



# North Western Sydney Region 2025 Calendar of events

**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding - all mothers, fathers, their children, support people and friends are most welcome to attend our meetings and social gatherings. Our meetings are very informal and while a nominated topic is set for most meetings, there is always an opportunity to discuss other topics of interest as a group or individually with a counsellor.

We look forward to meeting you. Bronwyn, Bec and Sam Group Leaders for the Blacktown, The Hills and Hornsby Groups

**Meet up locations include - Marayong Hotel Kings Park, Hotel Pennant Hills, Glenhaven Community Centre, Butcher's Block Café Wahroonga**

Fri 20 June 10am	Feeding patterns & milk supply	Glenhaven
Tues 24 June 10:15am	Support & Self Care for Mums	Kings Park
Wed 25 June 10am	Your toddler & the new baby	Pennant Hills
Fri 4 July 10am	Teething & other breastfeeding challenges	Glenhaven
Tues 22 July 10:15am	Sleep & Night-time parenting	Kings Park
Wed 23 July 10am	Crying baby - could it be reflux?	Pennant Hills
Wed 30 July 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Fri 1 Aug 10am	Celebration of World Breastfeeding Week	Glenhaven
Wed 6 Aug 10am	Breastfeeding & the environment	Pennant Hills
Tues 12 Aug 10:15am	Work or study? Expressing your milk	Kings Park
Fri 15 Aug 10am	The top up spiral & how to avoid it	Glenhaven
Wed 20 Aug 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Tue 26 Aug 10:15am	Breastfeeding in the early days	Kings Park
Wed 3 Sept 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Fri 5 Sept 10am	Sleeping like a baby?	Glenhaven
Tue 9 Sept 10:15am	Introducing Solids	Kings Park
<i>Sat 13 &amp; Sun 14 Sept Volunteer with ABA at PBC Expo - Sydney Olympic Park</i>		
Fri 19 Sept 10am	Coping with conflicting advice/Info overload	Glenhaven
Tue 23 Sept 10:15am	Breast & Nipple Care	Kings Park
Wed 24 Sept 10am	Breastfeeding & Pregnancy	Pennant Hills
Tue 14 Oct 10:15am	Surviving Summer & keeping baby cool	Kings Park
Wed 15 Oct 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Fri 17 Oct 10am	Childcare & expressing your milk	Glenhaven
Tue 28 Oct 10:15am	Parenting in the first few weeks	Kings Park
Wed 29 Oct 10am	Preparing for emergencies with a baby	Pennant Hills

**Blacktown Group Leader  
& Breast Pump Hirer**

**Bronwyn 0400 395 531**  
[blacktown@breastfeeding.asn.au](mailto:blacktown@breastfeeding.asn.au)

**Hills Group Leader  
& Breast pump Hirer**

**Bec 0413 849 008**  
[aba@abahills.org](mailto:aba@abahills.org)

**Hornsby Group Leader**

**Sam 0432 904 842**  
[hornsbyberowra@breastfeeding.asn.au](mailto:hornsbyberowra@breastfeeding.asn.au)

**Hornsby Breast Pump Hire  
Enquiries**  
**Antonia 0418 166 655**

**Mother Safe Medication  
Info Line 9382 6539**

**Poisons Information**  
**13 11 26**

**Breastfeeding Helpline**  
**1800 686 268**  
The Breastfeeding  
Helpline is supported by



**Please check for any changes of date/venue on facebook  
ABA Sydney North West Region OR the calendar at [breastfeeding.asn.au](http://breastfeeding.asn.au)**

***Interested in volunteering with ABA? Ask us or check the website***