

What is ABA?

The Australian Breastfeeding Association (ABA) provides breastfeeding information and support. Our volunteer Breastfeeding Counsellors and Breastfeeding Educators are trained to provide mother to mother support.

Who can go along?

All are welcome at our meet-ups. They are a great way to meet other mothers and discuss parenting and breastfeeding issues. A trained breastfeeding counsellor will be there for individual support, as required. You do not need to join ABA to come along—our group activities are **free and open to all**.

What is a breastfeeding counsellor?

Breastfeeding counsellors are trained volunteers who offer breastfeeding information and **mother-to-mother support** on the phone and face to face at ABA events. They hold a Certificate IV in Breastfeeding Education (Counselling). They have all breastfed at least one baby. You are welcome to phone Sarah, Laura or Charlotte at any time. Have you considered training with ABA? It's very rewarding, and family friendly.

Where and when?

On the first Friday of the month we meet online, from 12noon to 1:30pm, for a facilitated discussion on a **breastfeeding or parenting topic**. Our Zoom meeting ID is 513 214 6735 or you can find the link on our Facebook page.

On the second Wednesday of each month we meet at **Bruce's Café, East Wynyard**, at 10am. We'll be sitting out the back near the play area.

Our **free pram walks** are on the fourth Friday of the month and start at 10am from the car park at **Gutteridge Gardens in Wynyard**. Check our Facebook page or contact Jess on 0408 799 508 or just turn up. In the event of bad weather, we may move to The Vault.

Membership

ABA members receive:

Ongoing local private breastfeeding support
Local group events for information and face to face breastfeeding counselling
"Breastfeeding...naturally" book valued at \$34.95
50% off breast pump hire
Essence magazine and regular eNews
Antenatal Breastfeeding Education Live ('BEL') webinar cost fully refunded by your local group.

To join visit our website www.breastfeeding.asn.au
To enrol into our "BEL" webinar use the QR code



Once enrolled send your receipt and bank details to schuuring30@hotmail.com (Group Leader) for your rebate.

24-hour National Breastfeeding Helpline

1800 686 268

LiveChat Service

8pm-10pm weeknights
Monday & Friday 12pm-2pm
www.breastfeeding.asn.au

Group Contacts:

Breastfeeding Counsellors

Sarah (Group Leader) 0409 583 343
Charlotte 0407 864 767
Laura 0412 202 649
Wynta 0458 270 959

Breast Pump Hire

Charlotte 0407 864 767

Pram Walks

Jess 0408 799 508



**Australian
Breastfeeding
Association**

Burnie Wynyard Group

Local events

January to June 2023

**Breastfeeding Helpline
1800 mum 2 mum**

1800 686 268

www.breastfeeding.asn.au

The National Breastfeeding Helpline is supported by funding from the Australian Government.

Burnie Wynyard Group

January to June 2023

Date	Time	Topic	Venue
Friday 6th January	12 noon to 1:30pm	Off to a good start with breastfeeding	Online via Zoom Meeting ID 513 214 6735
Wednesday 11th January	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 27th January	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 3rd February	12 noon to 1:30pm	Expressing: do I need to?	Online via Zoom Meeting ID 513 214 6735
Wednesday 8th February	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 24th February	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 3rd March	12 noon to 1:30pm	Introducing family food and allergens "Guest Speaker" (May include information which is not in line with ABA position statements and policies.)	Online via Zoom Meeting ID 513 214 6735
Wednesday 8th March	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 24th March	10am	Pram Walk *	Gutteridge Gardens Wynyard
+ Friday 14th April	12 noon to 1:30pm	Sorting out milk supply: too much/not enough	Online via Zoom Meeting ID 513 214 6735
Wednesday 12th April	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 28th April	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 5th May	12 noon to 1:30pm	Infant sleep: what is normal?	Online via Zoom Meeting ID 513 214 6735
Wednesday 10th May	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 26th May	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 2nd June	12 noon to 1:30pm	About ABA: how can they help me?	Online via Zoom Meeting ID 513 214 6735
Wednesday 14th June	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 23rd June	10am	Pram Walk *	Gutteridge Gardens Wynyard

* For the pram walks keep an eye on our Facebook page as this event depends on the weather.
+ Online discussion moved to the **second Friday for April** due to Good Friday.

Check our Facebook page



Australian Breastfeeding Association -
Burnie Wynyard Group

Check our page on the ABA website



Burnie Wynyard, Tas

or contact one of our group
contacts:

Sarah 0409 583 343
Charlotte 0407 864 767
Laura 0412 202 649
Jess 0408 799 508