Breastfeeding Education Resources

**Booklets: Multiple Languages**
**ACT/NSW Branch**

Available in these languages:
Chinese
Korean
Punjabi
Vietnamese
Arabic
Turkish
Persian/Farsi
Burmese/Karen

Now available in 5 languages with more coming soon. A useful resource for health professionals and mothers covering the main aspects of breastfeeding and possible problems. User-friendly for counsellors with English text alongside the other language text. Contact the NSW Branch office for details of the latest languages available.

Price: $7 each (includes GST)
Postage: Included (up to 5 books)

Orders & Enquiries:
ABA ACTNSW Branch Office, 76 Glenhaven Rd, Glenhaven NSW 2156
Phone: 02 9634 3915
Email: actnswoffice@breastfeeding.asn.au

**DVD: Hand Expressing and Cup-Feeding**
**Waverley Group VIC**

30-minute film featuring Wendy Nicholson (RN RM IBCLC) demonstrating how to hand express breastmilk and how to cup-feed breastmilk to various aged babies.

Price: $60 (10% discount to ABA groups)
Postage: Included

Orders & Enquiries: Jenny Alkemade, 9 Donbirn Way, Vermont South Vic 3133
Phone: 0417 330 353
Email: minnie_jenny_9@bigpond.com Website: abawaverley.info

**DVD: Mother & Baby ...baby can breastfeed easily when well positioned**
**Tasmania Branch**

Positioning: (16 mins) Sue Cox shows the many ways mothers position a baby to enable easy attachment and mentions the important steps for each position: holding baby close, nose level with the nipple, chin touching the breast and allowing baby to search and attach.

The First Week: (19 mins) Sue Cox shows parents what to expect and what is normal in the first week after birth. Includes skin-to-skin contact, first feed, changes in urinary output and stool amount and colour, the normal amount of colostrum/milk produced each day, how much new babies usually sleep, how often babies feed, how to overcome early breastfeeding difficulties, position, and how to attach/latch a newborn baby.

DVD includes captioned and uncaptioned options. PAL format.

Price: $10 for ABA groups and members. $20 for non-members.
10 oDVDs for $150.
Postage: Please enquire. Generally around $2.55 for up to 4 DVDs.
Orders & Enquiries: Felicity Sly Ph (03) 64241933 Email: aba-tas-videos@netspace.net.au Website: breastfeedingtasmania.asn.au
Feeding Cues
Swan Hill & District Group and Portland Group VIC

Visual aids to help mums to recognise the cues when baby’s ready for a breastfeed:
1. Photo Pack — especially useful for Breastfeeding Education Classes, childcare educators, and counselling. 2 x 10 laminated colour photos showing the progression of a baby’s stages of wakefulness and targeting feeding cues. Instruction leaflet included.
2. A3 laminated colour poster — featuring images from the Photo Pack. A variety of feeding cues are shown. Fresh new layout.
3. Feeding Cues Sheets — A4 pad of 100 tear-off colour gloss sheets of the same feeding cues, reminding mothers of what they have been taught at BEC classes and in hospital. Reverse side has visual suggestions for soothing a crying baby.

Price:
1. Photo Pack $40.00
2. Poster $10.00 each
3. Pad of 100 $20.00 each

Postage:
1. Included
2. 1–6 posters $8.00; 7+ $13.40
3. Pads 1–3 pads $13.40; larger orders, please email Pixie.

Orders & Enquiries: Pixie Endacott, PO Box 1248, Portland VIC 3305
Phone: (03) 5523 7460
Email: hendacott@westnet.com.au

Introducing Solids Tear-off Pads
South Eastern Suburbs Group WA

50 sheet A4 pad of tear-off colour gloss sheets on introducing solids, including visual images of signs of readiness (consistent with latest NHMRC recommendations). The reverse side has detailed information on introducing solids including signs of readiness, how to begin, allergies, risks of early solids and ideas for first foods. A fabulous resource for ABA volunteers and health professionals.

Price: Pad of 50 sheets - $15
Postage: 1–2 pads $6.65 per pad, 3–7 pads $13.40, 8–10 pads $17.10, Box of 40 pads $15.40 (metro area only)

Orders and Enquiries: aba.kerry@gmail.com

Normal Nappies Tear-off Pads - sold by ABA Head Office.
Phone: 03 9690 4620

Knitted Breasts
Southern Lakes Group WA

This resource is used by breastfeeding counsellors, lactation consultants, midwives, breastfeeding educators and other health professionals to explain/demonstrate positioning and attachment, hand expressing, the structure of the breast and many other things. Washable, removable cover, approx. 11cm x 11cm. Variety of colours.

