

OUR SERVICES

NEWCASTLE/HUNTER REGION



LIBRARY

Contains a selection of material regarding all things parenting.
Located at Mums' Cottage in Holmesville



BREASTFEEDING EDUCATION: *Discounted rate for members*

Online breastfeeding preparation sessions: Information available on website



REGULAR MEETINGS

Face-to-face meetings available. Our region hosts various events throughout the year. For more details see overleaf. Additional events are often added and will be posted on our regional facebook and calendar. So keep an eye out for updates!



BREAST PUMP HIRE

Discounted rate for members

For more detail contact:

Newcastle Group: *Eliza* - 0447 398 500

Lake Macquarie Group: *Kathleen* - 0421 343 924

Upper Hunter Group: *Marion* - 0459 458 001

LiveChat



NEED HELP NOW?

- Talk to one of our trained volunteers on **Livechat**, or
- Call our free Breastfeeding Helpline.
It is available 24/7, 365 days a year: **1800 mum 2 mum**

JOIN US at www.breastfeeding.asn.au or phone **03 9885 0855**

- \$70: 1 year personal membership
- \$90: 1 year personal membership + education
- \$55: 1 year concession membership
- \$75: 1 year concession membership + education
- \$110: 2 year personal membership

Professional membership is available for \$195 a year.
There are a range of benefits specific to professionals.

See our website for more information

<https://abaprofessional.asn.au/memberships/>

HAVE YOU
CHECKED
OUT OUR
PODCASTS?



breastfeeding...

with **ABA**

made by parents, for parents

Find out more at
blog.breastfeeding.asn.au
or search for us on your
favourite podcast app.

OUR CALENDAR 2024

NEWCASTLE/HUNTER REGION

ALL WELCOME!

APRIL

Wednesday 3rd 10 a.m. to 12 p.m.	Connect and Share <i>Topic: Sleep</i>	Mums' Cottage, Holmesville
Wednesday 17th 10 a.m. to 12 p.m.	Chat and Play	Thomas H Halton Park Playground - Croudace Bay

MAY: National Volunteer Week starts 20th of May

Wednesday 1st 10 a.m. to 12 p.m.	Connect and Share <i>Topic: Self care</i>	Mums' Cottage, Holmesville
Friday 10th 10 a.m. to 11:30 a.m.	Chat and Play	Information Centre Café & child play area, High St Maitland
Monday 13th & Wednesday 15th 10 a.m. to 12 p.m.	You're Kidding Me Expo stall	Charlestown Square
Monday 20th 10 a.m. to 12 p.m.	Chat and Play	Play Cafe Cessnock

JUNE

Wednesday 6th 10 a.m. to 12 p.m.	Connect and Share <i>Topic: Introducing solids</i>	Mums' Cottage, Holmesville
Monday 17th 10 a.m. to 11:30 a.m.	Chat and Play	Play Cafe Cessnock
Wednesday 19th 10 a.m. to 12 p.m.	Chat and Play	Warner Park Playground - Warners Bay
Wednesday 26th 10 a.m. to 12 p.m.	Chat and Play	Information Centre Café & child play area, High St Maitland

JULY: Naidoc Week - For Our Elders starts 7th of July

Wednesday 10th 10 a.m. to 12 p.m.	Connect and Share: NAIDOC week	Mums' Cottage, Holmesville
Wednesday 24th 10 a.m. to 11:30 a.m.	Walk and Talk	MAC Yapang Sculpture Park - Booragul

AUGUST: World Breastfeeding Week 1st - 7th of August

Wednesday 7th 10 a.m. to 12 p.m.	Connect and Share: <i>Topic: Early days/Nipple care</i>	Mums' Cottage, Holmesville
Monday 19th 10 a.m. to 11:30 a.m.	Chat and Play	Play Cafe Cessnock
Wednesday 21st 10 a.m. to 12 p.m.	Chat and Play	Richley Reserve Playground - New Lambton
Tuesday 27th 10 a.m. to 12 p.m.	Chat and Play	Information Centre Café & child play area, High St Maitland

SEPTEMBER

Wednesday 4th 10 a.m. to 12 p.m.	Connect and Share <i>Topic: Supply too much/too little?</i>	Mums' Cottage, Holmesville
Monday 16th 10 a.m. to 12 p.m.	Chat and Play	Play Cafe Cessnock
Wednesday 18th 10 a.m. to 12 p.m.	Chat and Play	Speers Point Park, near Table 1 Espresso - Speers Point
Saturday 21st & Sunday 22nd	Living Smart and Living Together Festivals - ABA Feed and Change Tent	Speers Point Park

Please contact your local group for details and Zoom link

Newcastle: Bek - 0434 163 238 - lakemacaba@gmail.com
Lake Macquarie: Kathleen - 0421 343 924 - cusack.kathleen@gmail.com
Hunter: Lauren - 0459 381 633 - lowerhunteraba@gmail.com

JOIN OUR NEWBORN VIRTUAL VILLAGE!

Meet other new parents online for support
and tips in the early days and weeks.
See website for more details.