



**Australian
Breastfeeding
Association**

Australian Breastfeeding Association

Northern Sydney Group

Feb 2024 – Jun 2024

ABN 64 005 081 523

www.breastfeeding.asn.au

Welcome!

To all our new members, welcome! We hope to meet you and your babies and toddlers and catch up again with existing members at our group meetings in the coming weeks and months.

We plan to have meetings at various venues: at Crows Nest Centre, which is well served by public transport and has 2 hours free parking adjacent in Holtermann St, at Harbord Diggers, at a volunteer's home and at a playground. We'd love to see you there – feel free to join us even if the topic isn't a question you currently have, there's always lots of time to chat and get to know other local mums and babies.

This year the meetings will be scheduled to be:
3rd Monday of the month in Northern Beaches
4th Thursday of the month in Crows Nest
Occasional Thursdays at a volunteer's home

If you are wondering about breastfeeding and parenting, confused by all the information you have been given or found on the internet, please ring a Breastfeeding Counsellor on the 24-hour National Breastfeeding Helpline:

Breastfeeding Helpline
1800 mum-2-mum
(1800 686 268)

Contact Us

Breastfeeding Helpline

1800 686 268

Electric Breast Pump Hire

<https://www.breastfeeding.asn.au/local/nsw/northern-sydney-nsw>

Northern Beaches

Peta: 0400 565 885, Lynda 0411 136 369

North Shore

Rose: 0409 143 558

Northern Sydney Group Email

NorthernSydneyaba@gmail.com

Like us on Facebook

Look for Australian Breastfeeding Association- Northern Sydney Group <https://www.facebook.com/ABA.Northern.Beaches/>

Website

www.breastfeeding.asn.au

Online shop

<https://shop.breastfeeding.asn.au/>

LiveChat 8pm -10pm Mon – Fri

12pm - 2pm M and F

www.breastfeeding.asn.au

Who are we?

The ABA is a voluntary organisation which supports and encourages mothers who wish to breastfeed. We offer information and mother-to-mother support through telephone counselling on the Breastfeeding Helpline **1800 686 268**, our website at www.breastfeeding.asn.au and at group meetings in the Northern Sydney area.

Our group holds regular discussion meetings and coffee mornings to enable mothers to share their experiences. You are welcome to attend a couple of meetings before joining.

Meetings are led by a qualified ABA Breastfeeding Counsellor or Community Educator. If the meeting is at a café this year then the first coffee is on us.

There are also a number of information sessions and workshops available on the website. Browse these by clicking the Education or Resources tabs.



	Group Activities			
	Time	Topic	Place	Facilitator
Monday 19-Feb-24	10- 11:30	Sleep and Nighttime Parenting	Harbord Diggers Café, Freshwater	Amy 0412 989 931
Thursday 22-Feb-24	11- 12:15	The Top-Up Spiral – and how to avoid it	Chadwick room, Crows Nest Centre, 2 Ernest Pl, Crows Nest. Free parking adjacent	Rebecca 0412 258 877
Monday 18-Mar-24	10- 11:30	Chat and Play – ask any questions	Meet at Manly Lagoon Park, Manly	Amy 0412 989 931
Thursday 28-Mar-24	11- 12:15	Dealing with Unwanted Advice	Chadwick room, Crows Nest Centre, 2 Ernest Pl, Crows Nest. Free parking adjacent	Rochelle 0416 147 243
Thursday 11-Apr-24	11- 12:15	Weaning, How, When, Why	Rebecca's home in Castlecrag – ring to confirm address	Rebecca 0412 258 877
Monday 15-Apr-24	10- 11:30	Introducing Solids – starting family foods	Harbord Diggers Café, Freshwater	Amy 0412 989 931
Saturday 4-May-24	2pm– 5pm	Breastfeeding Education Class	The William Street Studios, 3 William St, Fairlight. Book on ABA website	
6 May - 12 May		National Mothering Week	Theme is '60 years of endless love'	
Monday 20-May-24	10- 11:30	Chat and Play – ask any questions	Meet at Manly Lagoon Park, Manly	Amy 0412 989 931
Thursday 23-May-24	11- 12:30	Breastfeeding a Toddler	Chadwick room, Crows Nest Centre, 2 Ernest Pl, Crows Nest. Free parking adjacent	Rochelle 0416 147 243
Thursday 13-Jun-24	11- 12:30	Breastfeeding for Beginners – the Early Weeks	Rebecca's home in Castlecrag – ring to confirm address	Rebecca 0412 258 877
Monday 17-Jun-24	10- 11:30	Returning to Work – Expressing and Storing Breastmilk	Harbord Diggers Café, Freshwater	Amy 0412 989 931
Thursday 27-Jun-24	11- 12:30	Communicating with your baby – sign language and other ideas	Chadwick room, Crows Nest Centre, 2 Ernest Pl, Crows Nest. Free parking adjacent	Rochelle 0416 147 243



