

Australian Breastfeeding Association

Devonport Group Contacts

Group Leader and
Community Educator Julie 0417 846 190

Breastfeeding
Counsellors Marion 0409 899 136
Rebecca 0438 521 234
Susannah 0429 166 565
Melissa 0438 732 720
Maddy 0408 536 831

Breast Pump Hire Marion 6425 5780

Library Coordinator currently vacant
(please contact Julie for
now) 0417 846 190

Find us on Facebook

www.facebook.com/mersey.dev.AustralianBreastfeedingAssociation and

www.facebook.com/groups/NorthernTasmaniaRegionABA

Breastfeeding Counselling Support

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

If you cannot get a local counsellor on their number, please try at a different time or try another counsellor on the list above or the 24 hour toll-free Breastfeeding Helpline **1800 686 268**.



Australian
Breastfeeding
Association

ABA members can attend unlimited ABA get-togethers anywhere in Australia. Non-members are welcome and encouraged to attend as a visitor. If you enjoy attending our local group, after two meetings we ask that you join ABA to enjoy all the benefits ABA membership offers. As a volunteer not-for-profit organisation, we rely on membership subscriptions (and some grants, donations and fundraising) to continue our services in the community.

A membership to the ABA provides you with:

- ✓ A FREE book *Breastfeeding ...naturally* (valued at \$34.95)
- ✓ Our member magazine, *Essence*, distributed to you digitally every three months
- ✓ Regular member e-newsletters
- ✓ Unlimited access to ABA group get-togethers anywhere in Australia for support, friendship and a place to have your questions answered, led by friendly trained volunteers
- ✓ Access to our group library
- ✓ Half price breast pump hire
- ✓ Access to our email counselling service

How can I join? By:

- ➔ Logging on to our website www.breastfeeding.asn.au
- ➔ Coming along to a get-together and asking a counsellor or community educator (see over)
- ➔ Phoning a local counsellor or ABA Head Office Ph. 03 9690 4620

Thank you to Senator Anne Urquhart and her office for photocopying of these diary dates to support ABA.

Babies, Mothering, Breastfeeding

Devonport Mums' Group

For local mum-to-mum support and
breastfeeding information

Diary Dates & Local Contacts

July - December 2020



Australian
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Association

www.breastfeeding.asn.au

The reasons why mums keep coming:

- ☺ Supportive
- ☺ Non-judgemental and down-to-earth
- ☺ Variety of ages, stages of mums and babies
- ☺ Comfortable atmosphere & a break for mums
- ☺ Sharing and caring
- ☺ Acceptance
- ☺ Plenty of arms to help with baby/toddler
- ☺ Yummy food
- ☺ Led by trained volunteers
- ☺ Face-to-face breastfeeding counselling is available
- ☺ No question is too silly
- ☺ Up-to-date breastfeeding information

The ABA Devonport Group encourages and supports mothers who wish to breastfeed by providing support, information, education and counselling. We value the sharing of breastfeeding experiences as an aid to skilled and loving mothering. Our group provides the opportunity to develop friendships, social contacts and a sense of belonging and we have fun ☺.

You are welcome at our get-togethers regardless of whether you breast or bottle feed. We offer mother-to-mother support to all mothers.

Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

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

ABA Mums' Group

A social network for mums

During COVID-19 our meetings have taken place online via Zoom and these will continue until further notice. The ABA Devonport Group holds regular, relaxed and informal get-togethers for mums, babies and supporters (partners, friends, grandparents). Toddlers and older children are also welcome. We have discussion topics as well as social events where we connect and talk about all things mothering. Don't worry if you join late, we understand how busy mornings can get. The link to the meeting is emailed to members, or is available on the Thursday before on our Facebook group page.

DATE	TOPIC	VENUE
17 July	Returning to Work and Breastfeeding	Online via Zoom
31 July	Pram Walk/Social Cuppa*	The Bluff/Zoom
Week of 1-7 August	World Breastfeeding Week Meal Out	Date, time and venue to be advised
14 August	Breastfeeding in the Early "Daze"	Online via Zoom
28 August	Pram Walk/Social Cuppa*	The Bluff/Zoom
11 September	Breastfeeding Challenges and How to Overcome Them	Online via Zoom
25 September	Pram Walk/Social Cuppa*	The Bluff/Zoom
9 October	Dental Care for your Baby and Toddler (guest speaker)**	Online via Zoom
23 October	Pram Walk/Social Cuppa*	The Bluff/Zoom
6 November	Surviving the Silly Season!	Online via Zoom
20 November	Pram Walk/Social Cuppa*	The Bluff/Zoom
December	End of Year Celebration	Date, time and venue to be advised

Contacts for meets: Marion - Mobile: 0409 899 136 Email: mrbowen@hotmail.net.au

* If the weather is nice, we can meet at the Bluff car park (Surf Club end, Bluff Road, Devonport) for a refreshing walk and chat together, or if the weather is not so nice, our social cuppa morning will take place on Zoom. If uncertain, please contact Julie on 0417 846 190 or Marion on 0409 899 136 by 9.30am on the morning of the meet.

** This presentation may include information which is not in accordance with ABA policies and position statements.