Price: $30
Postage and colourful sturdy box included.
Orders and enquiries: Karen Bailey Mob: 0498 107 937
Email: karenbaileyaba@gmail.com
Laminated EBM Guide
_Holiday Coast Region NSW_

Doubled-sided laminated EBM guide, A6 size (138x195mm). One side has a tabled summary for storage of breastmilk for infant use. Reverse side shows how to thaw and warm breastmilk. Small magnets allow it to be attached to fridge. A useful tool for counsellors, parents, carers and health professionals.

**Price:** $3 each or 10 for $25
**Postage:** 1 to 2 - $1.00, 3 to 10 - $2.50, 11 to 30 - $5.00, 31 to 60 - $10.00
Larger quantities or express post upon request

**Orders & Enquiries:**
Anne 0417 502 021
Email: ababec@hotmail.com

Indigenous Breastfeeding Comic
_West End Group QLD_

_Waninjawarnu_, an Indigenous baby care comic put together by World Vision and the Willowra community of the Northern Territory, tells the story of the search for a baby care superhero. On page 18 there’s an A4 size picture of the superheroes fighting disease with breastmilk. Only a few left.

**Price:** $5
**Postage:** $2

Orders and Enquiries: Desley Hubner, 5 Lemon Street, Fruit Grove Q 4113
Ph: (07) 3841 0932  Email: desleynh@yahoo.com.au

Posters

Posters A3 Multiple Languages
.ACT/NSW Branch_

Available in these languages:
- Korean
- Punjabi
- Vietnamese
- Arabic

A3 size glossy posters in five different languages. The Korean, Punjabi and Vietnamese posters feature handy details of their corresponding language booklet and details of where to purchase. Includes ABA website address, Breastfeeding Helpline and TIS National details.

**Price:** $6 each
**Postage:** $6.60 for up to 5 posters

Orders & Enquiries: ABA ACTNSW Branch Office
76 Glenhaven Road, Glenhaven 2156
Phone: (02) 9634 3915
Email: actnswoffice@breastfeeding.asn.au

A4 size Multiple Language Poster
.ACT/NSW Branch_

This poster helps promote to your local community that ABA has produced a number of multiple language booklets. The poster has the different languages indicated, alongside pictures of the booklets. It also includes the ABA website address, Breastfeeding Helpline and TIS National details.
Expressing and Expressed Breastmilk Posters
Lower Blue Mountains Group NSW

Two A4 laminated posters. Expressed Breastmilk poster shows colostrum, foremilk and hindmilk in glasses. Hindmilk shows fat separation.
Expressing Breastmilk poster has colour photos showing hand, manual breast pump and electric breast pump expressing. Excellent for displays, antenatal, breastfeeding classes and pumping/expressing rooms. Available as a set of two or individually.

Price: $15 for set of 2 (one of each). $8.50 each (multiple orders of same poster are priced at $8.50 each)
Orders & Enquiries: Tracey Crow.
Email: lbmaba@gmail.com

Young Mums Posters
Bendigo Group VIC

Two unlaminated A3 posters of young mums breastfeeding in trendy poses. Great for waiting rooms anywhere, especially where young people go.

Price: $5 for set of 2 posters
Postage: $12 for up to 10 posters
Orders & Enquiries: Jennifer Hurrell
Email: ababendigo@gmail.com

Breastfeeding and the Environment, Dads & Where Did You Do It Today?
Manning Great Lakes Group NSW

Posters which may be ordered individually or as mixed sets (full range not shown).

Price: $5 each plus postage.
Bulk orders - 8 for $44, 10 for $51.75, 18 for $84.75 (postage included)
Email: ababec@hotmail.com
Website: mumsmilk.org
Group Resources

Breast Pump Hiring and Lending Agreement  
Knox Group VIC

Pad of 50 Breast Pump Hiring and Lending Agreements in carbonless triplicate.

Price: $25 per pad
Postage: $8 for up to 5 pads
Orders & Enquiries: Liz McQuillan
Email: knoxgroupaba_projects@hotmail.com

Collapsible Storage Trolley  
Wangaratta & District Group VIC

Collapsible plastic crate ideal for storing and transporting your ABA equipment, group library, BECs, sales. Max 25kg loading, ideal 15kg. Don’t lug heavy boxes any more. Has heavy-duty castors capable of traversing uneven terrain, stores flat and assembles in seconds. Rubber backed covers available.

Price: $70. Covers: $10
Postage: Please enquire
Orders & Enquiries: Bree Blomsfield
Email: abawangaratta@breastfeeding.asn.au

Certificate of Appreciation  
Logan South-Scenic Rim Group QLD

A5 size of white hammered cardboard with teal writing. These can be given to people inside and outside ABA for support, donations, guest speakers etc. Just fill in the personal details in the blank spaces. What a great idea!

