



Australian
Breastfeeding
Association

Breastfeeding Resources Catalogue 2017

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Information to assist and support breastfeeding mothers

Books | Pamphlets & Booklets | Tip Cards
CDs | Fact Sheets



Need extra support and resources about breastfeeding?

The ABA is here to help.

Welcome

The Australian Breastfeeding Association (ABA) is committed to providing mothers and pregnant women with important, relevant and up-to-date resources to support their breastfeeding goals. Our resources have been developed by our qualified Breastfeeding Information and Research Team to assist mums in making informed choices about breastfeeding.

From breastfeeding books to educational CDs, the ABA has a wide range of information available for purchase. We have information for special situations as well as general tips and advice for breastfeeding newborn babies, toddlers, twins and more!

All proceeds are donated directly to the ABA and assist us in continuing to conduct research, develop resources and provide important services to breastfeeding mums.

To place an order or for more information, please call the ABA Head Office on (03) 9690 4620.



Breastfeeding Books



Breastfeeding...naturally (3rd edition)

The most authoritative, entertaining and accessible breastfeeding book ever produced in Australia. In its third edition, this 200 page book has been compiled from the Australian Breastfeeding Association's information by long-term breastfeeding counsellor and writer Jill Day.

It includes photos and diagrams as well as an informative text gleaned from both scientific research and the collective wisdom of the thousands of mothers who have been members of the Australian Breastfeeding Association.

Suitable for mothers and health professionals.

Price: \$34.95

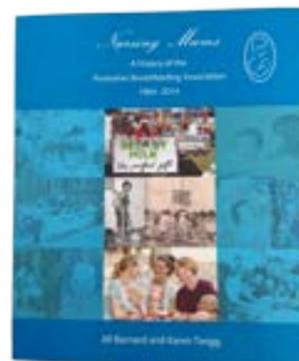


Breastfeeding Management in Australia (4th edition)

The Australian Breastfeeding Association's book is for health professionals and is the only breastfeeding textbook written specifically for Australian conditions. It is written for the broad range of health professionals who care for pregnant and breastfeeding mothers and their babies, such as midwives, GPs, nurses and pharmacists, as well as lactation specialists such as breastfeeding counsellors and lactation consultants. It is also highly recommended for students, especially those sitting the IBLCE exam.

Edited by Wendy Brodribb AM MBBS IBCLC PhD FABM, this easy-to-use reference is an essential source of up-to-date care for breastfeeding women and their infants.

Price: RRP \$120.00

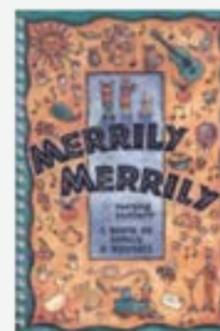


Nursing Mums: History Book

Read about the tears and triumphs of the Australian Breastfeeding Association (ABA, formerly the Nursing Mothers' Association of Australia or NMAA) through the years in this book to celebrate ABA's 50th birthday in 2014.

Full of amazing images and stories of ABA's work and personalities, this book makes a treasured gift for anyone who has ever been part of, or supported by ABA.

Price: \$54.95



Merrily Merrily Book

A book of songs and rhymes for young children.

This unique book, compiled by a group of Australian Breastfeeding Association members with extraordinary musical skills, is ideal for every home and playgroup/kinder. With the lyrics and music to over 200 songs, it has also become required reading for many tertiary students in Australia undertaking early childhood teaching courses.

Price: \$19.95



Cook Book NMAA - Recipes For Busy Mothers

The well-known and loved cook book that has been in Australian kitchens since 1975 has been reprinted due to popular demand. The perfect gift idea for those who love to cook and those just starting out.

Whether it is time to replace your much-loved copy; you want to share the secret with family and friends; or it's time to buy your first copy - now is the time to order.

Price: \$29.95



Pamphlets & Booklets



Breastfeeding Confidence

A DL sized booklet produced by the Australian Breastfeeding Association covering the first few months of breastfeeding.

Perfect for the ante-natal/postnatal pack, this informative booklet really does boost a mother's breastfeeding confidence. Includes information on what to expect in the early days, breastfeeding trouble-shooting, expressing and storing breastmilk etc.

