Northern Perth Group
November 2015 - April 2016

Group Leader
Erin 0409 290 439

Breast Pump Hire
Amy Maylands 6468 2946
Catherine Floreat 0409 260 751
Danielle Currambine 0408101172
Prue Woodvale 0448266199
Rebekah Edgewater 0417 533 106
Robyn Dalkeith 0418 959 121

Local Group Counsellors
Amy 6468 2946
Catherine 0409 260 751
Danielle 0408 101 172
Jenny email (see page 8)
Maria email (see page 8)
Nina 0432 373 483
Prue 0448 266 199
Robyn 0418 959 121

www.breastfeeding.asn.au
RTO 21659

Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

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

Hello and welcome to the latest Cambridge group bulletin. For those who haven’t met me at a meeting or via email or the phone, I’m Erin and I’m the Group Leader for the group. I have been a member at Cambridge for 5 years and have three children.

You may notice several changes in this new bulletin - first is our new name! We have merged with the former West Coastal group and decided to rename the group Northern Perth. We hope you like it! We think it makes more sense and tells new mums a bit more about our group’s geography. If you have joined our group from West Coastal - welcome! We’d love to see you along to a meeting or in our Facebook group!

We also have a new venue at the St Peters and Emmaus church in Joondanna. We have already had a few meetings there in October so some of you are already familiar with the new location. We know our former venue wasn’t always baby and child-friendly. We have had lots of positive feedback on this new location with more toys, more space and a lovely outside area. If we haven’t seen you for a while or you are new to the group, we’d love to see you.

Congratulations to all of the mums in our group who have celebrated the arrival of a new baby, or are awaiting an impending arrival. Special congratulations to our group librarian Jasmin on the arrival of her third child and first son, Lachlan! We love new bubs at meetings so come along and trade a baby cuddle for a cup of hot tea or coffee and some cake.

We have farewelled two volunteers since our last bulletin - thanks to Sue Stopher and Justine van der Watt for all your contributions to the group and the Australian Breastfeeding Association.

Welcome to our new breastfeeding counsellors, community educators and trainees who have joined our group from West Coastal! It is lovely to have all your new faces at meetings and contributing to our group. Thank you!

If you are interested in volunteering, we have plenty of roles available as well as training as a breastfeeding counsellor or community educator.

I hope you enjoy reading and I’ll see you at a meeting soon,

Erin

Email list: We send out weekly updates and important announcements to our members email list. We also send our bulletin by email wherever possible to save on postage. Have we got your up-to-date email address? If you are not receiving emails from us and would like to, please contact Erin at cambridgeaba@gmail.com

Northern Perth ABA group has a members group on Facebook! This is where we post interesting breastfeeding and parenting information and provide up-to-date group meeting information.

Look for us today at: https://www.facebook.com/groups/abacambridge
You can also find out about meetings across the Perth metro area at: http://www.facebook.com/ABAPerthMetroRegion
GROUP NEWS

New venue and meeting time!

We have recently changed our regular meeting venue to the St Peter and Emmaus church in Joondanna. The new venue has plenty of space and toys to keep busy toddlers occupied both inside and outside, while mums can enjoy a cup of tea with small babies in comfort. We hope you can all make it along soon to a meeting and let us know what you think!

As of November, our regular Monday meeting time is changing to a slightly earlier 9.30am to 11.30am. This should hopefully make meetings more convenient for parents juggling kindy/school drop offs in the morning, and small children who like to get home for a lunchtime sleep.

New counsellor

A huge congratulations to Jenny on completing her training as a Breastfeeding Counsellor! Jenny has commenced her first shifts on the Breastfeeding Helpline and will also be available to speak to mothers in person when she attends group meetings. Well done Jenny, we are sure you will be a wonderful help to many families both locally and Australia-wide.

Baby Care Room awards

Congratulations to Jumpabout Trampoline Park in Riverdale, who were recently awarded a Baby Care Room Award for their new Parents Room. Jumpabout are also registered with ABA’s Breastfeeding Welcome Here program. Group trainee Leigh-Anne completed their audit and was pleased to be able to award their Parents Room 3 star accreditation. Well done!

