



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 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
Fri 4 Sept 10am	Expressing & storing breastmilk	Glenhaven
Tue 8 Sept 10:15am	Sleeping like a baby?	Kings Park
Thu 10 Sept 1pm	Cuppa & Chat	Berowra
Fri 18 Sept 10am	Guest Speaker: Women's Health Physio	Glenhaven
Tue 22 Sept 10:15am	Preparing for the next baby	Kings Park
Wed 23 Sept 10am	The top-up spiral & how to avoid it	Pennant Hills
Tue 13 Oct 10:15am	Crying baby - could it be reflux?	Kings Park
Fri 16 Oct 10am	Keeping baby cool	Glenhaven
Thu 22 Oct 10am	Walk & Talk	Waitara
Tue 27 Oct 10:15am	Weaning with love	Kings Park
Wed 28 Oct 10am	Guest Speaker: Baby Wearing	Pennant Hills
Thu 5 Nov 1pm	Cuppa & Chat	Berowra
Fri 6 Nov 10am	Teething & other breastfeeding challenges	Glenhaven
Tue 10 Nov 10:15am	Breastfeeding beyond the early days	Kings Park
Wed 11 Nov 10am	Guest Speaker: Positions & pain prevention	Pennant Hills
<i>Volunteer on our stand at the Pregnancy, Babies and Children's Expo 14 & 15 Nov</i>		
Fri 20 Nov 10am	Coping with conflicting advice/info overload	Glenhaven
Tue 24 Nov 10:15am	Travel & holidays with babies	Kings Park
Thu 26 Nov 10am	Pram Walk & Talk	Waitara
Thu 3 Dec 1pm	Cuppa & Chat	Berowra
Fri 4 Dec 10am	Christmas party & kids play	Glenhaven
Tue 8 Dec 10:15am	Work/Study & expressing milk	Kings Park
Wed 9 Dec 10am	Feeding patterns & supply - then Bistro lunch	Pennant Hills
Thu 17 Dec 10am	Cuppa & Chat	Berowra

**Blacktown Group Leader
& Breast Pump Hirer**
Bronwyn 0400 395 531
blacktown@breastfeeding.asn.au

**Hills Group Leader
& Breast pump Hirer**
Bec 0413 849 008
aba@abahills.org

Hornsby Group Leader
Sam 0432 904 842
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

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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**