

 LOCAL MOTHERS’ GROUP

(**Illawarra, including Wollongong and surrounding areas)**

Got a parenting or breastfeeding question? Looking for understanding and support?

Just want to get out of the house?

**Come and join us!**

**•Meet:** Once a month at Wollongong City Library and the alternate month at Dapto Library

**(Scan to find out more information)**

• **Who are we?**:We’re a group of local mums who volunteer with the

 Australian Breastfeeding Association to provide evidence-based

 breastfeeding information and support to families in the Wollongong and

 surrounding areas

**•Some topics we discuss: •**Breastfeeding in the early days • Breastfeeding and Returning to Work

 • Social events • Normal infant behaviour and feeding patterns • Sleep and night time parenting

plus many more great topics

**Everyone is Welcome, Babies, toddlers, partners and family, of course are welcome too**

Everyone is encouraged to share their experiences and ask questions. A qualified breastfeeding counsellor is usually present if you would like individual support.

• **Breast pump hire:** We are not currently hiring out breast pumps but may in the future, keep checking our ABA Illawarra Page on ABA Website.

•**Breastfeeding education classes:** We are not currently having any face to face Breastfeeding Education Classes, but you can attend Breastfeeding Preparation Session through ABA online

<https://www.breastfeeding.asn.au/education/breastfeeding-preparation-session-specific-situations>

**We look forward to seeing you all soon**