Single: \$0.75
 Pack 50: \$37.50
 Pack 200: \$150.00
 Pack 300: \$220.00



Breastfeeding: An Introduction Booklet

Breastfeeding is normal and natural. It is a rewarding experience for both mother and baby. The early days and weeks are a time for learning and breastfeeding doesn't always go perfectly at first, but with the right support and information most women do breastfeed successfully.

This booklet gives you some useful advice and preparation techniques to begin your breastfeeding journey.

Price: \$7.00



Breastfeeding: Through Pregnancy & Beyond Booklet

Your second (or more) pregnancy can be a special time. But the joy of being pregnant again is sometimes tempered by concerns about your older child / children's reaction. You may feel apprehensive if you are breastfeeding your "baby".

This booklet looks at questions you may have and offers ideas from mothers who have continued breastfeeding through pregnancy and beyond.

Price: \$7.00



Breastfeeding: And Reflux Booklet

Breastfeeding is as beneficial for the baby with reflux as for all other babies.

This booklet has been written to support those with a medical diagnosis of gastro-oesophageal reflux; help understand what gastro-oesophageal reflux is; give ideas and suggestions to help you cope with reflux in a breastfeed baby; provide lots of survival tips from mothers. A concise, practical and reassuring guide to living with a reflux baby.

Price: \$7.00



Breastfeeding: And Your Supply Booklet

Many mothers worry about their milk supply. This booklet is based on research findings and what mothers have shared about having too much or too little milk. It explains how breastmilk supply and demand works and provides practical hints for building your supply and the reasons it may be low.

Price: \$7.00



Breastfeeding: And Crying Babies Booklet

Helpful suggestions for coping with and accepting a crying colicky baby.

Contains many ideas and support for the mother in this situation.

Price: \$7.00



Breastfeeding: And Family Foods Booklet

A sensible approach to the introduction of solid foods to a breastfed baby to fit in with family meals.

Price: \$7.00



Breastfeeding: When Your Baby Refuses The Breast Booklet

An understanding guide with suggestions about why your baby is refusing and ideas about how to encourage your baby back to the breast.

Price: \$7.00



Breastfeeding: Relactation and Adoption Booklet

A practical guide for a mother considering breastfeeding her adopted baby and for the mother wishing to re-establish a milk supply after a short or long interruption.

Price: \$7.00



ABA Binder For Booklets

Attractive white binder for easy reference and protection.

Price: \$19.95





Breastfeeding: Breast and Nipple Care Booklet

An excellent guide to the management of the many and various problems that can affect breasts and nipples during lactation.

Information is included on engorgement, thrush, mastitis, cracked and sore nipples etc. and the suggestions given are easy to follow.

Price: \$7.00



Breastfeeding: Babies with a Cleft of Lip and / Or Palate Booklet

Helpful information and accounts of mothers' experiences in coping with this special situation.

Price: \$7.00



Breastfeeding: Twins, Triplets and More Booklet

Contains many practical hints from experienced mothers of twins, triplets and more. Just what you need to know when coping with the challenge of more than one.

Price: \$7.00



Breastfeeding: And Sleep Booklet

Explains babies' sleep patterns and gives practical suggestions for coping and accepting your baby's sleeping pattern.

Ideas cater for different family needs during this time.

Price: \$7.00



Breastfeeding: Lactation Suppression Booklet

Suggests appropriate ways of suppressing lactation in distressing circumstances such as miscarriage or the death of a baby, or other circumstances where breastmilk production needs to be stopped suddenly.

Please note: This booklet's primary purpose is to provide information and support for a breastfeeding mother whose baby has died. Mothers who simply wish to finish breastfeeding her baby please refer to the booklet 'Weaning' (see below).

Price: \$7.00



Breastfeeding: Looking After Yourself Booklet

Ideas to help you feel fit and relaxed during the busy childrearing years so that your enjoyment of life can be increased to the benefit of all the family.

Price: \$7.00



Breastfeeding: Diet, Exercise Sex and More Booklet

Explains some of the changes in both your life and your sex life with the arrival of a new baby and ways to cope with this phase.

