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| Macintosh HD:Users:benjamingoodwin:Downloads:Breastfeeding Helpline Logos:Breastfeeding Helpline EPS:CMYK EPS:ABA Horiz_BFH Vert_CMYK.epsjj  Welcome… to new members and their families!  Our trainees…  Enrolled in the Cert IV Breastfeeding Counsellor or Community Educator training…. Rosemary  We’re here to help…  The Australian Breastfeeding Association is a voluntary organisation that supports and encourages women who wish to breastfeed. We offer information and mother-to-mother support through our 24-hour National Breastfeeding Helpline, our website and local mothers’ networks. The ABA is also a registered training organisation and is renowned as the leading body for breastfeeding information in Australia.  **Nicola writes…**  Thank you to all our wonderful members for your support. You make it possible for the ABA to support families in the community with their breastfeeding journeys.  Come along to one of our meet ups! It’s always rewarding talking and listening to people about their families and experiences with their babies. Local meetings will run **between Little B.I.G House in Summer Hill** and **St Alban’s Church in Five Dock**, both wonderful family friendly spaces. Our local group meetings are open to ALL parents and support people. Both members and non-members are welcome, please come along and bring a friend or family member with you for a warm welcome. Our meetings are very casual so don’t worry if you are running late or need to leave early and although there is a planned topic for discussion there is always a chance to ask questions or have a chat with a Breastfeeding Counsellor.  We have a Cuppa & Chat planned in Five Dock in August to celebrate World Breastfeeding Week. Come along to meet some other parents and let us buy you a warm or cold drink.  **We hope to see you soon!**  **Other details:**  Counsellor Holly 0423 684 216  Counsellor Eve 0405 096 580  **Group leaders & counsellors:**  **Regine 0403 414 111**  **Nicola 0434 563 256**  citywestaba@gmail.com  **Breast pump hire:**  **Holly** 0423 684 216  **Kate** 0499 071 510  [Citywestaba.bp@gmail.com](mailto:Citywestaba.bp@gmail.com)  **Library:** citywestaba@gmail.com  Inner Metro Sydney Facebook page:  www.facebook.com/abainnermetrosydney  Local CityWest group page:  www.breastfeeding.asn.au/local/nsw/citywest-nsw |

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| Activity guide July - November 2025 | | | |
| *Our get togethers are relaxed, friendly, and enjoyable. Your shared experience may make the difference to another mother.*  ***A Breastfeeding Counsellor is available at all these occasions.*** | | | |
| July | Friday  4th July  10am-12pm | **Introducing Solids**  Starting solids is an exciting time for families but with so much information out there, it can be overwhelming. It can really help to be prepared. Join us as we talk about signs that your baby is ready for family food, where to start and how to cope with the mess! | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Regine – 0403 414 111 |
| August | Friday  1st August  10am-11:30am | **Cuppa & Chat**  **Celebrating World Breastfeeding Week**  Let us buy you a warm or cold drink while you build social connections with other mums. Children of all ages are welcome, as well as family members and friends. Pop in and see what ABA is about and celebrate World Breastfeeding Week  **RSVP via text essential** | The Sisu Coffee House  108 Great N Rd  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday 20th August  10am-12pm | **Baby Yoga**  Baby Yoga is a fantastic way to support your baby’s development by improving muscle strength and tone, coordination, and balance. Learn from Guest speaker, Dympna, about how baby yoga strengthens bonds and promotes many well-used techniques for calming, soothing and reassuring your baby.  **RSVP via text essential** | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Nicola – 0434 563 256 |
| September | Friday  5th September 10am-12pm | **Music for babies and toddlers**  Music is a powerful tool for early childhood development, igniting various areas of growth in babies and toddlers. Come and join our fun and interactive session with guest speaker, Flora, as we explore song, simple instruments and sound together. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday  17th  September  10am – 12pm | **Sleep and night-time parenting**  Sleep and night-time parenting Sleeping like a baby - what does that really mean? Join us as we talk about normal baby and toddler sleeping patterns and share tips on how to cope with interrupted sleep as parents | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| October | Wednesday  15th October 10am-12pm | **Feeding patterns – what’s normal?**  Concerned about whether your baby is feeding too often or for too long? You're not alone. There’s a wide variation in the average number of feeds a baby may take and feeding patterns can also change over time. Join us as we chat about what’s normal at various ages. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| November | Friday  7th November  10am-12pm | **Self-care for breastfeeding mums**  Caring for young children takes a lot of time and energy, so you may not have given much thought to doing some enjoyable things for yourself. While watching your baby grow and develop is rewarding, sometimes we forget we also need time for some self-care. Join us as we share ideas for taking care of yourself as you care for your baby | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Regine – 0403 414 111 |
| Wednesday 19th November  10am – 12pm | **Preparing for early childhood care**  Stuck with giving your baby too many top-up bottles? Many mums find it hard to get back to full breastfeeding once they start formula top-ups. Join us as we talk about how the supply and demand principle and simple tips to manage the top-ups as you increase your milk supply. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| Friday  21st  November  7pm | **Group Planning Meeting & Christmas Celebration**  How can our group support you better? Do you have ideas about meeting topics? Suggestions for activities for the group? Curious to see how the group works? Join our volunteers to discuss plans for the CityWest group.  RSVP via text essential | The Royal  156 Norton Street, Leichhardt  Nicola – 0434 563 256 |