

ABA Virtual Village for parents

An explainer for health professionals

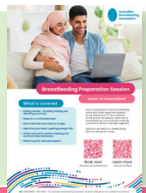
Let your clients know about ABA Virtual Village to complement your support and care.

The Australian Breastfeeding Association offers online breastfeeding education and support for mothers and parents from pregnancy to beyond the newborn stage. Our programs are designed to empower parents and provide practical skills and confidence for mothers who are establishing and continuing breastfeeding.



**Australian
Breastfeeding
Association**

For Health
Professionals

Pregnancy Virtual Village	The first 72 hours	Newborn Virtual Village	Connect & Share Virtual Village
Interactive, online breastfeeding education for expectant parents. Sessions cover practical skills for establishing breastfeeding, solutions for common challenges and Q&A with a breastfeeding mum.	Online step-by-step guide for new parents during the early hours with their newborn. Includes practical information and support and features videos of other mother's talking about their experience during this time.	Webinar series designed to provide new parents with real time breastfeeding and peer support in the early days and weeks after giving birth. Sessions cover essential topics focused on establishing breastfeeding and adjusting to life with a newborn.	Webinar series designed for parents with babies beyond the newborn stage. Sessions provide information and support on transitioning into motherhood and navigating the life changes that come with having a baby.
Recommended baby stage			
Pre-birth	First 72 hours	0-2 months	2 months+
Topics			
Specific resources and live sessions available Live: <ul style="list-style-type: none"> Breastfeeding Preparation Session Breastfeeding Preparation Session: Multiples* Available 24/7 online: <ul style="list-style-type: none"> Breastfeeding and Diabetes Module LGBTQIA+ Breastfeeding Education Module 	Three modules available <ul style="list-style-type: none"> The first 24 hours Hours 24-48 Hours 48-72 	Sessions rotate between six topics <ul style="list-style-type: none"> Comfortable attachment and early days support Learning your baby's feeding and other cues Working out your supply in the early days Sleep and breastfeeding patterns in the early weeks Wellbeing for new mums Your body, intimacy and relationships after birth 	Sessions rotate between five topics <ul style="list-style-type: none"> Combining work and breastfeeding Am I still me? Beyond the newborn stage Growing your family Can I breastfeed if I ... Plus FREE webinars for special events
Frequency			
Live stream webinar, once a week <small>*Specific sessions run less often</small>  	Available 24/7 online 	Live stream webinar, twice a week 	Live stream webinar, once a month 
Cost			
Free for ABA Virtual Village PLUS members	Free for ABA Virtual Village members	Free for ABA Virtual Village members	Free for ABA Virtual Village members
Find out more			
   aba.asn.au/bps	   aba.asn.au/first72hours	   aba.asn.au/village	   aba.asn.au/share

The Australian Breastfeeding Association is a registered training organisation and receives funding from the Australian Government. RTO: 21659

Learn more

breastfeeding.asn.au/education