

ABA Members receive:

- * A **free** book, *Breastfeeding...naturally* (valued at \$34.95)
- * The benefits of attending group get-togethers once a month
- * Access to our group library
- * Receive our *Essence* magazine every three months, as well as regular eNewsletters
- * Half-price breast pump hire
- * Access to email counselling
- * Access to the **My Savings** program where you can save \$1,500 per year on your everyday budget
- *Breastfeeding Education Classes (in Ulverstone, small additional cost)

How Can I join?

You can join the Australian Breastfeeding Association by:

- * Logging on to the website: www.breastfeeding.asn.au
- * Coming along to an ABA get-together
- * Completing and returning a membership form
- * Phoning a counsellor or the Breastfeeding Helpline



Breastfeeding Support

Throughout Australia, the Australian Breastfeeding Association's trained counsellors provide free counselling to any person seeking help. All our volunteer counsellors have undergone extensive training with the Australian Breastfeeding Association. As mothers who have breastfed their own children they know that breastfeeding may not always be easy, and with access to accurate information and experience they can provide you with the support, reassurance and knowledge you need.

All counsellors are bound by a Code of Ethics and offer their support over the phone and in person at our group get-togethers in Smithton.

The Australian Breastfeeding association is a non-profit organisation and we rely on grants, donations and membership to continue our work in the community.

CIRCULAR HEAD GROUP



**Australian
Breastfeeding
Association**

Diary Dates

**July - December
2018**

**Breastfeeding Helpline
1800 mum 2 mum**

1800 686 268

www.breastfeeding.asn.au

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



Get-togethers are generally held at the Community Room at the **Smithton District Hospital from 10am - 12noon** on the 2nd Friday of the month, **unless otherwise stated.**

However we do understand if you are running late - as we are all mums and know that sometimes this happens. ***All mothers are welcome – whether breastfeeding or not.*** Meetings are relaxed and informative, and cover a range of breastfeeding and parenting topics. They are especially worthwhile for expectant and new mothers. ***Babies, toddlers and older children are always welcome.***



Find us on Facebook:
Australian Breastfeeding Association –
Northern Tasmania Region

Circular Head Group Event Calendar July - December 2018

| <u>Day</u> | <u>Date</u> | <u>Event</u> | <u>Notes</u> |
|------------|---------------------|---------------------|---|
| Friday | 13th July 2018 | Informal Discussion | Breastfeeding challenges including teething (Guest Speaker) |
| Friday | 10th August 2018 | Informal Discussion | Introducing solids |
| Friday | 14th September 2018 | Informal Discussion | Budgeting and saving plus clothes swap |
| Friday | 12th October 2018 | Informal Discussion | Early days |
| Friday | 9th November 2018 | Informal Discussion | Travelling with babies and children |
| Friday | 14th December 2018 | Informal Discussion | Breastfeeding over the holidays 'Christmas Party' |

YOUR LOCAL CONTACTS ARE:

Breastfeeding Counsellor and Group Leader: Sarah 0409 583 343

Community Educator: Allison 0439 715 915 or 6458 3029

Breast Pump Hire: Charlotte 0407 864 767