

Benefits of Membership

New members receive a copy of our best-selling book *Breastfeeding ...Naturally*, to help answer the questions every parent has about breastfeeding (RRP \$34.95)



Newborn Virtual village: Meet other new parents online for support and tips in the early days and weeks

Mum2Mum app: Exclusive content available to members

Live Chat: Priority access to online chat through the website with a trained counsellor or educator from Monday to Friday 12-2pm and 8-10pm

Essence Magazine: Published every 3 months, it is packed with the latest breastfeeding information and interesting articles

Member eNewsletter: Have the latest news, information and special offers from the Australian Breastfeeding Association emailed directly to you

Savings: Members save up to 50% when they hire a breast pump through their local group and 60% discount on antenatal breastfeeding classes

Become a member today.....

Subscribe at www.breastfeeding.asn.au

\$70 new members and subscription renewal
\$55 concession subscriptions
\$110 - 2-year subscription



ABA Helpline is supported by funding from the Australian Government

The Australian Breastfeeding Association (ABA) is Australia's largest breastfeeding information and support service. Breastfeeding is a practical, learned skill, and ABA helps more than 80,000 mums each year via the ABA helpline, live chat service and with dedicated groups to help and support mums.

BREAST PUMP HIRE

Did you know that our group has hospital grade electric breast pumps for hire?

For expert support, counselling and to get the most out of pumping contact our Breast Pump Hire Officers:

Sale: Angela 0412 725 727

Latrobe Valley: Renee 0408 587 553

Phillip Is/Bass Coast: Kristine 0407 708 370



Australian Breastfeeding Association



Calendar of Events

Gippsland Group

Oct-Dec 2023

 facebook.com/ABAGippsland



aba.gippsland@gmail.com
www.breastfeeding.asn.au

Our Meetings

Discussion meetings are led by a breastfeeding counsellor or invited guest with discussions on specific topics, either face to face or online. A great way to increase your breastfeeding knowledge; and your shared experience may make the difference to another mother.

Coffee mornings, park plays, and walks are more informal chances to get-together. Take some time out for yourself and meet other mothers.

What to Bring?

You are welcome to bring along your baby, toddler, and your older children; you may like to bring a packed 'play lunch' for them, and please remember to supervise them at our venues. Hats, sunscreen, and mosquito repellent are recommended for outside play/park walks.

Tea and coffee supplied with meetings at a venue, including a complimentary hot drink at café based get togethers.

Meetings are on again!

Korumburra region every third
Wednesday of the month

Times & dates per month will vary according to volunteer availability in **Stratford & Bairnsdale**

Event details are posted in the calendar section of our local group page, within the Australian Breastfeeding Association website, on our Facebook pages, and we send reminder emails to ABA financial members.

Meeting Topics may include

Breast and nipple pain
Introducing solids
Breastfeeding older children
Expressing and storing breastmilk
Returning to work

In addition to meetings times with set topics to discuss, we also plan park walks and cafe catch ups for more casual chats.

Contact any of our locality counsellors below for up-to-date information on meetings, or for Counselling:

Angela 0412 725 727 (Sale/Maffra)

Jen 0401 062 388 (Sale/Maffra)

Megan 0410 517 442 (Sale/Maffra)

Renee 0408 587 553 (LaTrobe Valley)

Kristine 0407 708 370 (Bass Coast)

Agnes 0477 630 912 (Bonang)

Email: aba.gippsland@gmail.com



**Australian
Breastfeeding
Association**

Online Resources

Check our public Facebook page [ABA Gippsland](#)

We also have a private [ABA Gippsland Discussion Group](#) where you can ask questions of other mums

Download the new ABA [Mum2Mum app](#)

Listen to ABA's [podcast](#)

You can also access more information on the [ABA website](#)

- Includes a fantastic volume of evidence-based information
- Education booklets for purchase
- Access the Live Chat service
- Discover your local group
- Find out about Breastfeeding Courses