



North Western Sydney Region 2025-26 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

Wed 5 Nov 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Fri 7 Nov 10am	Sleep & nighttime parenting	Glenhaven
Tues 11 Nov 10:15am	Breastfeeding & returning to work or study?	Kings Park
Wed 12 Nov 10am	Posture, positions & pain prevention for mum & bub - Chiropractor Guest Speaker	Pennant Hills
Fri 21 Nov 10am	What I wish I'd known - tips for new parents	Glenhaven
Tue 25 Nov 10:15am	Introducing solid foods	Kings Park
Wed 3 Dec 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Fri 5 Dec 10am	Ups & downs of milk supply + Xmas Party	Glenhaven
Wed 10 Dec 10am	Breastfeeding an older baby, or time to wean? + join us for an end of year lunch (pls RSVP)	Pennant Hills
Tue 16 Dec 10:15am	Travelling with Baby/Alcohol & Breastfeeding	Kings Park
<i>Wishing everyone a safe and happy time while we take a break over the school holidays</i>		
Fri 6 Feb 10am	Avoiding the top up spiral	Glenhaven
Tue 10 Feb 10:15am	Early days of breastfeeding	Kings Park
Wed 11 Feb 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Fri 20 Feb 10am	Childcare & expressing your milk	Glenhaven
Tue 24 Feb 10:15am	Weight gains & your milk supply	Kings Park
Wed 25 Feb 10am	Why is my baby crying? Could it be reflux?	Pennant Hills
Fri 6 Mar 10am	Breastfeeding/baby care out & about	Glenhaven
Tue 10 Mar 10:15am	Your toddler & new baby on the way	Kings Park
Wed 11 Mar 10am	Cuppa & Chat - Breastfeeding Q & A	Wahroonga
Fri 20 Mar 10am	Play ideas & parenting hacks	Glenhaven
Tue 24 Mar 10:15am	Weaning with love	Kings Park
Wed 25 Mar 10am	Ups & Downs of Milk Supply	Pennant Hills

**Blacktown Group Leader
& Breast Pump Hirer**
Bronwyn 0400 395 531
blacktown@breastfeeding.asn.au

**Hills Group Leader
& Breast pump Hirer**
Bec 0413 849 008
aba@abahills.org

Hornsby Group Leader
Sam 0432 904 842
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

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The Breastfeeding
Helpline is supported by
funding from the
Australian Government



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

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