The Baby Care Room symbol is part of a national campaign run by ABA. It awards community premises which provide facilities to enable mothers to feed and change their babies and toddlers when they are away from home. A Baby Care Room is always a safe, comfortable, convenient and welcome place to go. A list of currently accredited rooms is available at https://www.breastfeeding.asn.au/babycare.
If you are interested in finding out more about the Baby Care Room awards, or having your favourite establishment accredited, please chat to one of our friendly group volunteers.

**Essence Magazine**

Did anyone notice a familiar face on the cover of their Essence magazine in July? Amber, one of our local members, and her youngest son were the cover models! What a stunning picture, and a lovely surprise to find in the letter box!

**FUNDRAISING**

Fundraising is important to Northern Perth group, with funds ensuring that we are able to continue hiring the venue for our weekly meetings, provide breastfeeding support to the wider community, and maintain the training and education of our volunteers.

**Sausage Sizzle Fundraiser**

A huge thank you to all those who were able to assist with our annual sausage sizzle fundraiser in September. We made over $1000!

Coles Floreat kindly donated us a $50 voucher which we were able to use to help buy goods for the day.

**School talks**

School talks are a fun way of promoting breastfeeding, providing education and raising funds for the ABA. School talks can be aimed at all levels from kindy to TAFE/university and include demonstrations of bathing and breastfeeding a baby. Our group ask for a donation of $50 for this. If you know of a school that may be interested (eg. as part of a Health Education, Home Economics or Human Biology class), please contact one of our group counsellors or educators.
COMMON PARENTING CONCERNS

There is a wealth of information available on the ABA website about many different aspects of breastfeeding and parenting. One section of the website you may not have come across is a blog by Simone Casey, an ABA breastfeeding counsellor who is also a lactation consultant and mother of 3. Below is an excerpt from a recent blog article published on the website.

Breastfed babies and poo!

I’ve always loved a bit of toilet humour, so talking about my baby’s poo almost gives me a perverse pleasure – suddenly I have permission to discuss stinky excretions in detail – no jokes required. It’s amazing how aware you are of your little one’s nappy contents, the frequency, colour and texture, but of course you are, you’re the one wiping it up! There is such a wildly variable degree of what’s normal in a breastfed baby, and although some mums freak out at poo changes, most of the time, there isn’t anything to worry about.

Colour

Your baby’s first poo will be black and sticky; you just about need a Barbie Mate to scrape it off. Once your milk’s in, the yellow, runny, seeded mustard is the look – but it can be more brown or even green and still be normal. American breastfeeding expert Dr Jack Newman once said he wished he could give all the new parents sunglasses so they couldn’t tell the colour of their baby’s poo, it would cause a lot less angst. Occasionally if a mother has cracks in her nipples, there can be some blood in the poo, but there is no harm done to the baby (but the mum will need to seek help with positioning and attachment so they can heal). A very explosive, frothy green poo coupled with an unsettled baby sometimes is misdiagnosed as lactose intolerance, so if this is happening, seek out a lactation consultant or ABA counsellor to chat about symptoms, it is almost always a common case of oversupply, which can be managed with block feeding (sticking to one side every 3-4 hours) and lots of upright time after feeds.

Frequency

At first, most babies poo almost every nappy change, just little squirts here and there, and the odd poonami that goes all up their back. As their little systems mature, usually around the 6-week mark, this changes to more of your once-a-day scenario. Again, this varies a lot. One mum of a 14-week-old exclusively breastfed baby described her daughter, who pooped 3-6 times a day, as an ‘industrial strength poo machine’. Others can go up to 10 days between poos and this is OK too. I am yet to
hear about an exclusively breastfed newborn with constipation, it just doesn’t really happen. If you think your baby is uncomfortable waiting for the poo to happen, bicycling the legs and a relaxing bath may get things moving.

**Smell**

A breastfed baby’s poo really isn’t that offensive to the nose. The ABA literature compares it to that of ‘newly mown hay’, while one mother I know reckons it smells like porridge. Sometimes even if you sniff your baby’s bum up close, you still can’t figure out if there’s an odour. Some babies’ poos are a bit stronger smelling, perhaps related to the mother’s food intake. Once they are on solids, of course, it’s a different story. I still remember the first time my daughter ate chicken, boy, that nappy was a stinker!

