



ABA Tasmania

LOCAL ONLINE DISCUSSIONS

January – June 2023

Facilitated by qualified breastfeeding counsellors and breastfeeding educators, these informal discussion meet-ups are **free**—join to connect, share and ask questions—from anywhere in Tasmania.

Date	Where	Time	Topic
Fri 6 Jan	Click HERE to join on Zoom	12.00pm – 1.30pm	Off to a good start with breastfeeding <i>Information for new and expectant parents on breastfeeding, babies and support.</i> Zoom Discussion ID 513 214 6735
Fri 3 Feb	Click HERE to join on Zoom	12.00pm – 1.30pm	Expressing: do I need to? <i>Is pumping important for every mum? Information on expressing, return to work and other circumstances where expressing is useful.</i> Zoom Discussion ID 513 214 6735
Fri 3 Mar	Click HERE to join on Zoom	12.00pm – 1.30pm	GUEST SPEAKER – LOCAL DIETITIAN/IBCLC* Introducing solids—what about allergies? <i>A dietitian is joining us to present on this topic.</i> Zoom Discussion ID 513 214 6735
Fri 14 Apr	Click HERE to join on Zoom	12.00pm – 1.30pm	Sorting out milk supply—too much/ not enough <i>Information and strategies for getting your milk production right.</i> Zoom Discussion ID 513 214 6735
Fri 5 May	Click HERE to join on Zoom	12.00pm – 1.30pm	Infant sleep: what is normal? <i>An interactive discussion covering evidence-based information about infant sleep and strategies for parenting wakeful babies.</i> Zoom Discussion ID 513 214 6735
Fri 2 Jun	Click HERE to join on Zoom	12.00pm – 1.30pm	About ABA: how can they help me? <i>Services and support - useful information for families across Tasmania.</i> Zoom Discussion ID 513 214 6735

Details correct at time of publication. Visit 'Events' at the [ABA Tasmania Branch](#) Facebook page, or your local group's Facebook page.

For verification and quick entry from the waiting room, use your real name on Zoom—aliases and device names may not be admitted.

***Guest speaker presentation may include information not in accordance with ABA policies and position statements.**