Price: \$7.00



Breastfeeding: As Your Family Grows Booklet

Suggestions for preparing your child for the arrival of a new baby, plus practical ways to meet the needs of all the children in your family.

Contains simple play ideas for children of different ages.

Price: \$7.00



Breastfeeding: Weaning Booklet

A helpful guide to weaning your baby or toddler, covering such topics as mutual weaning, baby-led weaning and mother-led weaning.

Has instructions on what to do if you need to wean quickly or if you would like to take a slow/gentle approach.

Price: \$7.00



Breastfeeding: Women and Work Booklet

Practical suggestions and ideas to assist mothers who continue to breastfeed after returning to the paid workforce, study or any other work involving long periods away from home.

Price: \$7.00



Breastfeeding: Your Premature Baby Booklet

A helpful, practical guide to providing breastmilk for your prematurely born baby. Including managing while your baby is in hospital, expressing and feeding breastmilk, working with medical staff and how you may be feeling.

Price: \$7.00



Breastfeeding: Caesarean Births and Epidurals Booklet

Practical suggestions and encouragement to a mother in this special situation.

Price: \$7.00



Breastfeeding: Expressing and Storing Breastmilk Booklet

An excellent guide to all aspects of expressing and storing breastmilk, including information on how to hand express, types of breast pumps, preparing and cleaning equipment and collecting, storing, warming and feeding expressed breastmilk.

Price: \$7.00



Breastfeeding: Your Baby With Down Syndrome Booklet

Encouraging words and practical ideas from research and from mothers' experiences in breastfeeding babies with Down Syndrome.

Price: \$7.00



Breastfeeding: Supporting the New Mother Booklet

Explains the reasons behind current breastfeeding practices and why they are different from those of the past. Has suggestions on how friends and relatives can help a new mother enjoy her baby and breastfeeding successfully.

Price: \$7.00





Tip Cards & Fact Sheets



Tip Cards - Learning to Breastfeed

Brief, essential information on learning how to breastfeed your new baby.

Pack 25: \$1.00



Tips Card - Reasons Why Mother's Milk is Important

Brief, essential information explaining why a mother's milk is so important for her baby.

Pack 25: \$1.00



Tip Cards - Common Breastfeeding Concerns

Brief, essential information on common challenges that can arise when breastfeeding.

Pack 25: \$1.00



Tip Cards - Fathers

Brief, essential information for fathers new to the breastfeeding journey.

Pack 25: \$1.00



Tip Cards - Breastfeeding Anywhere Anytime

Brief, essential information on breastfeeding anywhere, at any time.

Pack 25: \$1.00



You Can Breastfeed Your Baby

Offers some essential information on pursuing breastfeeding.

Pack 5: \$1.20

Normal Nappies Fact Sheet Pad (100 Per Pad)

Colour A4 chart featuring photos of the normal nappy output of a baby in the first five days of life. Reverse side has Frequently Asked Questions on how often babies need to be breastfed, how to tell if they are getting enough milk and what things can help breastfeeding go well, among others.

Price Per Pad: RRP \$15.00



CDs

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Multilingual All Languages CD

Sets of ten fact sheets in English and the following languages: Amharic, Arabic, Assyrian, Chinese, Farsi, Hindi, Khmer, Korean, Macedonian, Serbian, Spanish, Turkish, Vietnamese.

- How Breastfeeding works
- First Feeds- Putting Your Baby to the Breast
- Engorgement and Coping With an Oversupply
- Blocked Ducts and Mastitis
- Sore and Cracked Nipples
- Increasing Your Milk Supply
- The Complementary Feed
- Working and Breastfeeding
- How to Express Breastmilk
- How to Store Breastmilk

Price: RRP \$49.95



Merrily Merrily CD

This CD is based on a book of songs and rhymes for young children.

This unique book, compiled by a group of Australian Breastfeeding Association members with extraordinary musical skills, has become required reading for many tertiary students in Australia undertaking early childhood teaching courses.

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Australian Breastfeeding Association
PO Box 33221
MELBOURNE VIC 3004

P | (03) 9690 4620
E | info@breastfeeding.asn.au
W | www.breastfeeding.asn.au
Breastfeeding Helpline: 1800 686 268