



Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding— all mothers, fathers, their children, support people and friends are most welcome to attend our meetings and social gatherings. Our meetings are very informal and while a nominated topic is set for most meetings, there is always an opportunity to discuss other topics of interest as a group or individually with a counsellor. We look forward to meeting you, Jeanie & Lauren— Randwick Group Leaders.

FEBRUARY TO DECEMBER 2024

Wed 3 January 11:30am– 1:30pm	Summer with babies – heat, travel, alcohol and socialising	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 7 Feb 11:30am– 1:30pm	Guest Speaker – Bec The importance of early childhood movement and play	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 6 March 11:30am– 1:30pm	Sleep, settling and night feeding Tips and reassurance	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 5 April 11:30am-1:30pm	Too much, too little? Supply and demand – getting it right for you and your baby from the early days to weaning	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 1 May 11:30am-1:30pm	National Mothering Week Celebration Guest Speaker – Vanessa Chiropractor – looking after yourself	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 5 June 11:30am-1:30pm	Milk, Mush and Mess! Introducing solids and family foods to your baby and coping with fussy toddlers	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 3 July 11:30am-1:30pm	Early Daze Surviving and thriving from the early weeks and beyond	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 7 August 11:30am-1:30pm	World Breastfeeding Week Tips for breastfeeding in public	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 4 September 11:30am-1:30pm	Guest speaker Angie: the benefits of baby massage and hands on demo	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 2 October 11:30am-1:30pm	Protecting your assets Sore nipples and troubleshooting other challenges	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 6 November 11:30am-1:30pm	Returning to work or study What to expect and how to prepare Expressing, storage and transporting	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick
Wed 4 December 11:30am-1:30pm	Breastfeeding fact or fiction Christmas and end of year milestone celebrations	Randwick Community Ctr Sustainable Classroom 27 Munda St, Randwick

**FIND US ON
FACEBOOK and
INSTAGRAM**

ABA Inner Metro Sydney
Australian Breastfeeding Association
Eastern Suburbs Sydney @abarandwick

www.breastfeeding.asn.au

**Breastfeeding Education
Classes for expectant
parents:**

Saturday 2 March

Saturday 28 September

Randwick Community Centre

Book at
<https://www.breastfeeding.asn.au/education/breastfeeding-education-classes>

**Randwick Group Leader &
Breast pump Hirer**

Jeanie 0408 678 660
abarandwickgroup@gmail.com

**Randwick Group co-leader,
Counsellor and Librarian**

Lauren 0401 710 449

**Randwick Group Community
Educator**

Jackie 0414 760 445

**Mother Safe Medication Info
Line**

9382 6539

Poisons Information

13 11 26

**Breastfeeding
Helpline**

1800 686 268

www.breastfeeding.asn.au