**Mess**

If you are using cloth nappies, there are cool squirty things you attach to your toilet to get rid of the excess, although with newborns, I always found they soaked in and there weren’t many chunky bits to get off until they’re on solid food. There are also some great covers with elastic on the legs to contain poo explosions and avoid the up-the-back scenarios that some nappies just can’t hold. I do have to tell one poo story though. When my daughter was about 18 months old, one side of her nappy came undone when we were in a toy shop and a big solid poo dropped out with a ‘splat!’ on the floor! I actually had forgotten to bring my nappy bag and ended up wiping her with the lone piece of paper towel left in the public toilet and fleeing home with a nappy-free babe in her car seat.

*Personal opinions expressed in this blog are not necessarily those of the Australian Breastfeeding Association.*

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**DID YOU KNOW: That Northern Perth group has our own library?**

Available for group members to borrow from, there is a wide selection of breastfeeding, sleep and general parenting books available.

The library collection is available at most group meetings. For more information, please contact our group librarian Leigh-Anne at lperelson@gmail.com
ABOUT US

The Australian Breastfeeding Association (ABA) is Australia’s largest breastfeeding information and support service. ABA encourages and supports women who want to breastfeed or provide breastmilk for their babies. We educate volunteers and health professionals and advocate to raise community awareness of the importance of breastfeeding and human milk for child and maternal health. We have more than 13 000 members in around 235 Australian Breastfeeding Association groups nationwide and more than 1100 trained volunteers. Since 1964, more than 250 000 Australians have become members of the Association.

Our Vision
Breastfeeding is recognised as important by all Australians and is culturally normal.

Our Mission
As Australia’s leading authority on breastfeeding, we support, educate and advocate for a breastfeeding inclusive society.

What to expect at a gathering
We hold informal social gatherings for parents with babies and children of all ages. We usually include a breastfeeding or parenting topic for discussion. A breastfeeding counsellor is generally available, should you wish to discuss any concerns in private. Usually the library will be available for borrowing books (these cover breastfeeding and parenting topics).

You can expect:
• willing hands to hold your baby, if you would like a break!
• a hot cuppa and yummy food
• a caring and accepting environment
• an opportunity to share parenting ideas
• up-to-date breastfeeding information
• encouragement to achieve your breastfeeding goals
• understanding about life with babies and children

Have you been to a Northern Perth group meeting recently?

Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding - all mothers, fathers, their children and friends are most welcome to attend all of our meetings and social gatherings. If you have time, a plate of food to share would be appreciated. For toddlers, some healthy snacks are a good idea.

A trained breastfeeding counsellor is available at all meetings. If you are unable to attend because you or your baby are unwell, please call one of the counsellors for a chat or to discuss any questions. There’s no need to worry about being late for an ABA meeting; come when you can, leave when you must.

Calendar dates can be found at the end of the bulletin
**Northern Perth Group Helpers**

