Australian Breastfeeding Association

LOCAL MEETINGS
FEBRUARY – JUNE 2026

THURSDAY 12 FEBRUARY 10 am – 12 noon	**Expressing & Storing Breastmilk** We'll discuss the many reasons you may need to express breastmilk for your baby and provide tips and suggestions to set you up for success.
THURSDAY 26 FEBRUARY 10 am – 12 noon	**Breastfeeding & Your Supply** From the early days until it's time to wean. Come and find out how to know if your baby is getting the perfect amount of breastmilk.
THURSDAY 12 MARCH 10 am – 12 noon	**Jaw Development, Teething & Oral Hygiene** Dentist, Dr Anisha, will answer all your questions relating to dental health for you and your family.
THURSDAY 26 MARCH 10 am – 12 noon	**Nutrition For Mums & Bubs** Nutritionist, Libby, will take us back to basics by sharing simple ways to nourish ourselves and our little ones. She will also provide strategies to help children build a healthy relationship with food, from starting solids to fussy eating.
THURSDAY 23 APRIL 10 am – 12 noon	**Sleep & My Breastfed Baby** Why won't my baby sleep? Why do they wake up so soon? So many sleep questions you want answers to. Come along to find out the answers.
THURSDAY 14 MAY 10 am – 12 noon	**Celebrating National Mothering Week** Come along and be pampered with a relaxing shoulder massage and a delicious morning tea.
THURSDAY 28 MAY 10 am – 12 noon	**Our Mental Health in the Digital Age** Clinical Psychologist, Emily, will talk about looking after our mental and emotional health and how to navigate the effects of social media.
THURSDAY 11 JUNE 10 am – 12 noon	**Circle of Security Parenting** Join Dympna for an introduction to this attachment-based method where you'll gain insight into your child's emotional needs and take away practical strategies to strengthen your relationship and your child's sense of security.
THURSDAY 25 JUNE 10 am – 12 noon	**Breastfeeding Challenges** Join us to discuss the many reasons your baby may be unsettled, what you can do to comfort them and strategies to help you cope when it all seems too much.

Meetings are free to attend and open to everyone.

They are held at the **WAIROA COMMUNITY CENTRE HALL** located next to the Early Childhood Health Centre on the corner of Wairoa Avenue and Brighton Boulevard in North Bondi.

RSVP by SMS to Kristy on 0414 977 968 or email ababondijunction@gmail.com

The opportunity for breastfeeding questions & individual counselling is available at all meetings

BREASTFEEDING HELPLINE: 1800 686 268 **ABA WEBSITE/LIVE CHAT:** www.breastfeeding.asn.au