

<p><u>Thursday 23 January</u> 10am–12pm Centennial Homestead Pantry</p>	<p>Breastfeeding From Newborn to Toddlerhood Bring your breastfeeding questions and enjoy a coffee and a treat on us at the outdoor kiosk in Centennial Park - 1 Grand Drive.</p>
<p><u>Thursday 13 February</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Nutrition For Mums & Bubs Nutritionist, Libby, will take us back to basics by sharing simple ways to nourish ourselves and our little ones. Plus strategies to help children build a healthy relationship with food, from starting solids to fussy eating.</p>
<p><u>Thursday 27 February</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Breastfeeding & Your Supply From the early days until it's time to wean. Come and find out how to know if your baby is getting the perfect amount of breastmilk.</p>
<p><u>Thursday 13 March</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Our Mental Health in the Digital Age Clinical Psychologist, Emily, will talk about looking after our mental and emotional health and how to navigate the effects of social media.</p>
<p><u>Thursday 27 March</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Taking the Worry Out of Having Your Breastfed Baby Weighed Find out what's normal and the checks that can help you to know if your baby is healthy and growing well.</p>
<p><u>Thursday 10 April</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>All You Need to Know About Jaw Development, Teething & Oral Hygiene Dentist, Dr Anisha, will answer all your questions relating to dental health for you and your family.</p>
<p><u>Thursday 8 May</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Celebrating National Mothering Week Come along and be pampered with a relaxing shoulder massage and a delicious morning tea.</p>
<p><u>Thursday 22 May</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Sleep & My Breastfed Baby Why won't my baby sleep? Why do they wake up so soon? So many sleep questions you want answers to. Come along to find out the answers.</p>
<p><u>Thursday 12 June</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Thriving Together: What Every Parent Should Know About Child Development & the Nervous System Paediatric Chiropractor, Dr Vanessa, shares simple steps to support your child's emotional regulation, milestones and overall health.</p>
<p><u>Thursday 26 June</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Unsettled Babies Join us to discuss the many reasons your baby may be unsettled, what you can do to comfort them and strategies to help you cope when it all seems too much.</p>
<p><u>WAIROA COMMUNITY CENTRE HALL</u> is located next to the Early Childhood Health Centre on the corner of Wairoa Avenue and Brighton Boulevard in North Bondi.</p>	

RSVP by SMS to Kristy on 0414 977 968 or email ababondijunction@gmail.com

The opportunity for breastfeeding questions & private counselling is available at all meetings