

Australian Breastfeeding Association

Mersey-Devonport Group Contacts

Group Leader and

Community Educator: Julie 0417 846 190

Breastfeeding Counsellors:

Marion 6425 5780

Felicity 6424 1933

Breast Pump Hire Marion 6425 5780

Library Georgia 0401 592 122

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
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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 and regular member 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
- ✓ A way of saving hundreds on everyday items through our My Savings program

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 the Breastfeeding Helpline 1800 686 268

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

Babies, Mothering, Breastfeeding

Mersey-Devonport Mums' Group

For local mum-to-mum support and
breastfeeding information

Diary Dates & Local Contacts

January – June 2018



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 volunteer counsellors
- ☺ Face-to-face breastfeeding counselling is available
- ☺ No question is too silly
- ☺ Up-to-date breastfeeding information

The ABA Mersey-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 |
|---|---|----------------------|
| Friday 12 th January | Social pram walk | The Bluff, Devonport |
| Friday 26 th January | No meet - Australia Day holiday | |
| Friday 9 th February | A-Z of breastfeeding | Church of Christ* |
| Friday 23 rd February | Social cuppa | Church of Christ* |
| Friday 9 th March | First aid for your family (Guest Speaker) ** | Church of Christ* |
| Friday 23 rd March | Social cuppa | Church of Christ* |
| Friday 6 th April | Introducing family foods | Church of Christ* |
| Friday 20 th April | Social cuppa | Church of Christ* |
| Friday 4 th May | Looking after yourself – yoga (Guest Speaker) ** | Church of Christ* |
| Week of 7 th – 13 th May (day to be advised) | Evening meal out to celebrate National Mothering Week | To be advised |
| Friday 18 th May | Social cuppa | Church of Christ* |
| Friday 1 st June | Breastfeeding and the environment | Church of Christ* |
| Friday 15 th June | Social cuppa | Church of Christ* |
| Friday 29 th June | Returning to work – you can still breastfeed! (incl. expressing info.) | 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.