

Australian Breastfeeding Association Northern Tasmania Group Contacts

Breastfeeding educator: Julie 0417 846 190

Breastfeeding counsellors: Marion 0409 899 136
Melissa 0438 732 720
Maddy 0408 536 831

Breast pump hire: Marion 6425 5780
Maddy 0408 536 831

Follow us on Facebook for up-to-date news:



Breastfeeding counselling support

ABA breastfeeding counsellors are mothers who have trained in breastfeeding management and volunteer on the Breastfeeding Helpline and in the community providing support and breastfeeding information. ABA breastfeeding counselling is free, confidential and available to members and non-members alike.

Launceston area update

We are planning catchups in the **Launceston area from late July 2023!** Please see our [web page](#) (use the QR code on the front) to **check the online calendar for what's coming up in Launceston**. Contact: Maddy 0408 536 831



Australian
Breastfeeding
Association

Attend any ABA group meet-ups in Tasmania and Australia. You do not need to join ABA to be involved – **all our local meetings and group activities are free!** You can join as a member to receive further ABA member benefits. ABA is a volunteer not-for-profit organisation relying on membership, grants, donations and fundraising to continue our services in the community.

ABA membership provides:

- ✓ FREE guidebook **Breastfeedinnatg a practical guide** (valued at \$34.95)
- ✓ ABA member magazine **Essence** quarterly
- ✓ Regular member e-newsletters
- ✓ **Newborn virtual village** and **Connect & share** online parenting workshops inclusive
- ✓ Breastfeeding and mothering support – have your questions answered by trained ABA volunteer breastfeeding counsellors and educators.
- ✓ Half price **breast pump hire** rates
- ✓ FREE antenatal **Breastfeeding Preparation Session** (BPS) webinar with local member refund offer
- ✓ Access to premium content on ABA's **mum2mum** app
- ✓ **LiveChat** queue priority

Join at www.breastfeeding.asn.au/join-now

Having a baby? Register for ABA's
Breastfeeding Preparation Session

webinar here:



Australian
Breastfeeding
Association

Northern Tasmania Group

Mum-to-mum support
and breastfeeding information
across Devonport and Launceston

Key Dates & Local Contacts

July – December 2023



www.breastfeeding.asn.au

Reasons to get involved with ABA

- ☺ Supportive and accepting
- ☺ Non-judgemental, inclusive and down-to-earth
- ☺ Families with all ages and stages of babies/children
- ☺ Led by trained and skilled volunteers
- ☺ Opportunity to train to support other mothers
- ☺ Breastfeeding counselling available
- ☺ All questions welcome
- ☺ Evidence-based accurate breastfeeding information
- ☺ Be part of a supportive and friendly parenting 'village'

Mother-to-mother support for all families.

ABA Devonport Group encourages and supports mothers who wish to breastfeed by providing support, information, education and counselling. We encourage sharing of breastfeeding experiences as an aid to skilled and loving mothering. Our group provides the opportunity to develop friendships, social contacts, a sense of belonging and we have fun.

24-hour freecall
Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

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



with the Australian
Breastfeeding
Association

12-2pm Monday and Friday
 8-10pm weekdays at
www.breastfeeding.asn.au

ABA Northern Tasmania Group covers the Launceston and Devonport areas – and surrounds. Our group holds informal get-togethers for mums, babies and supporters (partners, friends, grandparents). These are our online discussions – where we connect, share and support one another. Don't worry if you are running late, we know parent-life can be unpredictable.

DATE	TOPIC	VENUE
Fri 7 Jul 12pm–1.30pm	Breastfeeding myths: is what I heard fact or fiction? Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 4 Aug 12pm–1.30pm	WORLD BREASTFEEDING WEEK 2023 Working, studying and breastfeeding: how to make it happen Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 1 Sep 12pm–1.30pm	Supporting your postnatal body: exercise, pelvic floor and common complaints Guest speaker – local pelvic floor physiotherapist* Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 6 Oct 12pm–1.30pm	BYO questions and experiences Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 3 Nov 12pm–1.30pm	Expressing: do I need to? Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 1 Dec 12pm–1.30pm	Out and about: parties and travel Zoom Discussion ID 513 214 6735	Online via Zoom

Have questions about these meets? Contact **Julie** on **0417 846 190** or email julieaba@iinet.net.au

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

* If you plan to attend an ABA face-to-face get-together in Launceston please consider the health of others and stay home if you, or anyone in your household, are unwell, and we will see you next time – in the meantime use our online or telephone services.