BREASTFEEDING BOOKLETS – INSTANT DOWNLOADS from \$5 each- Find all your breastfeeding booklets and essential resources here <https://shop.breastfeeding.asn.au/>

BE INSPIRED by the ABA Cookbook - if you have one, find a recipe and find something to cook or bake for your event! Perhaps the kids, your partner or another family member can help out too. Cookbooks can also be purchased here <https://shop.breastfeeding.asn.au/>

ABOUT ABA - 60th Anniversary this year

Established in 1964, the Australian Breastfeeding Association (ABA), formerly the Nursing Mothers' Association of Australia, is one of the country's largest women's not-for-profit organisations. Largely run by volunteers, we are the leading source of breastfeeding information and support with local groups covering every postcode across Australia.

OUR VISION

Breastfeeding is recognised as important by all Australians and is culturally normal.

OUR MISSION

As Australia's leading authority on breastfeeding, we support, educate and advocate for a breastfeeding inclusive society.

MEMBERSHIP RENEWAL

Stay a member of the ABA Family!

Some mothers let their membership lapse between babies. Even if you are not breastfeeding for a while, you can continue to get support in general parenting from information in *Essence* magazine, our e-newsletters and mother-to-mother at ABA group get-togethers. By renewing your membership, you are continuing to support ABA's work. If you are already a financial member renewal is \$65 per year.

BREAST PUMP HIRE

The ABA recognises your commitment to provide breast milk for your baby. Naturally, the best way to remove milk from your breasts is breastfeeding your baby. But there are situations where this is not practical, and you may want or need to express your milk. If you want to hire a breast pump, hire one from us. Our counsellors discuss your needs to determine whether a pump is best for you and your situation. Service includes consultation with a trained Breastfeeding Counsellor and ongoing information and support. Australian Breastfeeding Association members receive 50% off the cost of breast pump hire. See the front page for hiring contact details.



BREASTFEEDING EDUCATION CLASSES

The Australian Breastfeeding Association commenced on-line Breastfeeding Education Classes in 2020 as a response to the Covid19 pandemic. Some areas offer face-to-face classes and Northern Sydney group plans to offer face-to-face classes this year. The classes are designed to prepare new parents for breastfeeding and life with a new baby. Please let your family, friends, neighbours and work colleagues know so they too can access a breastfeeding education class prior to giving birth.

What is covered in a class?

- How breastfeeding works
- Establishing breastfeeding and the first feed
- Importance of skin-to-skin contact in the first hours and beyond
- Positioning and attachment (how to hold and attach your baby to the breast)
- Understanding your milk supply
- Discussion of what is 'normal' for a breastfed baby
- Role of partners in breastfeeding
- Adjusting to parenthood - survival tips for the early days and weeks with a new baby
- Common concerns and problem solving

Cost?

The on-line classes are held very regularly and cost \$90 or \$20 for ABA members.

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

The face-to-face classes are exclusive to Australian Breastfeeding Association members. The cost of the class is only \$20 (plus the cost of a 12-month membership if you are not yet a member – only \$70).

The cost includes a copy of ABA's book ***Breastfeeding naturally***, which is great value!

LiveChat- it's there for everyone!

LiveChat is a support service for all members. LiveChat is offered 8 pm to 10 pm each weeknight and Monday and Friday from 12 – 2pm. It is accessible via the ABA website.

VOLUNTEERING WITH ABA

If you'd like to find out more about volunteering for ABA there are on-line sessions once per month. See the website for more information – search for "Volunteer" or <https://www.breastfeeding.asn.au/volunteering/breastfeeding-counsellor-educator>