



**Australian  
Breastfeeding  
Association**

ABN: 64 005 081 523

RTO: 21659

**Northern Perth  
Group**

**August to December 2022**

**Breastfeeding Helpline  
1800 mum 2 mum**

**1800 686 268**

### **Breast Pump Hire**

Naturally the best way to remove milk from your breasts is by breastfeeding your baby. Sometimes this is not possible, and you may want or need to express your milk. The Australian Breastfeeding Association has hospital grade breast pumps available for hire. Our trained breastfeeding counsellors can discuss your needs and determine which pump is best for you.

Breast pumps can be confusing! There are so many pieces to put together, and different settings to use. Which one was best again?

Our counsellors can guide you through using the pump, cleaning equipment and are available for ongoing support. We know that your expressing needs may change, so our hire period is completely flexible. You can easily shorten or extend your hire to suit you.

Call your local breast pump hirer to arrange pickup. Details are in the box above

#### **Consultation includes:**

- Demonstration of equipment set-up
- Suggestions for effective expressing
- Information about cleaning & disinfection of equipment
- Recommendations for storage & handling of breast milk
- Ongoing support for as long as you need it

#### **Cost of Hire**

Members \$25/week

Non-members \$50/week

Refundable deposit \$100

A collection kit is also required



## Northern Perth Group Helpers

| Role  | Name   | Contact Details   |
|---|--|---|
| Group Leader / Counsellor                         | Catherine  | <a href="mailto:cambridgeaba@gmail.com">cambridgeaba@gmail.com</a>  |
| Breastfeeding Counsellor                          | Alisya<br>Leigh-Anne<br>Jenny<br>Hannah<br>Catherine<br>Amy<br>Robyn | <a href="mailto:alisya.aba@iinet.net.au">alisya.aba@iinet.net.au</a><br><a href="mailto:lperelson@gmail.com">lperelson@gmail.com</a><br><a href="mailto:jenamand@hotmail.com">jenamand@hotmail.com</a><br>0405 349 291<br>0409 260 751<br>(08)6468 2946<br>0418 959 121 |
| Group Treasurer                                   | Carina   |   |
| Breast pump hire officers                         | Catherine<br>Amy<br>Robyn  | 0409 260 751<br>(08)6468 2946<br>0418 959 121   |
| Group Librarian / Trainee Breastfeeding Education | Helen  | <a href="mailto:cambridgeaba@gmail.com">cambridgeaba@gmail.com</a>  |
| Group Secretary                                   | Lizzy  | <a href="mailto:cambridgeaba@gmail.com">cambridgeaba@gmail.com</a>  |
| Breastfeeding Community Educator                  | Julia  | 0400 763 807  |

## What to Expect at a Group Meeting

We hold informal social gatherings for parents with babies and children of all ages. We usually include a breastfeeding or parenting topic for discussion. We try to have a breastfeeding counsellor available at each meeting, however this is dependent on volunteer capacity and not guaranteed. Our extensive library is available should you wish to borrow any Breastfeeding / parenting books.

You can expect:

- Willing hands to hold your baby – if you would like a break!
- A caring and accepting environment
- An opportunity to share parenting ideas
- Up-to-date breastfeeding information
- Encouragement to achieve your breastfeeding goals
- Understanding about life with babies and children

There is no pressure to arrive on time – drop in when you can!

Whether you are awaiting the arrival of your baby, breastfeeding or bottle feeding – all parents, children and friends are most welcome to attend all of our gatherings.

## August to December 2022

### Northern Perth Group Dates

No need to RSVP, just come along!

If you have any questions, please contact us  
[cambridgeaba@gmail.com](mailto:cambridgeaba@gmail.com)

#### August 2022

|                       |                 |                               |  |
|-----------------------|-----------------|-------------------------------|--|
| Monday<br>29th August | 9:30 - 11:30 am | Breastfeeding Support Network | St Peters and Emmaus Church<br>Hall, 56 Green St Joondanna |
|-----------------------|-----------------|-------------------------------|--|

#### September 2022

|                                    |                 |                                       |  |
|------------------------------------|-----------------|---------------------------------------|--|
| Monday<br>12th September           | 9:30 - 11:30 am | pLAyBA - Playtime and<br>general chat | St Peters and Emmaus Church<br>Hall, 56 Green St Joondanna |
| <b>Wednesday</b><br>28th September | 9:30 - 11:30 am | Park Playdate (TBC)                   | Venue TBC  |

#### October 2022

|                        |                 |             |  |
|------------------------|-----------------|-------------|--|
| Monday<br>10th October | 9:30 - 11:30 am | Babywearing | St Peters and Emmaus Church<br>Hall, 56 Green St Joondanna |
| Monday<br>24th October | 9:30 - 11:30 am | pLAyBA      | St Peters and Emmaus Church<br>Hall, 56 Green St Joondanna |

#### November 2022

|                         |                 |                                       |  |
|-------------------------|-----------------|---------------------------------------|--|
| Monday<br>7th November  | 9:30 - 11:30 am | Eating with the Family                | St Peters and Emmaus Church<br>Hall, 56 Green St Joondanna |
| Monday<br>21st November | 9:30 - 11:30 am | pLAyBA - Playtime and general<br>chat | St Peters and Emmaus Church<br>Hall, 56 Green St Joondanna |

#### December 2022

|                         |                 |   |  |
|-------------------------|-----------------|---|--|
| Monday<br>5th December  | 9:30 - 11:30 am | Extended Breastfeeding / Tandem<br>and Older children | St Peters and Emmaus Church<br>Hall, 56 Green St Joondanna |
| Monday<br>19th December | 9:30 - 11:30 am | Marry Christmas pLAyBA                                | St Peters and Emmaus Church<br>Hall, 56 Green St Joondanna |

#### January 2023

|   |                 |        |           |
|---|-----------------|--------|-----------|
| Monday<br>9th January and<br>23rd January | 9:30 - 11:30 am | pLAyBA | Venue TBC |
|---|-----------------|--------|-----------|

Everyone is welcome to our gatherings- including babies, children & partners. We do our best to have a trained breastfeeding counsellor at each meeting but please understand this is depending on volunteer capacity. ABA is committed to providing a supportive environment for all attendees. Everyone is welcome at our meets regardless of race, religion, sexual orientation, gender identity or marital status. Although we meet at a church hall, we are not affiliated with the church in any way. Non-members are welcome to come along as a guest to up to two meets before deciding whether to join as a member and continue coming along.