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| Macintosh HD:Users:benjamingoodwin:Downloads:Breastfeeding Helpline Logos:Breastfeeding Helpline EPS:CMYK EPS:ABA Horiz_BFH Vert_CMYK.epsFeb – June 2024  **Nicola writes…**  Welcome to 2024! We hope you and your loved ones had a restful holiday season!  Our meetings will run between Little B.I.G House in Summer Hill and St Alban’s Church in Five Dock, both wonderful family friendly spaces. We also have some Cuppa & Chat’s planned, come along to meet some other parents and let us buy you a warm or cold drink. All our local group meetings are open to ALL parents and support people. Both members and non-members are welcome, please come along and bring a friend or family member with you.  In February will be celebrating the **ABA’s 60th Birthday**! Come along to the Cuppa & Chat to help us celebrate 60 wonderful years of the ABA supporting mums and families.  A heartfelt Thank you to Sue who has stepped back from her role as breast pump hire officer. We thank Sue for all the time she has selflessly given to supporting mums in the Inner West. Breast pumps are still available for hire by contacting Holly via the details below. A BIG warm welcome to Rosemary, the new CityWest ABA trainee! We wish you all the best with your training. Being an ABA volunteer is very fulfilling and we hope you find it rewarding.  You can find our **Facebook** members page by searching “**Australian Breastfeeding Association Inner West Sydney Groups**” and request to join. For non-members we also have a public page “**ABA Inner Metro Sydney**” which will keep you informed about all meetings, classes, and events in the inner metropolitan area.  We hope to see you soon!    **info:**[**www.breastfeeding.asn.au**](http://www.breastfeeding.asn.au)  Article content does not necessarily reflect ABA policies. Privacy statement: ABA collects names, addresses, and payment information for the purpose of providing association se Article content does not necessarily reflect ABA policies. Privacy statement: ABA collects names, addresses, and payment information for the purpose of providing association services. Your personal details will not be given to any other party unless legally required to do so. Our privacy policy can be viewed at www.breastfeeding.asn.au.  **Other details:**  Counsellor Melissa 9713 8178  Counsellor Sue 0403 180 304  Counsellor Holly 0423 684 216  Counsellor Thushara 0434 563 256  Counsellor Eve 0405 096 580  Welcome… to new members and their families! Lucy, Rosemary, Rachael, Sophia, Madeleine, Geraldine, Emily, Mary, Yujia, Alison, Danika, Tristan, Emma, Suzanna, Chloe, Victoria, Francesca, Weiyi and Amy.  Your subscription has been most valuable. We hope you find the benefits of your subscription rewarding. We look forward to welcoming you in person at a meeting soon!  Our trainees…  Enrolled in the Cert IV Breastfeeding Counsellor or Community Educator training…. Kathleen, Eve, and Rosemary  **Group leaders & counsellors:**  **Regine 0403 414 111**  **Nicola 0434 563 256**  citywestaba@gmail.com  **Breast pump hire:**  **Holly** 0423 684 216  [Citywestaba.bp@gmail.com](mailto:Citywestaba.bp@gmail.com)  **Library:** citywestaba@gmail.com  Inner Metro Sydney Facebook page:  www.facebook.com/abainnermetrosydney  Local CityWest group page:  www.breastfeeding.asn.au/local/nsw/citywest-nsw |

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| Activity guide February – June 2024 | | | |
| *Our get togethers are relaxed, friendly, and enjoyable. Your shared experience may make the difference to another mother.*  ***A Breastfeeding Counsellor is available at all these occasions.*** | | | |
| February | Friday  2nd February  10am-12pm | **Sleep what is that?**  Join us for a chat about normal sleep for babies and learn some tips and tricks from others on how to cope with broken sleep and get more rest. Breastfeeding questions welcome and counselling available. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Regine – 0403 414 111 |
| Tuesday  13th February  10-11:30am | **Cuppa & Chat – Celebrate ABA’s 60th Birthday!**  Let us buy you a warm or cold drink while you build social connections with other mums. Children of all ages are welcome, as well as family members and friends. Pop in and see what ABA is about and celebrate ABA’s 60th Birthday!  **RSVP via text essential** | BonHomie Café & Bar Five Dock  108 Great N Rd  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday  21st February  10am-12pm | **Circle of Security**  Join guest speaker Dympna as she provides a framework for thinking about your child’s development and your relationship with them from baby into the toddler years. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Thushara – 0404 904 933 |
| March | Friday  1st March  10am-12pm | **Baby CPR**  Skills session: Baby CPR Join Heidi, a pediatric nurse, for a session on baby CPR. The session will focus on choking and strategies for introducing common allergy foods.  Spots limited, RSVPs via text essential. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday 20th March  10am-12pm | **Milk, Mush and Mess**  Want to know more about introducing solid food to your baby? How does this work with breastfeeding? Let’s talk all about food! | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| April | Friday  5th April  10am-12pm | **Early Daze**  The early days of parenting are an exhilarating but exhausting time. Learning new breastfeeding skills and managing with little or broken sleep. Join us for a discussion of what to expect in the early days and some strategies for looking after yourself and your family through this important transition. BYO breastfeeding questions. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Regine – 0403 414 111 |
| Saturday  6th April  3-4:30pm | **How can our group better support you?**  Do you have ideas about meeting topics? Suggestions for activities for the group? Curious to see how the group works? Join our volunteers to discuss plans for the CityWest group. | Ashfield Park  Parramatta Rd & Orpington Street  Ashfield NSW 2131  Nicola – 0434 563 256 |
| Wednesday  10th April  10-11:30am | **Cuppa & Chat**  Let us buy you a warm or cold drink while you build social connections with other mums. Children of all ages are welcome, as well as family members and friends. Pop in and see what ABA is about!  **RSVP via text essential** | Side Story Café by Double Roasters  313 Marrickville Road  Marrickville NSW 2204  Eve – 0405 096 580 |
| May | Friday  3rd May  10am-12pm | **Weaning**  What is the best amount of time to breastfeed? If I want to stop, how do I do it in a way that is gentle on me and my child? Join us for a discussion about gently ending your breastfeeding journey. BYO breastfeeding questions. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday 15th May 10am-12pm | **Self-care for Breastfeeding Mums**  Caring for young children takes a lot of time and energy, so often we don’t give much thought to doing some enjoyable things for ourselves. Join us to share ideas about looking after ourselves as mums and perhaps help each other to find some activities that can make life more fun. | Little B.I.G House  Flour Mill of Summer Hill, 16 Flour MI Way Summer Hill NSW 2130  Eve - 0405 096 580 |
| June | Friday  7th June  10am-12pm | **Protecting your assets**  All about breast and nipple care for whatever stage you are at. Let’s talk about cracked nipples, engorgement, blocked ducts, mastitis and more. Breastfeeding questions welcome and counselling available. | St Albans Church Community Hall 171 Great North Road Five Dock NSW 2046  Regine – 0403 414 111 |
| Wednesday 19th June 10am-12pm | **Breastfeeding and Returning to Work**  Returning to work after a baby requires both practical and emotional preparation, for yourself and the rest of the family. Join us for a discussion on how to prepare to return to work while breastfeeding. BYO breastfeeding questions. | Little B.I.G House  Flour Mill of Summer Hill, 16 Flour MI Way Summer Hill NSW 2130  Eve – 0405 096 580 |