

Tas Central Coast Group

The Tas Central Coast Group of the Australian Breastfeeding Association (ABA) generally **meet face-to-face fortnightly** with occasional additional events e.g. dessert nights when there is a fifth Friday – yum! ABA Tasmania Branch also offers monthly online Zoom 'Info and Chat' discussions (first Friday of the month).

All are welcome at our get-togethers—a great way to meet other mothers! **Introductory membership to ABA is FREE** and you don't need to have a problem or be breastfeeding to come along – our group activities in Tasmania are **FREE** to all. We talk about all sorts of things to do with being a mum and looking after children. Babies and children, friends and support people are also welcome! Our get-togethers are led by trained volunteers and include informal discussions as well as guest speakers.

Why not check us out? You can also:

- Get your breastfeeding questions answered
- Share your experiences
- Make friends and have fun
- Help other mums
- Be accepted and encouraged (including care and support when breastfeeding doesn't work out).

Are you expecting?



Prepare for breastfeeding success with our interactive online class. Our local \$20 refund offer makes this class **FREE** when you sign up to **Virtual Village Plus**. To claim, book your class online, then send proof of payment and your bank details to: ptmcmullen60@bigpond.com

Breastfeeding information and supports

Talk to a **local** breastfeeding counsellor:

- face-to-face at a local group get-together or
- by phone:

Tana – 0428 204 076 (**Group Leader**)

Marion – 0409 899 136
(Breast Pump Hire)

Suzanne – 6437 2462

Or go to our website:

breastfeeding.asn.au
(includes Livechat)



Daytime: 12.00 p.m. – 2.00 p.m.
Mondays, Wednesdays and Fridays
Evening: 8.00 p.m. – 10.00 p.m. weekdays

Or call our 24-hour 7-day
National Breastfeeding Helpline:



The National Breastfeeding Helpline is supported by funding from the Australian Government.

Babies, mothering, breastfeeding



Ulverstone-Penguin Area

Activities:

(online and face-to-face)



July – December June 2024



TAS CENTRAL COAST MUMS' GROUP ACTIVITIES (July – December 2024)



DATE	TIME	EVENT/TOPIC	VENUE
Friday, 5 July	11.30 a.m. – 1.00 p.m.	Info and Chat – 'Breastfeeding Toddlers'	Online via Zoom*
Friday, 5 July	10.00 a.m. – 12.00p.m.	Info and Chat** – 'Breast and nipple care'	Multi-purpose room, No. 34 Alexandra Road, Ulverstone (Aboriginal Health Service)
Friday, 19 July	10.00 a.m. – 12.00 p.m.	Cuppa and Chat**	No. 34 Alexandra Road, Ulverstone
World Breastfeeding Week 1-7 August			
Friday, 2 August	11.30 a.m. – 1.00 p.m.	Info and Chat – 'BYO questions and concerns'	Online via Zoom*
Friday, 2 August	10.00 a.m. – 12.00 p.m.	Info and Chat** – 'Breastfeeding: good for us and good for the earth'	No. 34 Alexandra Road, Ulverstone
Friday, 16 August	10.00 a.m. – 12.00 p.m.	Cuppa and Chat**	No. 34 Alexandra Road, Ulverstone
Friday 30 August	From 7.30pm	Dessert night**	To be advised
Friday, 6 September	11.30 a.m. – 1.00 p.m.	Info and Chat – 'Breast refusal and fussy babies'	Online via Zoom*
Friday, 13 September	10.00 a.m. – 12.00 p.m.	Info and Chat** – 'Weaning – under ones and over ones'	No. 34 Alexandra Road, Ulverstone
Friday, 27 September	10.00 a.m. – 12.00 p.m.	Cuppa and Chat**	No. 34 Alexandra Road, Ulverstone
Friday, 4 October	11.30 a.m. – 1.00 p.m.	Info and Chat – 'Breast and nipple care'	Online via Zoom*
Friday, 11 October	10.00 a.m. – 12.00 p.m.	Info and Chat** – 'Introducing solids'	No. 34, Alexandra Road, Ulverstone
Friday, 25 October	10.00 a.m. – 12.00 p.m.	Cuppa and Chat**	No. 34 Alexandra Road, Ulverstone
Friday, 1 November	11.30 a.m. – 1.00 p.m.	Info and Chat – 'The crying baby'	Online via Zoom*
Friday, 8 November	10.00 a.m. – 12.00 p.m.	Info and Chat** – 'Tips and tricks to help make parenting more fun' (Guest Speaker***)	No. 34 Alexandra Road, Ulverstone
Friday, 22 November	10.00 a.m. – 12.00 p.m.	Cuppa and Chat** followed by a pram walk if the weather is kind	No. 34 Alexandra Road, Ulverstone
Friday, 6 December	11.30 a.m. – 1.00 p.m.	Info and Chat – 'Breastfeeding through summer, alcohol, heat and holidays'	Online via zoom*
Friday, 6 December	10.00 a.m. – 12.00 p.m.	Info and Chat** – 'Breastfeeding through summer, alcohol, heat and holidays'	No. 34 Alexandra Road, Ulverstone
Friday, 13 December	To be advised	End of Year celebration**	To be advised



facebook.com/tascentralcoastaba

If you enjoy being a part of our group, you may wish to extend your **FREE Introductory Membership** to a **Virtual Village** or **Virtual Village Plus membership** to enjoy all the benefits that ABA offers.

As we are a volunteer not-for-profit organisation, we rely on membership subscriptions (and some grants, donations and fundraising) to continue our services in the community. Please go to: <https://www.breastfeeding.asn.au/memberships> for further information about our membership options.

If you are having a 'good' day, please bring a small plate of morning tea to share at our face-to-face events. If it's not a good day, please come along anyway and receive some support and socialising! We are happy to share 😊 and please let any worry go if you are running late, we are glad to see you whenever you arrive!

*Meeting ID: 513 214 6735. Zoom link is also emailed to ABA members and available on our Facebook group page. For security, and quick admission from the online waiting room, please use your real name on Zoom. Aliases or device names may not be admitted.

Attendees are requested to not attend if you or anyone in your household is unwell. We thank you for your consideration and efforts to keep our community safe and healthy. As public health circumstances and venue availability may change, we reserve the right to alter details without notice. Please contact **Tana on 0428 204 076 or Marion on 0409 899 136 if unsure.

***This presentation may include information which is not in accordance with ABA policies and position statements.

Thank you to Leonie Hiscutt, MLC and her office for the photocopying of these diary dates to support ABA.