ABA Virtual Village for parents

An explainer for health professionals

Let your clients know about ABA Virtual Village to complement your support and care.

The Australian Breastfeeding Association offers online breastfeeding education and support for mothers and parents from pregnancy to beyond the newborn stage. Our programs are designed to empower parents and provide practical skills and confidence for mothers who are establishing and continuing breastfeeding.



For Health **Professionals**

Pregnancy Virtual Village

Interactive, online breastfeeding education for expectant parents. Sessions cover practical skills for establishing breastfeeding, solutions for common challenges and a Q&A with a breastfeeding mum.

Sessions/modules available for specific situations.

The first 72 hours

Online step-by-step guide for new parents during the early hours with their newborn. Includes practical information and support and features videos of other mothers talking about their experiences during this time.

Newborn Virtual Village

Webinar series designed to provide new mothers and parents with real time breastfeeding and peer support in the early days and weeks after giving birth. Sessions cover essential topics focused on establishing breastfeeding and adjusting to life with a newborn.

Connect & Share Virtual Village

Webinar series designed for parents with babies beyond the newborn stage. Sessions provide information and support on transitioning into motherhood and navigating the life changes that come with having a baby.

Recommended baby stage

Pre-birth

First 72 hours

0-2 months

2 months+

Topics

Different sessions suit different needs

- **Breastfeeding Preparation Session**
- Breastfeeding Preparation Session: Multiples*
- Breastfeeding Preparation Session: Diabetes*
- LGBTQIA+ Breastfeeding Education Module available 24/7 online

Three modules available

- The first 24 hours
- Hours 24-48
- Hours 48-72

Sessions rotate between five topics

- · Comfortable attachment and early days support
- Learning your baby's feeding and other cues
- Working out your supply in the early days
- Sleep and breastfeeding patterns in the early weeks
- · Intimacy and wellbeing post-birth

Sessions rotate between five topics

- Combining work and breastfeeding
- Am I still me?
- Beyond the newborn stage
- Growing your family
 - Can I breastfeed if I ...

Frequency

Live stream webinar, once a week *Specific sessions run less often



Available 24/7 online



Live stream webinar, twice a week



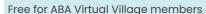
Live stream webinar, once a month



Cost

Discounted for ABA Virtual Village members - partners and support people attend for free! Free for ABA Virtual Village members

Free for ABA Virtual Village members



Find out more





















The Australian Breastfeeding Association is a registered training organisation and receives funding from the Australian Government. RTO: 21659

