



**Australian
Breastfeeding
Association**

A mother's group with more

Local Contact general enquiries
contact

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Lithgow ABA group meets on the first
and third Wednesday of every month
from 10:30-12:30

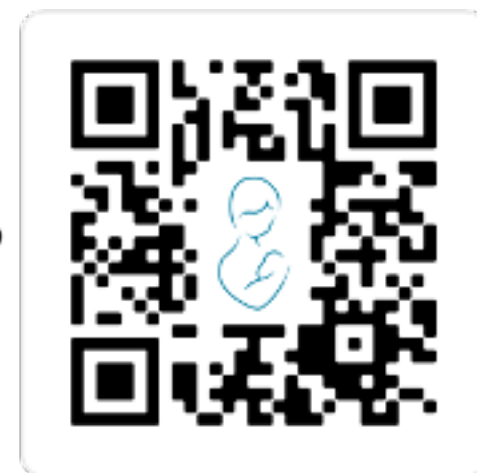
Regular meetings are a great way to
learn more about breastfeeding and
parenthood. But more than that, they are
an opportunity for a cuppa, chat and
plenty of willing hands to help attend to
your baby/toddler whilst you relax.

Breastfeeding Helpline – 1800 686 268

The breastfeeding helpline connects you
with a highly trained breastfeeding
counsellor who can help with many
issues 24 hours a day 7 days a week



The National Breastfeeding Helpline is supported by
Australian Government funding and an interpreter
service is available



SCAN ME

<i>Date</i>	<i>Topic</i>
18 th January	What is ABA? What do we do?
1 st February	The first six weeks
15 th February	Weight gains, what's normal
1 st March	Solids, what a mess
15 th March	Guest Speaker Pelvic floor , why is it so important
5 th April	Why does my baby bite?
19 th April	VBAC and Home birth
3 rd May	Breastfeeding myths
17 th May	Guest Speaker IBCLC, what is that
7 th June	How to entertain your baby
21 st June	Pumps, expressing and returning to work
5 th July	Sleep and Breastfeeding
19 th July	Guest Speaker from Thrive
2 nd August	Looking After yourself
16 th August	Guest Speaker, Physio, Your Childs feet
6 th September	Guest Speaker Speech Pathologist
20 th September	Mastitis and other issues
4 th October	Baby Wearing
18 th October	Postnatal depression and other health issues
1 st November	HIPPY Guest speaker
15 th November	Traveling, drinking and the silly season
6 th December	Christmas party



Lithgow Group Bulletin
2023