

# Your Virtual Village

Breastfeeding support – every step of the way

The Australian Breastfeeding Association has a Virtual Village of education and support available just for you. From bump to baby and beyond, access live sessions and online support. Gain practical skills and confidence to help you establish and continue breastfeeding. For one-on-one support contact our National Breastfeeding Helpline or LiveChat services.



Pregnancy Virtual Village	The first 72 hours	Newborn Virtual Village	Connect & Share Virtual Village
Our live sessions and resources for expectant parents will give you practical skills to get breastfeeding started and tips for common worries. Hear stories from breastfeeding mums in our resources and get answers to your questions in our live sessions.	Our online guide for new parents in the first 72 hours is full of practical tips to support you in the early hours with your baby. Learn and hear from other mums who've been where you are in the videos featured throughout.	Join our live sessions in the early days and weeks after birth. You'll get real time support from other parents, learn practical skills for starting breastfeeding, and hear tips for adjusting to life with your newborn.	Attend our live sessions for parents with babies beyond the newborn stage. These sessions share simple tips, real support, and guidance for handling the life changes that come with having a baby.
<b>Recommended baby stage</b>			
Pre-birth	First 72 hours	0-2 months	2 months+
<b>Topics</b>			
<b>Specific resources and live sessions available</b> <b>Live:</b> <ul style="list-style-type: none"> <li>Breastfeeding Preparation Session</li> <li>Breastfeeding Preparation Session: Multiples*</li> </ul> <b>Available 24/7 online:</b> <ul style="list-style-type: none"> <li>Breastfeeding and Diabetes Module</li> <li>LGBTQIA+ Breastfeeding Education Module</li> </ul>	<b>Three modules available</b> <ul style="list-style-type: none"> <li>The first 24 hours</li> <li>Hours 24-48</li> <li>Hours 48-72</li> </ul>	<b>Sessions rotate between five topics</b> <ul style="list-style-type: none"> <li>Comfortable attachment and early days support</li> <li>Learning your baby's feeding and other cues</li> <li>Working out your supply in the early days</li> <li>Sleep and breastfeeding patterns in the early weeks</li> <li>Intimacy and wellbeing post-birth</li> </ul>	<b>Sessions rotate between five topics</b> <ul style="list-style-type: none"> <li>Combining work and breastfeeding</li> <li>Am I still me?</li> <li>Beyond the newborn stage</li> <li>Growing your family</li> <li>Can I breastfeed if I ...</li> </ul> <b>Plus FREE webinars for special events</b>
<b>Frequency</b>			
Live stream webinar, once a week <small>*Specific sessions run less often</small>	Available 24/7 online	Live stream webinar, twice a week	Live stream webinar, once a month
<b>Cost</b>			
Free for <b>ABA Virtual Village PLUS</b> members – partners and support people attend for free!	Free for <b>ABA Virtual Village</b> members	Free for <b>ABA Virtual Village</b> members	Free for <b>ABA Virtual Village</b> members
<b>Find out more</b>			
 <a href="http://aba.asn.au/bps">aba.asn.au/bps</a>	 <a href="http://aba.asn.au/first72hours">aba.asn.au/first72hours</a>	 <a href="http://aba.asn.au/village">aba.asn.au/village</a>	 <a href="http://aba.asn.au/share">aba.asn.au/share</a>

The Australian Breastfeeding Association is a registered training organisation and receives funding from the Australian Government. RTO: 21659

Learn more [breastfeeding.asn.au/education](http://breastfeeding.asn.au/education)

One-on-one support [breastfeeding.asn.au/get-help](http://breastfeeding.asn.au/get-help)



**1800mum2mum**  
Breastfeeding Helpline 1800 686 268