**Australian Breastfeeding Association**

**Northern Sydney Group**

**June 2022 – Dec 2022**

**ABN 64 005 081 523**

**www.breastfeeding.asn.au**

**Contact Us**

**Breastfeeding Helpline**

1800 686 268

**Electric Breast Pump Hire**

https://www.breastfeeding.asn.au/local/nsw/northern-sydney-nsw

**Northern Beaches**

Peta: 0400 565 885

**North Shore**

Alisa: 0432 166 303

Rose: 0409 143 558

**Northern Sydney Group Email**

NorthernSydneyaba@gmail.com

**Like us on Facebook**

Look for Australian Breastfeeding Association-Northern Sydney Group https://www.facebook.com/ABA.Northern.Beaches/

**Website**

www.breastfeeding.asn.au

**Online shop**

https://shop.breastfeeding.asn.au/

**LiveChat 8-10pm Mon – Fri** , **12 - 2pm M and F**

www.breastfeeding.asn.au

**Welcome!**

To all our new members, welcome! We hope to meet you and your babies and toddlers and catch up again with existing members at our group meetings in the coming weeks and months.

Because of the uncertainty about Covid we plan to have outdoor and zoom meetings for the next few months. We’d love to see you either on-line or in person– feel free to join us even if the topic isn’t a question you currently have, there’s always lots of time to chat and get to know other local mums and babies.

If you are wondering about breastfeeding and parenting, confused by all the information you have been given or found on the internet, please ring a Breastfeeding Counsellor on the 24-hour National Breastfeeding Helpline:

**Breastfeeding Helpline**

***1800 mum-2-mum***

***(1800 686 268)***

**Who are we?**

The ABA is a voluntary organisation which supports and encourages mothers who wish to breastfeed. We offer information and mother-to-mother support through telephone counselling on the Breastfeeding Helpline **1800 686 268**, our website at www.breastfeeding.asn.au and at group meetings in the Northern Sydney area.

Our group holds regular discussion meetings and coffee mornings to enable mothers to share their experiences. You are welcome to attend a couple of meetings before joining. For the next few months we will be prioritizing outdoor and zoom meetings until we determine that it is completely safe to meet at indoor venues.

Meetings are led by a qualified ABA Breastfeeding Counsellor or Community Educator.

| **Date** | **Time** | **Topic** | **Place** | **Facilitator/****meeting contact** |
| --- | --- | --- | --- | --- |
| Tuesday7 June | 10am-12 noon | Toddlers – the agony and the ecstasy with or without a new baby | **Outdoor** - Mindarie Park, 18a Mindarie St Lane Cove North. Fenced playground, Picnic shelters. Coffee kiosk | Alisa 0432 166 303 |
| Monday20 June | 10am-11am | Why is my baby crying? - unsettled babies and whether to be concerned | **Online** Zoom meeting | Peta0400 565 885 |
| Saturday 2 July | 10.30am-12pm | Breastfeeding positions from Newborn to Toddler | The Playground at May Road Shops, Narraweena | Rosie0420 276 403 |
| Tuesday19 July | 10am – 11am | Returning to work and Expressing and Storing Breastmilk | **Online** Zoom meeting | China0410 153 200 |
| Monday 25 July | 10 am -12 noon | Intro to family food and baby led weaning | Harbord Diggers cafe | Amy0412 989 931 |
| Thursday 11 August | 10am-12 noon | BYO breastfeeding questions | Pages Café, 28 W Parade, West Ryde. Playground under cover, close to station | Rochelle0416-147-243 |
| Tuesday16 August | 10am -12 noon | Breastfeeding for Beginners – the early weeks | **Outdoor** - Frenchy’s Café3 Read Place, Mosman. Rain and sun shelter, easy parking | Rebecca0412-258-877 |
| Tuesday 6 Sept | 10am- 11am | Ouch – should breastfeeding hurt | **Online** Zoom meeting | Alisa 0432 166 303 |
| Monday 19 Sept | 10am – 12noon | Gentle sleep and settling your breastfed baby | **Outdoor** - Lionel Watts playspace, Frenchs Forest. Picnic shelters | Peta0400 565 885 |
| Tuesday 18 October | 10am – 12noon | Mixed Feeding, Mixed Feelings | **Outdoor** - Willoughby Park, McClelland St.Fenced playground, picnic shelters | Rebecca0412 258 877 |
| Tuesday25 October | 10am – 11am | Weaning – How, When and Why | **Outdoor** - Flying Fox Park, Winnererremy Park Mona Vale. Fenced playground, café  | China0410 153 200 |
| Thursday10 November | 10am -12noon | Breastfeeding in summer – Alcohol, heat and travel | **Outdoor** - Yamble Park, Quarry Road, Ryde. Fenced playground, picnic shelters  | Rochelle0416 147 2434 |
| Monday14 November | 10am – 11am | Why is my baby crying – unsettled babies and whether to be concerned | **Online** Zoom meeting | Amy0412 989 931 |
| Tuesday6 December | 10am – 12noon | How to deal with unwanted advice. “Surely you’re not feeding him again” | **Outdoor** - Willoughby Park, McClelland St. Fenced playground, picnic shelters | Alisa0432 166 303 |
| Monday 12 December | 10am – 12noon | Breastfeeding in summer – Alcohol, heat and travel | **Outdoor** – Manly Lagoon park. Fenced playground | Peta0400 565 885 |