<table>
<thead>
<tr>
<th>ROLE</th>
<th>NAME</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Leader Breastfeeding Counsellor</td>
<td>Erin</td>
<td><a href="mailto:cambridgeaba@gmail.com">cambridgeaba@gmail.com</a> 0409 290 439</td>
</tr>
<tr>
<td>Breastfeeding Counsellor Breast pump hire officer</td>
<td>Amy</td>
<td>6468 2946</td>
</tr>
<tr>
<td>Breastfeeding Counsellor Breast pump hire officer</td>
<td>Catherine</td>
<td>0409 260 751</td>
</tr>
<tr>
<td>Breastfeeding Counsellor Breast pump hire officer</td>
<td>Danielle</td>
<td>0408101172</td>
</tr>
<tr>
<td>Breastfeeding Counsellor</td>
<td>Jenny</td>
<td><a href="mailto:jennamand@hotmail.com">jennamand@hotmail.com</a></td>
</tr>
<tr>
<td>Breastfeeding Counsellor</td>
<td>Maria</td>
<td><a href="mailto:maria.holloway-strong@iinet.net.au">maria.holloway-strong@iinet.net.au</a></td>
</tr>
<tr>
<td>Breastfeeding Counsellor</td>
<td>Nina</td>
<td>0432 373 483</td>
</tr>
<tr>
<td>Breastfeeding Counsellor Breast pump hire officer</td>
<td>Prue</td>
<td>0448266199</td>
</tr>
<tr>
<td>Breastfeeding Counsellor Breast pump hire officer</td>
<td>Robyn</td>
<td>0418 959 121</td>
</tr>
<tr>
<td>Community Educator Breast pump hire officer</td>
<td>Rebekah</td>
<td>0417 533 106</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Carina</td>
<td>9242 7907</td>
</tr>
<tr>
<td>Group Librarian Trainee Breastfeeding Counsellor</td>
<td>Leigh-Anne</td>
<td><a href="mailto:lperelson@gmail.com">lperelson@gmail.com</a></td>
</tr>
<tr>
<td>Bulletin Editor Trainee Breastfeeding Counsellor</td>
<td>Meagan</td>
<td><a href="mailto:meagan.c.kruger@gmail.com">meagan.c.kruger@gmail.com</a></td>
</tr>
<tr>
<td>Trainee Breastfeeding Counsellor</td>
<td>Julie</td>
<td><a href="mailto:andromeda@iinet.net.au">andromeda@iinet.net.au</a></td>
</tr>
<tr>
<td>Trainee Breastfeeding Counsellor</td>
<td>Courtney</td>
<td><a href="mailto:courtneyannallen83@gmail.com">courtneyannallen83@gmail.com</a></td>
</tr>
<tr>
<td>Trainee Breastfeeding Counsellor</td>
<td>Louisa</td>
<td><a href="mailto:louisaellis24@hotmail.com">louisaellis24@hotmail.com</a></td>
</tr>
<tr>
<td>Trainee Breastfeeding Counsellor</td>
<td>Fiona</td>
<td><a href="mailto:fiarthur1@gmail.com">fiarthur1@gmail.com</a></td>
</tr>
<tr>
<td>Trainee Breastfeeding Counsellor</td>
<td>Simone</td>
<td><a href="mailto:spry95@gmail.com">spry95@gmail.com</a></td>
</tr>
</tbody>
</table>

**Would you like to become more involved with your local group? We are always looking for more helpers for one off events, group roles, or to train as a breastfeeding educator or counsellor. Please contact our group leader or any of the people above for more information!**
BREAST PUMP HIRE

Naturally the best way to remove milk from your breasts is by breastfeeding your baby. Sometimes this is not possible and you may want or need to express your milk. Unlike other agents who hire breast pumps, our counsellors discuss your needs to determine which pump is the most appropriate for you.

As well as providing you with a pump, we take time to demonstrate it. You receive an information package as well as ongoing counselling during the hire period. This will make it easier for you to express your milk.

It can be very reassuring to talk with someone who understands your needs at this time. We have multiple Medela Symphony pumps available for hire. The Symphony is $25 per week for members, $50 for non-members. There is also a $100 deposit, and you need to purchase a collection kit, either single or double.

It is reassuring to know that these pumps - which are the same as those used in all hospitals - will be demonstrated to you with full instruction on their use and ongoing support for as long as you need it.

This personal service is unique to the ABA and available when you hire directly from the association.

Consultation includes:
- Demonstration of equipment set-up
- Suggestions for effective expressing
- Information about cleaning & disinfection of equipment
- Recommendations for storage & handling of breast milk
- Follow-up assistance, as required

Contact any of our group pump hirers for more information about breast pump hire (details on front page of bulletin).

HAVE YOU: Had a look at the ABA forum?
A great place to discuss your breastfeeding and general parenting stories and questions, any time of the day or night.

http://forum.breastfeeding.asn.au/
BREASTFEEDING EDUCATION CLASSES

WA Branch runs Breastfeeding Education Classes in three locations. The class sizes are limited to ensure everyone can participate and ask questions. Partners are strongly recommended to attend, as, although they are not doing the breastfeeding, they can be your main support and it helps for them to learn everything you are learning! We run a special ‘Just for Partners’ section during the class. If they are unable to attend you can bring another support person. We also aim to have a mother and young baby present who will demonstrate breastfeeding during the class. Qualified ABA breastfeeding counsellors and community educators volunteer their time to facilitate these sessions.

