

Blue Mountains Group

SPRING 2020 BULLETIN

August 2020 – November 2020



**Australian
Breastfeeding
Association**

ABN: 64 005 081 523 RTO: 21659

Local Blue Mountains Group

 abablumountains@gmail.com

 aba.asn.au/bluemountains

 facebook.com/ABABluemountains

 facebook.com/groups/abablumtns

National

 breastfeeding.asn.au

 1800 686 268 (National Breastfeeding Helpline)

 facebook.com/groups/BreastfeedingwithABA

 instagram.com/ozbreastfeeding

 shop.breastfeeding.asn.au



The Australian Breastfeeding Association (ABA) is Australia's largest breastfeeding information support service.

Breastfeeding is a practical, learned skill and ABA helps more than 80,000 mums each year. With dedicated groups to help and support mums. You are welcome to come along to one of our **Blue Mountains Group** catch-ups today!



ABA Blue Mountains Group page
on the Association website



ABA Blue Mountains public
Facebook page



ABA Blue Mountains members
private Facebook page



ABA National public Facebook
page

Blue Mountains Group Meetings

Spring September-November 2020



Australian
Breastfeeding
Association

Due to the current COVID-19 restrictions on the number of people gathering we are changing our meetings to mostly park catch-ups. But to bring some normality to our meetings we will have meeting topics at some of our park catch-ups.

And as new mothers have been left pretty much alone and no doubt feeling very isolated at a time when they would normally be receiving support from other mothers, we would like to invite any new mother who can attend with just their baby (under 12 months old) to some basic breastfeeding topics to help you navigate through those first 12 months. No toddlers please as some of the venues we have in mind aren't child friendly.

Join us for a social BLISS (Breastfeeding, Laughter, Information, Socialise, Support) morning or evening. Or join us in some discussion — come and share your breastfeeding experiences with others or come to find out as much as you can from those who have been there.

It is very important for our group to stick to the gathering limits set by NSW Health during these difficult times. Currently we are limited to 20 people per event and that number includes infants and children attending. To assist us, you will need to RSVP via our public Facebook page event [facebook.com/ABablueMountains](https://www.facebook.com/ABablueMountains) or email abablueMountains@gmail.com (including the number of children attending).

Tuesday, 1 September 2020	10:00 AM	Discussion: Nighttime parenting	Gloria Park, Hazelbrook
Thursday, 10 September 2020	10:00 AM	Morning BLISS	Buttenshaw Park, Springwood
Friday, 18 September 2020	10:00 AM	Bring your breastfeeding questions	Hinkler Park, Katoomba
Friday, 25 September 2020	8:00 PM	Evening BLISS	Venue to be confirmed
Monday, 28 September 2020	10:00 AM	New mums: Advantages of breastfeeding	Venue to be confirmed
Tuesday, 6 October 2020	10:00 AM	Discussion: Working and breastfeeding	Gloria Park, Hazelbrook
Thursday, 15 October 2020	10:00 AM	Morning BLISS	Buttenshaw Park, Springwood
Friday, 23 October 2020	10:00 AM	Bring your breastfeeding questions	Hinkler Park, Katoomba
Monday, 26 October 2020	10:00 AM	New mums: Breast and Nipple care	Venue to be confirmed
Saturday, 31 October 2020	10:00 AM	Baby's Day Out Family Picnic	Park to be confirmed
Tuesday, 3 November 2020	10:00 AM	Discussion: Surviving the silly season	Gloria Park, Hazelbrook
Thursday, 12 November 2020	10:00 AM	Morning BLISS	Buttenshaw Park, Springwood
Friday, 20 November 2020	10:00 AM	Bring your breastfeeding questions	Hinkler Park, Katoomba
Friday, 27 November 2020	8:00 PM	Evening BLISS	Venue to be confirmed
Monday, 30 November 2020	10:00 AM	New mums: Introducing family foods	Venue to be confirmed

Events are subject to change. Keep up to date on our public Facebook page [facebook.com/ABablueMountains](https://www.facebook.com/ABablueMountains)

Did you know?

All Australian Breastfeeding Association counsellors are volunteers and receive no payment for the work they do.

Your membership enables us to train breastfeeding counsellors and to provide support and information to mothers just like you.

As a thankyou for joining, new members receive a welcome gift; a free copy of our best-selling book *Breastfeeding ... naturally*, to help answer questions that every parent has about breastfeeding (rrp \$34.95).

Why join ABA

	Member	Visitor
Local group access	Unlimited	2 free
Breastfeeding Helpline	✓	✓
LiveChat	✓	✓
mum2mum app	✓	✓
mum2mum app premium content	Free	\$
Breast pump hire	½ price	Full price
Email counselling	✓	✗
Essence	✓	✗
eNewsletter	✓	✗
Breastfeeding Education Classes	\$20	\$125
Access to our closed Facebook group	✓	✗
Access to our local group library	✓	✗

Become a member today!

breastfeeding.asn.au/membership or 03 9885 0855
\$70 new members and subscription renewal
\$55 concession subscription
\$110 for 2-year subscription

Local Groups

Find friendship and encouragement and have questions answered at local get-togethers run by trained breastfeeding volunteers. Everyone can come along regardless of how you feed your baby. Partners and older children are welcome too.

Help with breastfeeding

Have access to qualified breastfeeding counsellors 7-days-a-week including:

- National Breastfeeding Helpline — 1800 686 268
- LiveChat — see website for details
breastfeeding.asn.au
- email counselling — see website for details
breastfeeding.asn.au

Breastfeeding information

• *Essence* Magazine

Published every 3 months, it is packed with the latest breastfeeding information and interesting articles.

• Member eNewsletter

Have the latest news, information and special offers from the Australian Breastfeeding Association

• mum2mum app

The app has been designed to provide you with all of the breastfeeding information and support you need at your fingertips. Find the answers to some commonly asked questions.

Preparing for breastfeeding

Expecting a baby? Attending either a Breastfeeding Education Class (BEC) or an online Breastfeeding Education Live (BEL) complements and expands on any knowledge gained at antenatal classes. Come to a relaxed, information-packed BEC or BEL for expectant mothers and their partners! For further information and to register, please visit: breastfeeding.asn.au/classes

Breast pump hire

The Australian Breastfeeding Association hires hospital-grade breast pumps. Discounts of 50% are available for members. For more information call: Leah: 0404 875 178 or
Veronica: 0407 887 637.

Breastfeeding Helpline
1800 mum 2 mum

1 8 0 0 6 8 6 2 6 8

The National Breastfeeding Helpline is supported by funding from the Australian Government

YOUR PRIVACY IS IMPORTANT TO US

The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing association services. Your personal details will not be given to any other party unless legally required to do so. Our privacy policy can be viewed at www.breastfeeding.asn.au or obtained by calling 03 9885 0855 during business hours. Your personal details may be used for internal fundraising purposes. Should you prefer not to receive these requests, please contact us.