Price: $6.50 for pack of 5
Postage: Included
Orders & Enquiries:
Jade Forster
2—6 Lightwood Court, Cedar Vale 4285
Phone: 0405 363 639
Email: peandjm@gmail.com

Logo Stamp  
Logan South-Scenic Rim Group QLD

Features new logo. Great to use on ABA receipts and outgoing mail, stamp on envelopes and parcels. Also great to use at community education activities, raffle ticket selling days and street
stalls to stamp on children’s hands, to draw the parents closer to the stall/table as they collect the children and buy whatever you are selling at the time.

Price: $22.00 each
Postage: $8.70 for 1-5 stamps
Orders & Enquiries:
Jade Forster
2—6 Lightwood Court, Cedar Vale 4285
Phone: (0405 363 639
Email: peandjm@gmail.com

Excel Cashbook
City West Group, NSW

Throw away the calculator! Save your time and report on time by using the ABA Cashbook template.
When this Excel spreadsheet is populated with group or regional financial records, it will automatically populate cashbook totals and end-of-year reporting forms. Suitable for use with Excel version 2000 and above on PC and MAC computers. Includes full instructions for use and automates all calculations for annual reporting.

Price: $30.00
Annual updates available - $10
Postage: $3.00
Orders & Enquiries:
Email: citywest@innermetroaba.com.au

Group Meeting Attendance Book
TarraGindi Group QLD

A4 size, coil-bound book for recording attendance at up to 40 group meetings. Now includes a column to identify people interested in helping the group. Saves volunteer time and effort.

Price: $12
Postage: 1–2 books $5.
Orders & Enquiries: Julie Green
Email: ABATarraGindi@gmail.com

Lanyard
Gippsland Region VIC

Teal coloured lanyards with quick release clip printed with ‘Australian Breastfeeding Association’ and logo. Dog swivel clip in each to attach ID badges, pens and keys. An ideal gift for all ABA supporters.

Price: $3.50 (postage included)
Orders and Enquiries: Carol Kemp, 0438 221 293
Email: abalanyards@outlook.com

Receipt Books
SA-NT Branch

Books of 50 carbonless receipts in triplicate featuring group name space and national ABN. Two styles available: Sales/General: Ideal for sales, BECs, regional workshop fees etc Breast Pump Hire: Includes space for serial no of machine, number of weeks paid and ‘date paid to’ details.
Promotional Products

Baby Tape Measures with ABA Logo
QLD Branch

Disposable paper baby tape measures, as used in hospitals and child health clinics. Tapes measure to 64cm and feature ABA logo and website, teal and white. Available in bundles of 250.

Price: $20 for each bundle of 250
Postage: 1 bundle $9.50 (QLD & Other States); 2-5 bundles $15 (QLD) $17.50 (Other States)
Orders & Enquiries: ABA Queensland Branch, PO Box 2749, New Farm QLD 4005
Phone: (07) 3254 2233
Email: qldoffice@breastfeeding.asn.au

Hospital Cot/Bed Cards
Barwon Region, VIC

Cot/bed cards suitable for use in hospital maternity, postnatal and Special Care Nursery units and displaying the Australian Breastfeeding Association (ABA) logo and Breastfeeding Helpline information. These beautifully styled and practical cot cards are in gender neutral colours.

Cot cards are a great way of promoting ABA to new parents, visitors and staff alike as they are very visual during a new baby’s hospital stay and are often kept as a keep-sake by parents after discharge.

Many hospitals currently use sponsored company cards promoting baby related products or their own corporate cards. Offer them the opportunity to further support and educate their parents by purchasing a gift for your local hospital.

The cards are printed on matte laminate 310 GSM cards and are single sided.

Dimensions: 10 x 13cm
Cards available in 150 card lots.

Price: $5.00 for 50 cards.
Postage: $15.00 for up to 600 cards.
Orders: Susanne Burtt
Phone: 0417 125 454
Email: aba_barwonregion@hotmail.com

Door Hangers with ABA Helpline
SA-NT Branch

Door hangers with cut-out for knob. Gloss finish, buff coloured with teal text. Both sides have Helpline number, cut-out has space for writing local ABA contact. Ideal gift for new mums, inserts into antenatal or news mums’ bags and other promotions.

