



North Western Sydney Region 2022 Calendar of events

Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding - all mothers, fathers, their children, support people and friends are most welcome to attend our meetings and social gatherings. Our meetings are very informal and while a nominated topic is set for most meetings, there is always an opportunity to discuss other topics of interest as a group or individually with a counsellor.

Our groups usually meet at Marayong Hotel (Blacktown), Glenhaven Community Centre (The Hills) and Hotel Pennant Hills (Hornsby)

IMPORTANT MESSAGE: Due to COVID19 restrictions check our web calendar or fb to check venue or if meetings are via Zoom

See the ABA website calendar for information about virtual meetings offered by groups around Australia

We look forward to meeting you. Bronwyn, Bec and Sam Group Leaders for the Blacktown, The Hills and Hornsby Groups

2022

Fri 19 Aug 10am	Ouch! Should breastfeeding hurt?	The Hills Group
Tue 23 Aug 10am	Introducing Family Foods	Blacktown Group
Thu 25 Aug 10am	ABC's of Breastfeeding	Hornsby Group
Fri 2 Sept 10am	Father's Day - How can partners & others support breastfeeding?	The Hills Group
SAT 3 - SUN 4 Sept 10am-4pm	JOIN US as a VOLUNTEER at the Pregnancy Babies & Children's Expo	SYDNEY SHOWGROUNDS HOMEBUSH
Thu 8 Sept 10am	Posture, Positions & Pain Prevention for mum & bub - Chiropractor Guest Speaker	Hornsby Group
Tues 13 Sept 10am	Surviving Summer/ Keeping Baby Cool	Blacktown Group
Fri 16 Sept 10am	Night-time Parenting & Breastfeeding	The Hills Group
Wed 21 Sept 10am	Reflux & Crying Babies	Hornsby Group
Tues 11 Oct 10am	Returning to Work & Breastfeeding	Blacktown Group
Thu 13 Oct 10am	Bumps & Bubs, Walk & Talk Morning Tea & Play Day	Hornsby Group
Fri 21 Oct 10am	Introducing Family Foods	The Hills Group
Tue 25 Oct 10am	Expressing and Storing Breastmilk	Blacktown Group
Fri 4 Nov 10am	Milk Supply - Too much? Too little?	The Hills Group
Tue 8 Nov 10am	Crying Babies & Sleep	Blacktown Group
Thu 10 th Nov 10am	Establishing routines / relaxing into motherhood	Hornsby Group
Fri 18 Nov 10am	Breastfeeding Premature Babies, Hospitalisation & other challenges	The Hills Group
Tue 22 Nov 10am	Walk & Talk Breastfeeding Q & A	Blacktown Group
Wed 30 Nov 10am	Breast Refusal & Distractions	Hornsby Group
Fri 2 Dec 10am	Breastfeeding & Busy Mums - share your life hacks and time savers	The Hills Group
Wed 7 th Dec 10am	Teething troubles and biting babies	Hornsby Group
Tue 13 Dec 10am	Travelling with Baby, Alcohol & Breastfeeding	Blacktown Group

Blacktown Group Leader
& Breastpump Hirer

Bronwyn 0400 395 531
abablacktown@yahoo.com.au

Hills Group Leader
& Breastpump Hirer

Bec 0413 849 008
aba@abahills.org

Hornsby Group Leader

Sam 0432 904 842
aba.hornsbyberowra@gmail.com

Hornsby Breastpump Hire
Enquiries
Antonia 0418 166 655

Mother Safe Medication
Info Line 9382 6539

Poisons
Information
13 11 26

Breastfeeding Helpline
1800 686 268

The Breastfeeding
Helpline is supported by
funding from the
Australian Government

www.breastfeeding.asn.au

*** Keep checking our online calendar for updates ***

FIND US ON
Facebook

ABA Sydney North West Region www.breastfeeding.asn.au

