

What is ABA?

The Australian Breastfeeding Association (ABA) is a large community based volunteer self-help group, and is recognised as the leading authority on breastfeeding information, education and support to the community and health sector throughout Australia.

What happens at an ABA group meeting?

Meetings cover a range of breastfeeding and parenting topics in a relaxed and conversational way. It's a great opportunity to meet other mums and parents who could be experiencing similar successes and challenges to yourself.

Breastfeeding counsellors are present to provide accurate breastfeeding information and advice. No need to RSVP or pressure to arrive on time. Stay as long or as little as you can manage.

Members of ABA can also borrow from the library of parenting books and DVDs available and receive a range of benefits (see back page).

Who can go along?

All mums are welcome – whether breastfeeding or not. If you're **expecting a baby** come along and establish connections early. **Babies, toddlers, older children, partners and grandparents are all welcome.**

Where and when?

Usually, the 1st Thursday, 10am – 12pm at
Cam Rise, 3 Wragg Street, Somerset.

The following Tuesday (2018) and the third Tuesday (2019), 11am – 1pm at
376 Mt Hicks Road, Wynyard.

Membership

Join the Australian Breastfeeding Association for just \$70 a year (\$55 concession) and receive great benefits!

Exclusive offers at "My Savings" portal (average savings of \$1500 per family per annum)

"Breastfeeding...naturally" publication valued at \$34.95

50% off breast pump hire

Essence magazine and regular eNews

Email counselling

Check out www.breastfeeding.asn.au for more details.



www.facebook.com/groups/NorthernTasmaniaRegionABA
Follow us on Facebook to get notifications of upcoming meet ups and events.

Breastfeeding Counselling Support

Trained breastfeeding counsellors are mothers too, who give their time voluntarily to 'woman' the Breastfeeding Helpline and to provide local counselling and support on the phone and face-to-face at ABA meetings. This counselling is free, confidential and available to members and non-members alike.

ABA Group Local Contacts

Breastfeeding Counsellors

Shona (Group Leader) 0400 959 803

Charlotte 0407 864 767

Patti 0499 776 641

Laura 0412 202 649

Community Educator

Natalie 0419 131 052

Breast Pump Hire

Charlotte 0407 864 767



**Australian
Breastfeeding
Association**

Burnie Wynyard Group

Event Calendar

October 2018 to March 2019

Now offering

Breastfeeding Education Classes!

www.breastfeeding.asn.au/classes

**Breastfeeding Helpline
1800 mum 2 mum**

1800 686 268

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

Thursday October 4 th	Discussion <i>Squeezing, Freezing and Leaving: Expressing and Storing Breastmilk</i>	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday October 9 th	Wynyard Coffee and Catch up	11am – 1pm 376 Mt Hicks Road, Wynyard
Thursday November 1 st	Discussion <i>Dental Health for Babies and Toddlers</i> This presentation may include information which is not in accordance with ABA policies and position statements	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday November 6 th	Wynyard Coffee and Catch up	11am – 1m 376 Mt Hicks Road, Wynyard
Thursday November 22 nd	Dessert Night	7pm – 9pm Laura's House, Somerset Contact: Laura 0412 202 649
Thursday December 6 th	Discussion <i>The Early Days (or 'daze') of Breastfeeding</i>	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday December 11 th	End of Year Lunch	11:30am Two Oaks Café, 115 Bass Hwy, Somerset
Tuesday Jan 15 th	Pram Walk and Coffee <i>Come for a walk and then coffee, or just the coffee</i>	10am Bruces Café, 145 Old Bass Hwy, Wynyard Will still meet for coffee in case of bad weather Contact: Shona 0400 959 803
Thursday February 7 th	Discussion <i>Sleep Solutions</i>	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday February 19 th	Wynyard Coffee and Catch up	11am – 1pm 376 Mt Hicks Road, Wynyard
Thursday March 7 th	Discussion <i>Breast and Nipple Care</i>	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday March 19 th	Wynyard Coffee and Catch up	11am – 1pm 376 Mt Hicks Road, Wynyard
	MORE INFO AND UPDATES AT: Australian Breastfeeding Association – Northern Tasmania Australian Breastfeeding Association – Burnie Wynyard Group	Or contact Shona on 0400 959 803 Natalie on 0419 131 052