



Tailored support for LGBTQIA+ families



Australian Breastfeeding Association

If you're a member of the LGBTQIA+ community and expecting a baby, ABA is here to support you.

Access a world of online breastfeeding and parenting support to empower your journey. Connect from the office, the hospital or the comfort of home.

24/7 **FREE for ABA Virtual Village members** LGBTQIA+ Breastfeeding Education Module

Access our 24/7 module made especially for expectant parents from the LGBTQIA+ community. Get resources to help prepare you for breastfeeding and the early days with your newborn and hear from the co-founder of Rainbow Families NSW and five new parents from the LGBTQIA+ community who have been in a similar situation to you.

- Tips and suggestions for preparing for breastfeeding and getting through the early days
- Options for co-feeding, including information on relactation and induced lactation
- Support networks available to you
- Where to go for extra help and support

Pregnancy

Access now




aba.asn.au/lgbtqia-module

eBook: *Breastfeeding, chest feeding and human milk feeding*

Access tailored and practical information on infant human milk feeding for parents and caregivers within the LGBTQIA+ community.



Buy now



aba.asn.au/booklet-lgbtqia

Read now



aba.asn.au/co-feeding

Article: *Co-feeding and induced lactation*

Explore information on co-feeding and inducing lactation to breastfeed your child as a non-birth parent.

Get access



aba.asn.au/access

ABA Virtual Village is just a click away

Experience convenience and connection with live online sessions, personalised app notifications, local meet-ups, exclusive discounts and access to member-only resources.



1800mum2mum
Breastfeeding Helpline 1800 686 268



LiveChat
Breastfeeding info with ABA

aba.asn.au/chat



Connect with local mums

aba.asn.au/connect