



# 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 1pm                                                                             | 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 &amp; 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 1pm                                                                             | Pram 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)**