



# North Western Sydney Region 2024 Calendar of events

**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

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. Most meetings are at **Marayong Hotel** (Blacktown), **Glenhaven Community Centre** (The Hills) & **Hotel Pennant Hills** (Hornsby)

**See the ABA website calendar for events and updates [breastfeeding.asn.au/](http://breastfeeding.asn.au/)**

We look forward to meeting you. Bronwyn, Bec and Sam Group Leaders for the Blacktown, The Hills and Hornsby

|                         |   |                      |
|-------------------------|---|----------------------|
| Tues 13 Feb 10am        | Breastfeeding & the Early Days  | Blacktown Group      |
| Fri 16 Feb 10am         | Milk Supply - Is my baby getting enough?                              | The Hills Group      |
| Thu 22 Feb 10am         | Mixed feeding? Breastfeeding challenges?                              | Hornsby Group        |
| Tue 27 Feb 10am         | Introducing Family Foods  | Blacktown Group      |
| Fri 1 Mar 10am          | Feeding patterns - What's normal                                      | The Hills Group      |
| Wed 6 Mar 10am          | Taking the ouch out of breastfeeding?                                 | Hornsby Group        |
| Tue 12 Mar 10am         | Expressing & Storing Breastmilk                                       | Blacktown Group      |
| Fri 15 Mar 10am         | Beyond Babyhood feeding and weaning?                                  | The Hills Group      |
| Thu 21 Mar 10am         | Why is my Baby Crying? Could it be reflux?                            | Hornsby Group        |
| <i>Sat 23 Mar 2-5pm</i> | <i><u><a href="#">Book your Breastfeeding Education Class</a></u></i> | <i>Pennant Hills</i> |
| Tues 26 Mar 10am        | Night-time Parenting  | Blacktown Group      |
| Fri 5 Apr 10am          | Milk, Mush & Mess - introducing solids                                | The Hills Group      |
| Tue 9 Apr 10am          | Weight gains & your Milk Supply                                       | Blacktown Group      |
| Thu 11 Apr 10am         | Sleep and Breastfeeding   | Hornsby Group        |
| Tue 23 Apr 10am         | Holiday Play Breastfeeding Q&A Kings Park                             | Blacktown Group      |
| Tues 30 Apr 10am        | Breastfeeding & the Early Days  | Hornsby Group        |
| Fri 3 May 10am          | Breastfeeding & Returning to Work                                     | The Hills Group      |
| Thu 9 May 10am          | The Motherhood Juggle & Self Care                                     | Hornsby Group        |
| Tues 14 May 10am        | National Mothering Week - 60years of Love                             | Blacktown Group      |
| Fri 17 May 10am         | Avoiding the top up spiral  | The Hills Group      |
| Wed 22 May 10am         | Breastfeeding out & about   | Hornsby Group        |
| Tues 28 May 10am        | Milk Supply - too much/too little?                                    | Blacktown Group      |
| Fri 7 June 10am         | Ouch! When breastfeeding hurts  | The Hills Group      |
| Tue 11 June 10am        | Taking Care of ourselves  | Blacktown Group      |
| Wed 12 June 10am        | Fussing? Refusing or just distracted?                                 | Hornsby Group        |
| <i>Sat 23 Mar 2-5pm</i> | <i><u><a href="#">Book your Breastfeeding Education Class</a></u></i> | <i>Pennant Hills</i> |

**Blacktown Group Leader  
& Breast Pump Hirer**

**Bronwyn 0400 395 531**  
[abablacktown@yahoo.com.au](mailto:abablacktown@yahoo.com.au)

**Hills Group Leader  
& Breast pump Hirer**

**Bec 0413 849 008**  
[aba@abahills.org](mailto:aba@abahills.org)

**Hornsby Group Leader**

**Sam 0432 904 842**  
[aba.hornsbyberowra@gmail.com](mailto:aba.hornsbyberowra@gmail.com)

**Hornsby Breast Pump Hire  
Enquiries**  
**Antonia 0418 166 655**

**Mother Safe Medication  
Info Line 9382 6539**

**Poisons Information**  
13 11 26

**Breastfeeding Helpline**  
**1800 686 268**  
The Breastfeeding  
Helpline is supported by  
funding from the  
Australian Government



**Please check for any changes of date/venue on facebook  
ABA Sydney North West Region OR the calendar at [breastfeeding.asn.au](http://breastfeeding.asn.au)**