



THURSDAY 23 JULY 10am–12pm	Ups & Downs of Your Breastmilk Supply Too much? Not enough? How to know if your baby is getting the right amount through the various ages and stages of breastfeeding.
THURSDAY 13 AUGUST 10am–12pm	Baby Yoga Guest presenter, Dympna, will take us through baby yoga poses that improve muscle strength, coordination and balance while also calming and soothing your baby.
THURSDAY 27 AUGUST 10am–12pm	Breastfeeding & Introducing Solids Find out how and when to begin solids along with suggestions for the most nutritious and beneficial foods to start with.
THURSDAY 10 SEPTEMBER 10am–12pm	Looking After Your Pelvic Floor & More Physiotherapist, Alla, will share exercises and tips to help strengthen and protect your core after giving birth and beyond.
THURSDAY 24 SEPTEMBER 10am–12pm	Expressing & Storing Breastmilk We'll discuss the many reasons you may need to express breastmilk and provide tips and suggestions to set you up for success.
THURSDAY 22 OCTOBER 10am–12pm	Baby CPR, Choking & More A Paediatric nurse from CPR Kids will take us through a range of vitally important first aid skills.
THURSDAY 12 NOVEMBER 10am–12pm	Breastfeeding & Weaning How? When? There are many reasons for weaning. Let's talk about how to ensure it is as gentle on you and your little one as possible.
THURSDAY 26 NOVEMBER 10am–12pm	Caring for Your Family's Skin Dermatologist, Linda, will share tips on sun protection and provide recommendations on products we should and shouldn't be using.
THURSDAY 10 DECEMBER 10am–12pm	Breastfeeding Q&A + End of Year Celebration Bring your holiday cheer and any breastfeeding or parenting questions you might have while we enjoy some holiday treats and celebrate 2026.
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