

Benefits of Membership

New members receive a copy of our best-selling book *Breastfeeding ...Naturally*, to help answer the questions every parent has about breastfeeding (RRP \$34.95)



Newborn Virtual village: Meet other new parents for support and tips in the early days and weeks – attend live sessions online.

Mum2Mum app: Exclusive content available to members

Live Chat: Priority access to online chat through the website with a trained counsellor or educator from Monday to Friday 12-2pm and 8-10pm

Essence Magazine: Published every 3 months, it is packed with the latest breastfeeding information and interesting articles

Member eNewsletter: Have the latest news, information and special offers from the Australian Breastfeeding Association emailed directly to you

Savings: Members save up to 50% when they hire a breast pump through their local group and 60% discount on antenatal breastfeeding classes

Become a Virtual Village Member today
Subscribe at www.breastfeeding.asn.au

\$70 new members and subscription renewal

\$90 plus membership includes an online Breastfeeding Preparation Session

\$110 for a 2-year subscription



ABA Helpline is supported by funding from the Australian Government

The Australian Breastfeeding Association (ABA) is Australia's largest breastfeeding information and support service. Breastfeeding is a practical, learned skill, and ABA helps more than 80,000 mums each year via the ABA helpline, live chat service and with dedicated groups to help and support mums.

BREAST PUMP HIRE

Did you know that our group has hospital grade electric breast pumps for hire?

For support and hiring, please contact our Breast Pump Hire Officers:

Sale: Angela 0412 725 727

Trafalgar: Renee 0408 587 553

Lakes Entrance: Bethany 0451 726 024

Bass Coast: Kristine 0407 708 370



Australian Breastfeeding Association



Calendar of Events

Gippsland Group

Jan - April 2025

 facebook.com/ABAGippsland



aba.gippsland@gmail.com
www.breastfeeding.asn.au

Our Meetings

To connect directly with us in Gippsland, information and chat sessions are led by a breastfeeding counsellor, breastfeeding educator, or invited guest, with discussions on specific topics, either face to face or online. A great way to increase your breastfeeding knowledge; and your shared experience may make the difference to another mother.

Coffee mornings, park plays, and walks are more informal chances to get-together. Take some time out for yourself and meet other mothers.

What to Bring?

You are welcome to bring along your baby, toddler, and your older children; you may like to bring a packed 'play lunch' for them, and please remember to supervise them at our venues. Hats, sunscreen, and mosquito repellent are recommended for outside play/park walks.

We understand how daunting it can be to walk into a room full of strangers, so support people are welcome too. Come as you are and remember we invite you to arrive at our meets whenever 'motherly' possible.

Meeting Topics may include

- Breast and nipple pain
- Introducing solids
- Breastfeeding older children
- Expressing and storing breastmilk
- Returning to work

Meetings

Usually the third Wednesday of the month
10am @ St Mary's Anglican Church
114 Ridgeway **Mirboo North**

Fridays (variable per month) 2-3.30pm
15 Dixon Street, **Stratford**

First Friday of the month 9.30-11am
New Leaf Café, 14 Dalmahoy St **Bairnsdale**

Please check event details in the calendar section of our local group page on the ABA website, on our Facebook pages, and reminder emails sent to ABA members.

In addition to meetings times with set topics to discuss, we also plan park walks and cafe catch ups for more casual chats.

Locality volunteers

Angela, Jen, Megan, Maddy - Sale/Maffra

Renee - Trafalgar

Agnes – Bonang

Cate - Bairnsdale

Bethany – Lakes Entrance

Kristine - Bass Coast/Phillip Island



*A big thankyou to Wellington Shire for
assisting our volunteers to attend
ABA's Vic branch conference 2025
"Supporting us to support you"*



Online Resources

Check our public Facebook page [ABA Gippsland](#)

We also have a private [ABA Gippsland Discussion Group](#) where you can ask questions of other mums

Download the new ABA [Mum2Mum app](#)

Listen to ABA's [podcast](#)

You can also access more information on the [ABA website](#)

- Includes a fantastic volume of evidence-based information
- Education booklets for purchase
- Access the Live Chat service
- Discover your local group
- Find out about Breastfeeding Courses