



DATE	TOPIC	VENUE
Thursday 8th February 10am–12pm	Breastfeeding & Your Supply From the early days until it's time to wean. How to know if your baby is getting the right amount.	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach NSW
Thursday 22nd February 10am–12pm	Breastfeeding & Teeth Find out about oral development, teething and dental health for your little one. <u>Guest presenter:</u> Anisha, Dentist	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach
Thursday 14th March 10am–12pm	Breastfeeding & Nutrition Providing nourishment for you and your baby. <u>Guest presenter:</u> Libby, Nutritionist	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach
Thursday 21st March 10am–12pm	An Introduction to Baby Wearing Discover the benefits and learn how to do it right. <u>Guest presenter:</u> Dr Vanessa, Paediatric Chiropractor	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach
Thursday 11th April 10am–12pm	Breastfeeding & Introducing Solids How do I start? When do I start? And what are the best foods to start with?	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach
Thursday 9th May 10am–12pm	Celebrating National Mothering Week Come and enjoy a guided meditation, a relaxing massage and a nourishing morning tea. <u>Guest presenter:</u> Monique, Meditation Teacher	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach
Thursday 23rd May 10am–12pm	The Nurturing Ritual of Baby Massage Learn about the benefits of massaging your baby. Including a hands-on demonstration. <u>Guest presenter:</u> Mazz, Massage Therapist	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach
Thursday 13th June 10am–12pm	Sleep & My Breastfed Baby How much sleep does my baby need? What should I expect at different ages and stages?	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach
Thursday 27th June 10am–12pm	Fussy Babies & How to Manage Let's talk about what is considered normal and when we should be worried.	Wairoa Community Centre Hall Cnr Wairoa Ave & Brighton Blvd Bondi Beach

**For any questions or to RSVP please SMS Kristy on 0414 977 968
or email ababondijunction@gmail.com**

**The opportunity to ask breastfeeding questions or speak to a breastfeeding counsellor
is welcome at all meetings regardless of the topic.**