

# ABA Virtual Village for parents

## An explainer for health professionals















Let your clients know about ABA Virtual Village to complement your support and care.

The Australian Breastfeeding Association offers online breastfeeding education and support for mothers and parents from pregnancy to beyond the newborn stage. Our programs are designed to empower parents and provide practical skills and confidence for mothers who are establishing and continuing breastfeeding.



**Australian  
Breastfeeding  
Association**

For Health  
Professionals

Pregnancy Virtual Village	The first 72 hours	Newborn Virtual Village	Connect & Share Virtual Village
Interactive, online breastfeeding education for expectant parents. Sessions cover practical skills for establishing breastfeeding, solutions for common challenges and Q&A with a breastfeeding mum.	Online step-by-step guide for new parents during the early hours with their newborn. Includes practical information and support and features videos of other mother's talking about their experience during this time.	Webinar series designed to provide new parents with real time breastfeeding and peer support in the early days and weeks after giving birth. Sessions cover essential topics focused on establishing breastfeeding and adjusting to life with a newborn.	Webinar series designed for parents with babies beyond the newborn stage. Sessions provide information and support on transitioning into motherhood and navigating 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	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>			
   aba.asn.au/bps	   aba.asn.au/first72hours	   aba.asn.au/village	   aba.asn.au/share

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

Learn more

[breastfeeding.asn.au/education](https://breastfeeding.asn.au/education)