



# North Western Sydney Region 2026 Calendar of events

Breastfeeding Helpline  
1800 mum 2 mum

1800 686 268

Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding - all mothers, fathers, their children, support people and friends are most welcome to attend our meetings and social gatherings. Our meetings are very informal and while a nominated topic is set for most meetings, there is always an opportunity to discuss other topics of interest as a group or individually with a counsellor.

We look forward to meeting you. Bronwyn, Bec and Sam Group Leaders for the Blacktown, The Hills and Hornsby Groups  
**Meet up locations include - Marayong Hotel Kings Park, Hotel Pennant Hills, Glenhaven Community Centre, Berowra Village Tavern, Mark Taylor Oval Waitara (meet on blue soft fall rubber next to PCYC)**

Fri 17 April 10am	Milk supply changes - is baby getting enough?	Glenhaven
Wed 22 Apr 10am	Guest Speaker: feeding twins/multiples	Pennant Hills
Tue 28 Apr 10:15am	Childcare and breastfeeding	Kings Park
Thu 30 April 1pm	Cuppa & Chat	Berowra
Fri 1 May 10am	Mum tips I wish I'd known...	Glenhaven
Tue 12 May 10:15am	Sleep & nighttime parenting	Kings Park
Wed 13 May 10am	Walk & Talk	Waitara
<i>Volunteer on our stand at the Pregnancy, Babies and Children's Expo 16 &amp; 17 May</i>		
Fri 15 May 10am	Work and breastfeeding mums	Glenhaven
Tue 26 May 10:15am	How to stop the top-up trap	Kings Park
Wed 27 May 10am	Introducing solid foods	Pennant Hills
Fri 5 June 10am	Chat & Play	Glenhaven
Tue 9 June 10:15am	Why is my baby crying?	Kings Park
Thu 11 June 1pm	Cuppa & Chat	Berowra
Fri 19 June 10am	Breastfeeding and weight gains	Glenhaven
Tue 23 June 10:15am	The early daze	Kings Park
Wed 24 June 10am	Walk & Talk	Waitara
Fri 3 July 10am	Breastfeeding through pregnancy	Glenhaven
Wed 22 July 10am	Distracted babies or breast refusal	Pennant Hills
Tue 28 July 10:15am	Self-care for breastfeeding mums	Kings Park
Fri 7 Aug 10am	WORLD BREASTFEEDING WEEK	Glenhaven
Tue 11 Aug 10:15am	Finding my parenting village	Kings Park
Thu 13th Aug 1pm	Cuppa & Chat	Berowra
<i>Volunteer on our stand at the Pregnancy, Babies and Children's Expo 15 &amp; 16 Aug</i>		
Fri 21 Aug 10am	To wean or not to wean?	Glenhaven
Tue 25 Aug 10:15am	From milk to mess - introducing solids	Kings Park
Wed 26 Aug 10am	Walk & Talk	Waitara

Blacktown Group Leader  
& Breast Pump Hirer  
Bronwyn 0400 395 531  
[blacktown@breastfeeding.asn.au](mailto:blacktown@breastfeeding.asn.au)

Hills Group Leader  
& Breast pump Hirer  
Bec 0413 849 008  
[aba@abahills.org](mailto:aba@abahills.org)

Hornsby Group Leader  
Sam 0432 904 842  
[hornsbyberowra@breastfeeding.asn.au](mailto:hornsbyberowra@breastfeeding.asn.au)

Hornsby Breast Pump Hire  
Enquiries  
Antonia 0418 166 655

Mother Safe Medication  
Info Line 9382 6539

Poisons Information  
13 11 26

Breastfeeding Helpline  
**1800 686 268**  
The Breastfeeding  
Helpline is supported by  
funding from the  
Australian Government



Please check for any changes of date/venue on Facebook  
**ABA Sydney North West Region** OR the calendar at [breastfeeding.asn.au](http://breastfeeding.asn.au)