

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 ABA volunteer 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 11.30am to 1pm, 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 **pram walks** are usually 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.

ABA's Virtual Village

Join ABA to receive:

Ongoing private breastfeeding support
Local group events for information and face to face breastfeeding counselling

"Breastfeeding...a practical guide" eBook valued at \$29.95

50% off breast pump hire

Essence magazine and regular eNews

Antenatal **Breastfeeding Preparation Session**

webinar cost **fully refunded** by your local group.

To join visit our website breastfeeding.asn.au

To enrol into a **Breastfeeding Preparation Session** webinar use the QR code.



Once enrolled send your receipt and bank details to schuuring30@hotmail.com (Group Leader) for your \$20 rebate.

Group Contacts:

Breastfeeding Counsellors

Sarah (Group Leader) 0409 583 343

Charlotte 0407 864 767

Laura 0412 202 649

Breastfeeding Educator

Natalie 0419 131 052

Breast Pump Hire

Charlotte 0407 864 767

Pram Walks

Jess 0408 799 508

24-hour National Breastfeeding Helpline

1800 686 268

LiveChat Service

8pm-10pm weeknights

Monday & Friday 12pm-2pm

www.breastfeeding.asn.au



**Australian
Breastfeeding
Association**

Burnie Wynyard Group

Local events

January to June 2024



1800mum2mum
Breastfeeding Helpline 1800 686 268

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



FIND US ON FACEBOOK

@AUSTRALIAN BREASTFEEDING ASSOCIATION -
BURNIE WYNARD GROUP



FOLLOW US ON INSTAGRAM

@OZBREASTFEEDINGTAS

Burnie Wynyard Group

January to June 2024

Date	Time	Event	Venue
Friday 5 th January	11.30am to 1pm	Online discussion Weaning: all you need to know	via Zoom Meeting ID 513 214 6735
Wednesday 10 th January	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 19 th January	10am	Pram Walk * and afterwards at The Vault at 11am	Gutteridge Gardens, Wynyard
Friday 2 nd February	11.30am to 1pm	Online discussion 4 months old ... now what?	via Zoom Meeting ID 513 214 6735
Wednesday 14 th February	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 23 rd February	10am	Pram Walk * and afterwards at The Vault at 11am	Gutteridge Gardens, Wynyard
Friday 1 st March	11.30am to 1pm	Online discussion Understanding your supply	via Zoom Meeting ID 513 214 6735
Wednesday 13 th March	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 22 nd March	10am	Pram Walk * and afterwards at The Vault at 11am	Gutteridge Gardens, Wynyard
Friday 5 th April	11.30am to 1pm	Online discussion Mothering more than one	via Zoom Meeting ID 513 214 6735
Wednesday 10 th April	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 26 th April	10am	Pram Walk * and afterwards at The Vault at 11am	Gutteridge Gardens, Wynyard
Friday 3 rd May	11.30am to 1pm	Online discussion Introducing solids ... and allergy "Guest Speaker" (<i>May include information which is not in line with ABA position statements and policies.</i>)	via Zoom Meeting ID 513 214 6735
Wednesday 8 th May	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 24 th May	10am	Pram Walk * and afterwards at The Vault at 11am	Gutteridge Gardens, Wynyard
Friday 7 th June	11.30am to 1pm	Online discussion Wakeful babies – what's normal?	via Zoom Meeting ID 513 214 6735
Wednesday 12 th June	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 28 th June	10am	Pram Walk * and afterwards at The Vault at 11am	Gutteridge Gardens, Wynyard

* For the pram walks visit our Facebook page for updates, as these depend on the weather.

Visit our Facebook page



**Australian Breastfeeding Association
- Burnie Wynyard Group**

Visit our ABA website page



Burnie Wynyard, Tas

Our group contacts

Sarah 0409 583 343
Charlotte 0407 864 767
Laura 0412 202 649
Natalie 0419 131 052
Jess 0408 799 508