozbreastfeeding>

Want more information on any breastfeeding topic?

- ◆ Visit <https://www.breastfeeding.asn.au/> and use the search box..
- ◆ Call the 24/7 National Breastfeeding Helpline on 1800 686 268
- ◆ Use LiveChat 8-10pm (Viic) Mon-Fri <https://www.breastfeeding.asn.au/abas-livechat-support>