



Who are we?

The Australian Breastfeeding Association (ABA) is a voluntary organisation established in 1964 (as the Nursing Mothers' Association of Australia), to encourage and support mothers who wish to breastfeed their babies and to promote skilled and loving mothering, while creating in the community an awareness of the importance of human milk.

Breastfeeding Help

Throughout Australia, the Australian Breastfeeding Association's trained breastfeeding counsellors provide free counselling and breastfeeding information 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 breastfeeding may not always be easy, but 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, in person at our meetings and through a wide range of literature.

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

Membership to the ABA provides you with:

- A **FREE** book '*Breastfeeding ...naturally*' (Valued at \$34.95)
- Our member magazine, *Essence*, distributed to you electronically every three months, and regular member eNewsletters
- Access to special, members-only sections of the website, including webinars
- Access to email counselling
- Access to our group library
- Half-price breast pump hire
- Unlimited access to ABA group get-togethers anywhere in Australia for support, friendships and a place to have your questions answered, run by friendly, trained volunteers
- A way of saving hundreds on everyday items through our My Savings program

How Can I Join?

You can join the Australian Breastfeeding Association by:

- Filling out and returning a membership form
- logging onto the website: www.breastfeeding.asn.au
- coming along to a get-together (see our diary dates)
- phoning a local counsellor or the Breastfeeding Helpline

For membership renewals, please use your '*Essence*' coversheet or renew online at www.breastfeeding.asn.au

For free, confidential breastfeeding help and information, please call one of our local breastfeeding counsellors or try the 24 hour toll-free:

**Breastfeeding Helpline
1800 mum 2 mum**

1800 686 268

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

TAS CENTRAL COAST GROUP



**Australian
Breastfeeding
Association**

Diary Dates

May 2018 – October 2018

Your Local Breastfeeding Counsellors are:

Claire (Group Leader) - 6425 9179
Tana - 6437 0796
Suzanne - 6437 2462
Marion (Breast Pump Hire) - 6425 5780

www.breastfeeding.asn.au

Find us on Facebook:

Australian Breastfeeding Association –
TAS Central Coast Group
and
Australian Breastfeeding Association –
Northern Tasmania Region



Tas Central Coast Group diary dates

The Tas Central Coast Group of the Australian Breastfeeding Association is a group of mums who get together for coffee mornings and informal discussions. We talk about all sorts of things to do with being a mum and looking after children. Everybody is welcome - you don't have to be breastfeeding to come along! Babies and children, friends, and support people are always welcome. All get-togethers start at 10:00am unless otherwise stated, but don't worry if you're running late - we're glad to see you whenever you can get there!!

May

Fri 11th	National Mothering Week 'Mothering Through the Generations'	Ulverstone Neighbourhood House Lugana Crescent, West Ulverstone
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Fri 25th	Cuppa Morning	Sheila's home 12 Long Street, Penguin
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June

Fri 8th	Early Daze	Penguin Reformed Church Hall Sanctuary Hill, Main Road, Penguin
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Fri 22nd	Cuppa Morning	Melinda's home 1 Dorothy Place, Ulverstone
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July

Fri 6th	Pelvic floors, backs and more!* (Physio guest speaker)	Ulverstone Neighbourhood House
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Fri 20th	Cuppa Morning	Jessie's home 1 Berkshire Parade, Penguin
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August

Fri 3rd	World Breastfeeding Week	Penguin Reformed Church Hall
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Fri 17th	Cuppa Morning	Adelle's home 4 Fairlight Place, West Ulverstone
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Fri 31st	Dessert Night (from 7.30pm) Please bring a dessert to share	Tana's home 170 Main Road, Penguin
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September

Fri 14th	Sleep	Ulverstone Neighbourhood House
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Fri 28th	Cuppa Morning	Claire C's home 182 Main Road, Penguin
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October

Fri 12th	Toilet Training* (guest speaker, TBC)	Penguin Reformed Church Hall
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Fri 26th	Baby's Day Out	Meet at the Beach Hut and go to the Dinosaur Park
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*These presentations may include information which is not in accordance with ABA policies and position statements.