Australian research has shown that new mothers wish they had received more preparation for breastfeeding and the early months of parenting prior to the birth of their baby. Attending an ABA Breastfeeding Education Class compliments the knowledge gathered at antenatal classes, and give you the opportunity to:

- Learn some of the skills you will need to care for your new baby
- Make informed choices about breastfeeding
- Realistically prepare for the changes about to happen in your life
- Discuss questions and concerns you may have about breastfeeding
- Develop a support network before giving birth
- Meet other parents who share your commitment to breastfeeding
- Find your own path amidst all the varying advice

Topics will cover:
- How breastfeeding works
- Establishing breastfeeding and the first feed
- Importance of skin-to-skin contact in the first hours and beyond
- Positioning and attachment
- Understanding your milk supply
- Discussion of what is ‘normal’ for a breastfed baby
- Role of partners in breastfeeding
- Adjusting to parenthood - survival tips for the early days and weeks with a new baby
- Common concerns and problem solving

WA Branch holds BECs in East Victoria Park, Joondalup and Darlington.

Bookings can be made online at [https://www.breastfeeding.asn.au/classes](https://www.breastfeeding.asn.au/classes) or by emailing [wa_bec@breastfeeding.asn.au](mailto:wa_bec@breastfeeding.asn.au). Classes are exclusive to ABA members and cost $20. Annual ABA subscription costs $70 ($55 for healthcare card holders) if you have not yet joined.

Membership and a class makes a great baby shower present for a new expectant couple! More information and class dates for 2015 can be found at: [https://www.breastfeeding.asn.au/classes](https://www.breastfeeding.asn.au/classes)
Stay a member of the ABA family by renewing your membership today!

Many mothers have a break when they are not breastfeeding but may be intending to have another child in the future. Even if you are not breastfeeding for a while you can continue to get support in general parenting from information in Essence magazine, our member eNewsletter and mother-to-mother at ABA group get-togethers.

By renewing your membership, you are also continuing to support ABA’s work. Our organisation cannot continue to provide its services without the financial support which your membership provides.

Renew your Individual membership and you will continue to receive these valuable benefits

**Keep informed with Essence magazine** – Share in the stories of other mums and gain up-to-date information on a range of breastfeeding and early parenting topics with our member magazine *Essence*. Mailed to you every 2 months, it’s packed with practical tips that help you overcome those day-to-day challenges. You can also search and read past issues of *Essence* through the members-only section of our website!

**Get the answers with email counselling**- Have your questions answered with exclusive members-only email counselling from our trained breastfeeding counsellors, as well as our publicly available 24-hour Breastfeeding Helpline

**Stay up-to-date with our member eNewsletter** – The latest news, information and special offers from the Australian Breastfeeding Association emailed directly to you every month. Read about current activities and be connected to resources to support you in your breastfeeding

**Save hundreds on everyday items with My Savings** - It can be challenging balancing the budget with a young family. With My Savings you can save where it counts - on items like food, groceries and fuel that you buy every week (as well as things like gifts, travel and movie tickets). With discounts from many retailers such as Woolworths, Coles and Big W, the average family can save as much as $1,500 or more a year. [www.breastfeeding.asn.au/my-savings/](http://www.breastfeeding.asn.au/my-savings/)

**Half price breast pump hire** - Members save 50% when they hire a breast pump through their local group. Whatever your reason for needing a breast pump, a trained breast pump hiring officer can support you in getting the most out of expressing.

**Be connected and supported** – You don’t have to do it alone! Meet new friends and have your questions answered at local get-togethers run by trained volunteer breastfeeding counsellors or educators. Whether you are fully breastfeeding, partially breastfeeding, expressing or bottle-feeding, it's great to chat to other mums and get those hints and tips that only other mums know!

