

Randwick Group Meetings

August – December 2025

Whether you are awaiting the arrival of your baby, breastfeeding or bottle feeding, all mothers, partners, children, grandparents and friends are most welcome at our meetings and social gatherings. Our groups are very informal and while a nominated topic is set for most meetings, there is always the opportunity to discuss your concerns or speak with a counsellor in a group or individual setting. We look forward to meeting you soon,

Jackie and Lauren – Randwick Group Leaders

Find us on Instagram @abarandwick, Facebook @ Australia Breastfeeding Association Eastern Suburbs Sydney

Call our Breastfeeding Helpline

1800 mum 2 mum or 1800 686 268

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| Thursday 7th August  11am – 1pm | **World Breastfeeding Week**  This year’s theme is Prioritise Breastfeeding:  Create Sustainable Support Systems. | You can hire a Medela ,Ardo or Ameda hospital grade breast pump 50% discount for members  Please SMS:  Jackie 0414 760 445 Little Bay    or email  [abarandwickgroup@gmail.com](mailto:abarandwickgroup@gmail.com) |
| Thursday 4th September  11am – 1pm | **Toddlers with Guest Speaker – Becky from Karitane**  How to navigate the ups and downs with the mighty toddler ! |  |
| Thursday 2nd October  11am – 1pm | **Back Care**  Taking care of our backs – tips for stretching and self-care. | \*Please note all our groups are held at  Kensington Park Community Centre, Hall 2, 1 Day Lane, Kensington , 2033. Free parking – buzz in at boom gate |
| Thursday 6th November  11am – 1pm | **Preparing for the holiday season while breastfeeding**  Tips on how to manage the busy holiday period when breastfeeding and juggling extra activities | Check out a ABA store to buy booklets on various popular topics at: <https://www.breastfeeding.asn.au/products> |
| Thursday 4th December  11am – 1pm | **End of year and holiday celebration**  Bring your picnic mat for a relaxed Christmas/holiday celebration | Check out the Breastfeeding with ABA podcast here: <https://www.breastfeeding.asn.au/breastfeedingwithABA> |