

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.

Membership of the Australian Breastfeeding Association provides you with:

- A FREE book *Breastfeeding ... naturally* (valued at \$34.95)
- Our quarterly member magazine, *Essence*, regular member eNewsletters and members-only webinars
- Access to trained breastfeeding counsellors through our e-counselling service
- Access to Breastfeeding Education Classes
- 50% discount on breast pump hire
- Unlimited access to ABA group get-togethers anywhere in Australia for support, friendships and a place to have your questions answered, run by friendly trained volunteers
- Access to our closed Facebook group – a space to share and connect with other local ABA members
- Access to our local group library
- Access to 'My Savings' program, which can save the average family \$1500 per year.

How Can I Join?

- Online at breastfeeding.asn.au/new-personal-members
- Ask at a group get-together how to join (see Meeting Calendar)
- Ask when you phone a local counsellor or the Breastfeeding Helpline.

Breastfeeding Education Classes (BEC)

Expecting a baby? Attending a BEC complements and expands on any knowledge gained at antenatal classes. Come to a relaxed, information-packed BEC 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.

Please call Leah on 0404 875 178 for more information.

Your Local Breastfeeding Counsellors

Debbie	4751 3191
Felicity	0406 509 620
Sandra	0417 221 874
Tracey.....	0412 250 754
Veronica	0407 887 637

Your Local Community Educators

Leah.....	0404 875 178
Julia.....	0488 107 101

Blue Mountains Group Leaders

Felicity	0406 509 620
Veronica	0407 887 637

Group Library

Leah.....	0404 875 178
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Electric Breast Pump Hire

Leah.....	0404 875 178
Veronica	0407 887 637

Treasurer

Debbie	4751 3191
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Membership

Elyce	0410 922 400
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Breastfeeding Helpline
1800 mum 2 mum

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



**Australian
Breastfeeding
Association**

Blue Mountains Group

BULLETIN

October 2018 – March 2019

You're invited



breastfeeding.asn.au/local/nsw/blue-mountains-nsw

bluemountainsaba.com

abablumountains@gmail.com

Meeting dates

Monday, 01 October 2018 – Bunnings Penrith, Jamisontown (Near M4) – 10:00 am-12:00 pm

Cake stall fundraiser — Contact Felicity 0406 509 620

Please help support us by spreading the word and coming down to buy a cake or baking a cake.

Tuesday, 09 October 2018 –
St Johns Road Community Complex, Blaxland – 10:30 am
2nd Tuesday Playdate — Contact Leah 0404 875 178

Join us for a fun social morning.

Tuesday, 23 October 2018 –
Uniting Church Hall, Springwood – 10:00 am 🧑🧑🧑🧑
Volunteering with ABA — Contact Alice 0402 040 476

Learn more about volunteering with ABA.

Thursday, 25 October 2018 –
Glenbook Park, Glenbrook – 10:00 am
Baby's Day Out — Contact Alice 0402 040 476

Celebrate babies and the very special place they have in our community. Bring a picnic morning tea.

Tuesday, 13 November 2018 –
St Johns Road Community Complex, Blaxland – 10:30 am
2nd Tuesday Playdate — Contact Leah 0404 875 178

Join us for a fun social morning.

Tuesday, 27 November 2018 –
Uniting Church Hall, Springwood – 10:00 am 🧑🧑🧑🧑
Breastfeeding: What are the limits? —
Contact Alice 0402 040 476

Just what can you eat, drink and take (medicines)?

Friday, 30 November 2018 –
Venue to be announced – 7:00 pm
Mum's night out — Contact Felicity 0406 509 620

Come celebrate YOU! Babies and children welcome.

Tuesday, 11 December 2018 –
St Johns Road Community Complex, Blaxland – 10:30 am
2nd Tuesday Playdate — Contact Leah 0404 875 178

Join us for a Christmas party.

Tuesday, 08 January 2019 –
St Johns Road Community Complex, Blaxland – 10:30 am
2nd Tuesday Playdate — Contact Leah 0404 875 178

Join us for a fun social morning.

Tuesday, 22 January 2019 –
Uniting Church Hall, Springwood – 10:00 am
Breastfeeding: What are the facts? —
Contact Alice 0402 040 476

We will help you uncover the truth about some breastfeeding myths.

Tuesday, 12 February 2019 –
St Johns Road Community Complex, Blaxland – 10:30 am
2nd Tuesday Playdate — Contact Leah 0404 875 178

Join us for a fun social morning.

Tuesday, 15 February 2019 –
20 Mile Hollow Cafe, Woodford – 10:00 am-12:00 pm
Planning meeting — Contact Felicity 0406 509 620
Getting the most out of YOUR group: Planning the next 6 months.

Tuesday, 26 February 2019 –
Uniting Church Hall, Springwood – 10:00 am 🧑🧑🧑🧑
Breast to bib — Contact Alice 0402 040 476

Solids can be a tricky time. Get some tips to make it easier.

Tuesday, 12 March 2019 –
St Johns Road Community Complex, Blaxland – 10:30 am
2nd Tuesday Playdate — Contact Leah 0404 875 178

Join us for a fun social morning.

Tuesday, 26 March 2019 –
Uniting Church Hall, Springwood – 10:00 am 🧑🧑🧑🧑
Baby wearing — Contact Alice 0402 040 476

Find out about all the different slings and carriers. If you have one, bring it along.

Not just for breastfeeding mums...

Despite our name, we cover a variety of parenting topics including: introducing solids, routines, as well as support services and more. Whether you are pregnant, fully breastfeeding, partially breastfeeding, expressing or bottle-feeding; everyone is welcome – including partners, other support people and children.

What can you expect at a meeting?

- Breastfeeding counsellors to answer your questions
- Up-to-date breastfeeding and parenting information
- Acceptance of you and your parenting ideas
- Encouragement to achieve your mothering goals
- Great ideas and suggestions from other mothers
- A friendly, non-judgemental atmosphere
- A chance to meet other local mums
- Other kids for your toddler to play with
- Morning tea (feel free to bring something to share if time permits)

2nd Tuesday Playdate is facilitated by our community educators and trainees, and as such there may not be a counsellor present. We kindly ask for a \$3 voluntary contribution to help us cover our venue costs.

🧑🧑🧑🧑 Mountains Mobile Minders run activities to help keep our busy toddlers and active older babies entertained during most topic meetings. Mothers remain responsible for the supervision of their children and particularly outdoor play.

Keep an eye out for informal catch-ups as our members support each other breastfeeding out and about.

Details will be shared via Facebook [facebook.com/groups/ababluemnts](https://www.facebook.com/groups/ababluemnts), email and our local group page on the ABA website breastfeeding.asn.au/local/nsw/blue-mountains-nsw

Our main meeting venues

St Johns Road Community Complex, Blaxland
76 St Johns Road, Blaxland (next to the basketball courts and before Chisholm Crescent).

Uniting Church Hall, Springwood

4 Lewin Street, Springwood (just east of Buttenshaw Park and under the Church up from the lower carpark)

All welcome