

Lake Macquarie ABA Group

April – September 2026



**Australian
Breastfeeding
Association**

Date	Topic	Location
Wed 1 April 10-11:30	Work and breastfeeding mums	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 29 April 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 6 May 10-11:30	Sleep and night time parenting	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 27 May 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 24 June 10-11:30	Supply - too much/too little?	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 1 July 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 22 July 10-11:30	Introducing solids	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 5 August 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 26 August 10-11:30	Expressing & storing breastmilk	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 2 September 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 23 September 10-11:30	Slings and baby carriers	Mums' Cottage, 29 St Helen Street, Holmesville

All are welcome!

Whether awaiting the arrival of your first baby, breastfeeding or bottle feeding – all mothers, fathers, children, support people & friends are invited.

Meet-ups are informal and, even when topics are set, there are always opportunities to discuss other topics of interest, in a group or individually with a volunteer!



follow us on Facebook for event details and updates @ **Australian Breastfeeding Association**

Newcastle/Hunter Region



1800mum2mum
Breastfeeding Helpline 1800 686 268
breastfeeding.asn.au

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

**Lake Mac Group contact
& breast pump hire**
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Newcastle Group
events and information



Lower Hunter Group
events and information



Upper Hunter Group
events and information