**Join the ABA family** – As a not-for-profit organisation, the Australian Breastfeeding Association is funded primarily by membership. Your membership enables us to continue our services in supporting and educating parents, health professionals and the community about breastfeeding

Renew or join today at [www.breastfeeding.asn.au/membership](http://www.breastfeeding.asn.au/membership) or call (03) 9885 0855
Northern Perth Group Calendar Dates
November 2015 - April 2016

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<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tr>
<td>Monday 2 Nov 2015</td>
<td>9.30am-11.30am</td>
<td>Early daze</td>
<td>St Peter and Emmaus Church hall 56 Green St, Joondanna</td>
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<td></td>
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<td>Monday 9 Nov 2015</td>
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<td>Breastfeeding and weight gains</td>
<td>St Peter and Emmaus Church hall 56 Green St, Joondanna</td>
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<td>Monday 23 Nov 2015</td>
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<td>Chat and Play</td>
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<td>Wednesday 25 Nov 2015</td>
<td>7.30pm</td>
<td>Guest speaker: Infant mental health</td>
<td>Venue to be advised Contact Erin 0409 290 439</td>
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<td>Twins and multiples</td>
<td>St Peter and Emmaus Church hall 56 Green St, Joondanna</td>
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December 2015

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January 2016

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<tr>
<td>Monday 11 January 2015</td>
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<td>Play in the park</td>
<td>Mullaloo Beach (pirate park)</td>
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<td>9.30am-11.30am</td>
<td>Play in the park</td>
<td>Hobart Street playground, North Perth</td>
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No need to RSVP, just come along!
If you have any questions, please contact Erin 0409 290 439 or cambridgeaba@gmail.com

Everyone is welcome to our gatherings— including babies, children & partners. If you’re having a good day, please bring a plate to share. Tea, coffee and herbal teas are provided, along with welcome arms to hold your baby while you drink them! 😊

Non-members are welcome to come along as a guest to up to two meetings before deciding whether or not to join as a member and continue coming along. There will be a Breastfeeding Counsellor at all meetings and they are more than happy to talk privately with you if you wish.
## February 2016

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<tr>
<td>Monday</td>
<td>1 February</td>
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<td>Chat and Play</td>
<td>St Peter and Emmaus Church hall 56 Green St, Joondanna</td>
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<tr>
<td>Monday</td>
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<td>Guest speaker: Mum’s core and Pelvic Floor</td>
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<tr>
<td>Monday</td>
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<td>9.30am-11.30am</td>
<td>Chat and Play</td>
<td>St Peter and Emmaus Church hall 56 Green St, Joondanna</td>
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## March 2016

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<tr>
<td>Monday</td>
<td>14 March</td>
<td>9.30am-11.30am</td>
<td>Medications and Breastfeeding Discussion leader: Jenny</td>
<td>St Peter and Emmaus Church hall 56 Green St, Joondanna</td>
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<tr>
<td>Monday</td>
<td>21 March</td>
<td>9.30am-11.30am</td>
<td>Chat and Play</td>
<td>St Peter and Emmaus Church hall 56 Green St, Joondanna</td>
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## April 2016

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<tr>
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<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>4 April</td>
<td>9.30am-11.30am</td>
<td>Breast and nipple care Discussion leader: Leigh-Anne</td>
<td>St Peter and Emmaus Church hall 56 Green St, Joondanna</td>
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<tr>
<td>Wednesday</td>
<td>27 April</td>
<td>7.30pm</td>
<td>Latest Research in Breastfeeding</td>
<td>Venue to be advised Contact Erin 0409 290 439</td>
</tr>
</tbody>
</table>

No need to RSVP, just come along!
If you have any questions, please contact Erin 0409 290 439 or cambridgeaba@gmail.com

*Everyone is welcome to our gatherings— including babies, children & partners. If you’re having a good day, please bring a plate to share. Tea, coffee and herbal teas are provided, along with welcome arms to hold your baby while you drink them! 😊*

*Non-members are welcome to come along as a guest to up to two meetings before deciding whether or not to join as a member and continue coming along. There will be a Breastfeeding Counsellor at all meetings and they are more than happy to talk privately with you if you wish.*