

Australian Breastfeeding Association

Devonport Group Contacts

Group Leader	Julie	0417 846 190
Breastfeeding Counsellor	Marion	6425 5780
Community Educator	Julie	0417 846 190
Breast Pump Hire	Marion	6425 5780
Library Coordinator	Nicole	0408 245 763

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 Group

For local mum-to-mum support and breastfeeding information

Diary Dates & Local Contacts

January – June 2019



Australian
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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

We generally meet on Fridays fortnightly between 10 am and 12 noon in the Crèche Rooms of the Devonport Church of Christ* (unless stated otherwise), located on the corner of William and Steele Streets. The ABA Mersey 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 you can have a cuppa and a chat whilst the children play. Don't worry if you're late, we understand how busy mornings can get. Please bring a plate of morning tea to share or just yourselves if it has not been a good day, week ☺

DATE	TOPIC	VENUE
18 th January	Social walk – please bring sunscreen hats, drink, snacks, prams/slings	Meet Devonport Bluff car park (surf club end, Bluff Road)
1 st February	Mothering and fatigue	Church of Christ*
15 th February	Social cuppa	Church of Christ*
1 st March	How diet can affect breastmilk, intolerances, etc.	Church of Christ *
15 th March	Social cuppa	Church of Christ*
29 th March	Dealing with criticism	Church of Christ*
12 th April	Social cuppa	Church of Christ*
26 th April	Interesting breastfeeding facts	Church of Christ*
Week of 6 th May	Evening meal/dessert out to celebrate National Mothering Week	Venue and time to be advised
10 th May	Social cuppa	Church of Christ*
24 th May	Weight gains and supply	Church of Christ*
7 th June	Social cuppa	Church of Christ*
21 st June	**Guest Speaker – Coping with grief and loss	Church of Christ*

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

* The Australian Breastfeeding Association is not linked to any church, or political/religious/other group

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