

Take a class

Learn and prepare before your baby comes

Get ready at an **online class** with ABA. **See over** to book a standard, or a specific situation class.

Breastfeeding Preparation Session

Claim **\$35 cashback** to save. Email proof of payment to your nearest group:

Burnie Wynyard Group

✉ schuuring30@hotmail.com

TAS Central Coast Group

✉ tana.mcmullen@breastfeeding.asn.au

Northern Tasmania Group

✉ charlotte.fielding@breastfeeding.asn.au

Breastfeeding ... with ABA

 ... a **podcast** and **blog** about breastfeeding, made by parents, for parents.

Ask us anything in the closed Facebook group, **Australian Breastfeeding Association Tasmania Chat**. Answer the joining questions here:



mum2mum app

- search for breastfeeding information in line with your little one's age
- find answers to commonly asked questions
- log your baby's feeds, sleeps and nappy changes
- more premium features of **mum2mum** come with ABA Virtual Village



Australian
Breastfeeding
Association

Local groups

Your ABA local group is a ready-made social network of local parents

Each ABA group is led by a qualified breastfeeding counsellor or educator who lives in the area.

Local activities include cuppa mornings, parenting discussions, pram walks and more.

ABA catch-ups are welcoming, inclusive, supportive and open to expectant, new and experienced mums and parents, whether breastfeeding or not.

What's coming up?

Come along and meet new friends. ABA's parenting village free catch-ups are regularly held in the Wynyard and Ulverstone areas. Scan below for the next catch-up:



In Tasmania, the ABA is supported by the Crown through the Department of Health

breastfeeding.asn.au

Join ABA Virtual Village

Access online breastfeeding and parenting support and resources, meeting you where you are at. Connect from the office, from hospital or from the comfort of home.



Includes live online group sessions, **The First 72 hrs** online learning package, meet-ups, hints and tips pushed to mobile, **Essence** magazine, **Breastfeeding: a practical guide** e-book and more.

Volunteer with ABA

Support others on their breastfeeding journey: become a **breastfeeding counsellor or educator** with a nationally accredited Certificate IV qualification. ABA is a Registered Training Organisation. RTO: 21659.

✉ training@breastfeeding.asn.au



 Volunteer in your local group! Connect with others, make friends and **give back to your community**.

Follow us

 [ozbreastfeedingtas](https://www.instagram.com/ozbreastfeedingtas)

 Australian Breastfeeding Association
Burnie Wynyard Group

 Australian Breastfeeding Association
TAS Central Coast Group

 ABA Northern Tasmania Group

Follow us for local ABA news on our socials

All details correct at time of publication. As public health circumstances, guest speaker* and venue availability are subject to change, we reserve the right to make alterations without notice.

*Guest speaker presentations may include information not in accordance with ABA policies and position statements.

About us

The Australian Breastfeeding Association provides evidence-based breastfeeding and parenting information and support, available to all mothers and parents.

Access our local mothers groups to connect with others and have your breastfeeding questions answered by qualified peer supporters.

Support for all stages is available at our free local activities, at breastfeeding.asn.au, using the **mum2mum** app, calling the **National Breastfeeding Helpline 1800 686 268** and texting the ABA **LiveChat** service.

Want to take a class? ABA offers expectant parents the ABA **Breastfeeding Preparation Session** education webinar – **save with our local group \$35 cashback offer**.

Access ABA's **Virtual Village** for additional parenting webinars and online support services, including premium **mum2mum** app content.



1800mum2mum
Breastfeeding Helpline 1800 686 268

The National Breastfeeding Helpline is supported by funding from the Australian Government



LiveChat

Breastfeeding
info with ABA

breastfeeding.asn.au

ABN: 64 005 801 523



Australian
Breastfeeding
Association

FREE INFO KIT
SIGN UP FOR
RESOURCES



**BREASTFEEDING
PREPARATION
SESSION**
ANTENATAL CLASS
CLAIM **\$35
CASHBACK**
FROM TASMANIAN
LOCAL GROUPS

BREAST PUMP HIRE
ULVERSTONE
WYNYARD
HOBART



CONTACT US

Sarah • 0409 583 343
Julie • 0417 846 190
Laura • 0412 202 649
Marion • 0409 899 136

Melissa • 0438 732 720
Natalie • 0419 131 052
Charlotte • 0407 864 767
Suzanne • 0408 505 512
Tana • 0428 204 076

Breast pump hire

Charlotte • 0407 864 767 – Wynyard
Marion • 0409 899 136 – Ulverstone



Australian
Breastfeeding
Association

Local groups and online services

Pregnant

Breastfeeding

Parenting

We're here for you

**North and northwest
Tasmania**

2025-2026

**Burnie
Wynyard
Group**



**TAS Central
Coast Group**

**Northern
Tasmania
Group**

