

Take a class

Learn and prepare before your baby comes

Get ready at an **online class** with ABA. **See over** to book a standard, or a specific situation class.

Breastfeeding Preparation Session

Claim **\$35 cashback** to save. Email proof of payment to your nearest group:

Burnie Wynyard Group

✉ schuuring30@hotmail.com

TAS Central Coast Group

✉ tana.mcmullen@breastfeeding.asn.au

Northern Tasmania Group

✉ charlotte.fielding@breastfeeding.asn.au

Breastfeeding ... with ABA



... a **podcast** and **blog** about breastfeeding, made by parents, for parents.

Ask us anything in the closed Facebook group, **Australian Breastfeeding Association Tasmania Chat**. Answer the joining questions here:



mum2mum app

- search for breastfeeding information in line with your little one's age
- find answers to commonly asked questions
- log your baby's feeds, sleeps and nappy changes
- more premium features of **mum2mum** come with ABA Virtual Village



Australian Breastfeeding Association

Local mums groups

Your ABA local mums group is a ready-made social network of local parents.

Each ABA mums group is led by a qualified breastfeeding counsellor or educator who lives in the area.

Local activities include cuppa mornings, parenting discussions, pram walks and more.

ABA catch-ups are welcoming, inclusive, supportive and open to expectant, new and experienced mums and parents, whether breastfeeding or not.

Come along and meet new friends. ABA's free catch-ups are regularly held in the Wynyard and Ulverstone areas.

What's coming up? Scan below ...

Burnie Wynyard Group calendar





TAS Central Coast Group calendar

Northern Tasmania Group



breastfeeding.asn.au

Join ABA Virtual Village

Access online breastfeeding and parenting support and resources, meeting you where you are at. Connect from the office, from hospital or from the comfort of home.



Includes live online group sessions, **The First 72 hrs** online learning package, meet-ups, hints and tips pushed to mobile, **Essence** magazine, **Breastfeeding: a practical guide** e-book and more.

Volunteer with ABA

Support others on their breastfeeding journey: become a **breastfeeding counsellor or educator** with a nationally accredited Certificate IV qualification. ABA is a Registered Training Organisation. RTO: 21659.

✉ training@breastfeeding.asn.au



Volunteer in your local mums group! Connect with others, make friends and **give back to your community**.

Follow us



[ozbreastfeedingtas](https://www.instagram.com/ozbreastfeedingtas)



Australian Breastfeeding Association
Burnie Wynyard Group



Australian Breastfeeding Association
TAS Central Coast Group



ABA Northern Tasmania Group

Follow us for local ABA news on our socials

All details correct at time of publication. As public health circumstances, guest speaker* and venue availability are subject to change, we reserve the right to make alterations without notice.

*Guest speaker presentations may include information not in accordance with ABA policies and position statements.

About Us

The Australian Breastfeeding Association provides evidence-based breastfeeding and parenting information and support available to all mothers and parents.

Support for all stages is available at breastfeeding.asn.au, the **mum2mum** app, calling the **Breastfeeding Helpline 1800 686 268**, our ABA **LiveChat** service, our free local activities and mums groups. Have your breastfeeding questions answered by ABA qualified peer supporters.

Want to take a class? ABA offers expectant parents the ABA **Breastfeeding Preparation Session** live education webinar – **save with our local group \$35 cashback offer**.

Access ABA's **Virtual Village** for additional parenting webinars and online support services, including premium **mum2mum** app content.

In Tasmania the Australian Breastfeeding Association is supported by the Crown through the Department of Health



1800mum2mum
Breastfeeding Helpline 1800 686 268

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



breastfeeding.asn.au



Australian
Breastfeeding
Association

FREE INFO KIT
SIGN UP FOR
RESOURCES



**BREASTFEEDING
PREPARATION
SESSION**
ANTENATAL CLASS
CLAIM **\$35
CASHBACK**
FROM TASMANIAN
LOCAL GROUPS

BREAST PUMP HIRE
ULVERSTONE
WYNYARD
HOBART



CONTACT US

Sarah • 0409 583 343
Julie • 0417 846 190
Laura • 0412 202 649
Marion • 0409 899 136
Sophie • 0431 377 674

Melissa • 0438 732 720
Natalie • 0419 131 052
Charlotte • 0407 864 767
Suzanne • 0408 505 512
Tana • 0428 204 076

Breast pump hire

Charlotte • 0407 864 767 – Wynyard
Marion • 0409 899 136 – Ulverstone



Australian
Breastfeeding
Association

Mums groups and online services

Pregnant

Breastfeeding

Parenting

We're here for you

North and Northwest
Tasmania

2026-2027

Burnie
Wynyard
Group



TAS Central
Coast Group

Northern
Tasmania
Group