**BREASTFEEDING BOOKLETS – INSTANT DOWNLOADS from $5.00 each-** Find all your breastfeeding booklets and essential resources here <https://shop.breastfeeding.asn.au/>

**BE INSPIRED** by the ABA Cookbook - if you have one, find a recipe and find something to cook or bake for your event! Perhaps the kids, your partner or another family member can help out too. Cookbooks can also be purchased here <https://shop.breastfeeding.asn.au/>

**ABOUT ABA**

Established in 1964, the Australian Breastfeeding Association (ABA), formerly the Nursing Mothers’ Association of Australia, is one of the country’s largest women’s not-for-profit organisations. Largely run by volunteers, we are the leading source of breastfeeding information and support with over 250 local groups across Australia.

**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.

**MEMBERSHIP RENEWAL**

**Stay a member of the ABA Family!**

Some mothers let their membership lapse between babies. Even if you are not breastfeeding for a while, you can continue to get support in general parenting from information in *Essence* magazine, our e-newsletters and mother-to-mother at ABA group get-togethers. By renewing your membership, you are continuing to support ABA’s work. If you are already a financial member renewal is $65 per year.

**BREAST PUMP HIRE**

The ABA recognises your commitment to provide breast milk for your baby. Naturally, the best way to remove milk from your breasts is breastfeeding your baby. But there are situations where this is not practical and you may want or need to express your milk. If you want to hire a breast pump, hire one from us. Our counsellors discuss your needs to determine whether a pump is best for you and your situation. Service includes consultation with a trained Breastfeeding Counsellor and ongoing information and support. Australian Breastfeeding Association members receive 50% off the cost of breast pump hire. See the front page for hiring contact details.

**BREASTFEEDING EDUCATION CLASSES**

The Australian Breastfeeding Association commenced on-line Breastfeeding Education Classes in 2020 as a response to the Covid19 pandemic. Some areas offer face-to-face classes. The classes are

designed to prepare new parents for breastfeeding and life with a new baby. Please let your family, friends, neighbours and work colleagues know so they too can access a breastfeeding education class prior to giving birth.

**What is covered in a class?**

* How breastfeeding works
* Establishing breastfeeding and the first feed
* Importance of skin-to-skin contact in the first hours and beyond
* Positioning and attachment (how to hold and attach your baby to the breast)
* Understanding your milk supply
* Discussion of what is 'normal' for a breastfed baby
* Role of partners in breastfeeding
* Adjusting to parenthood - survival tips for the early days and weeks with a new baby
* Common concerns and problem solving

**Cost?**

The on-line classes are held very regularly and cost $125 or $20 for ABA members.

<https://www.breastfeeding.asn.au/breastfeeding-education-classes>

The face-to-face classes are exclusive to Australian Breastfeeding Association members. The cost of the class is only $20 (plus the cost of a 12-month membership if you are not yet a member – only $70).

The cost includes a copy of ABA’s book ***Breastfeeding naturally*,** which is great value!

**LiveChat- it’s there for everyone!**

LiveChat is a support service for all members. LiveChat is offered 8 pm to 10 pm each weeknight and Monday and Friday from 12 – 2pm. It is accessible via the ABA website.