Price: 80c each (10% discount on orders over 100)
Postage (may be subject to change): $1 for 10 or less, $2 for 11-20, $3 for 21-30. Larger orders please enquire.
Orders & Enquiries: ABA SA/NT Branch Office, 295 South Terrace, Adelaide SA 5000
Phone: 08 8223 6833
Email: santoffice@breastfeeding.asn.au
Balloons  
_Dandenong Ranges Group VIC_

Great for street stalls, displays or functions. Suitable for helium or good old-fashioned air. Please specify whether you want balloons with neck-down (helium) or up (air) as it determines the orientation of the logo. Colour options: White balloons with teal logo or teal balloons with white logo or mixture.

Price: $6.50 pack of 10. $60 for 10 packs.
Postage: Included.
Orders & Enquiries: Sarah Witnish Ph: 0411 261 867
Email: ababalloons@gmail.com

Helpline Pens  
_Sale-Maffra Group VIC_

This white plastic pen is affordable, feels great in the hand and writes perfectly every time. It is ideal for antenatal bags, local health professionals and conferences. Choice of colours: black ink with red or black grip. New design coming soon.

Price: 50 pens (1 box) $1 per pen; 100-200 (2-4 boxes) 90c per pen; 250-500 (5-10 boxes) 80c per pen
Postage & handling included in price.
Discounts available for larger orders.
Orders & Enquiries: ABA Helpline Pens, PO Box 303, Sale VIC 3850
Phone: 0412 725 727
Email: helplinepens@gmail.com

Elegant ABA pen  
_Lower Blue Mountains Group NSW_

This elegant, strong and durable, lightweight pen is engraved with the ABA logo and is available in silver, black and blue barrel. Black ink only. It makes a fabulous inexpensive gift for guest speakers and members.

Price: $5 each
Postage: 1-10 items, $5; 11-25 items, $7
Orders & Enquiries: Debbie Court
20 Parer Street
Springwood NSW 2777
Phone: 0407 107 757
Email: abalbm@gmail.com

Pencils  
_Ipswich Group QLD_

Natural coloured pencil, including eraser, with ‘Australian Breastfeeding Association’ and the website printed in black on the end. Perfect in price, size and advertising, for including in any project that needs handout material.

Price: 1-49 - $1 each, 50-199 - 98c each, 200+ -95c each
Postage: On application
Contact & Enquiries: Ph 0424 346407 Email: abaipswich@gmail.com
Facebook: http://www.facebook.com/group/abaipswich/

Rub-On Tattoos  
_Ipswich Group QLD_

Rub-on tattoos of the ABA logo. Perfect for handing out to children at community events. Instructions for use: Remove plastic cover, place face down on skin, apply a damp cloth until paper is see-through, remove paper carefully. To remove: apply a small amount of oil and pick off gently.
Wrapping Paper
Frankston Group VIC

Single sheets (folded) $1 each. Postage cost on application.
Size: 48.5 x 69.5cm.
To order, email abafrankston@gmail.com

Local Fresh Free Fridge Magnets with Clip
West End Group QLD

The Local Fresh Free design which includes the website is now on a fridge magnet with clip for holding your ABA raffle tickets, appointment cards, children’s art work etc. The magnets are 55x90mm, teal and black on white background. Great idea for novelty giveaways or cheap sale items on stands or at group meetings.

Cost: $2 each or 30 for $50
Postage: $7.60 for 1-33
Orders and Enquiries: Desley Hubner, 5 Lemon Street, Fruit Grove Q 4113 Email: desleynh@yahoo.com.au

Cups/Mugs/Coolers/Drink Bottles

Keep Cups
Hawkesbury-Nepean Group NSW

KeepCups are now available for purchase through our online shop. http://www.bluemountainsaba.com/shop/
KeepCup is the first barista standard reusable cup.
KeepCups are made from plastic so they are lightweight, easy to carry and have low embodied energy in manufacture. They are BPA free and non-toxic.
KeepCups are dishwasher safe, microwaveable and splash proof.
KeepCups fit into most car cup holders and many bicycle bottle holders.
See more at: http://www.bluemountainsaba.com/projects/keep-cups/#sthash.CXOSlRvH.dpuf

Australian Breastfeeding Association (standard logo) Keepcups
Price: $12 for extra small, $14 for small, $16 for medium and $18 for large
Excludes postage
Orders: http://www.bluemountainsaba.com/shop/
Enquiries: abakeepcups@gmail.com

Fine China Rebecca Cool Mugs - Tea Break (50th Birthday), Harmony, WA Branch

These mugs are designed by renowned West Australian artist, Rebecca Cool, are multi-coloured, featuring Rebecca Cool’s characteristic trademark face, ‘with small feminine mouth, straight nose and wide soft eyes’. The mugs are microwave and dishwasher safe.

Price: 1 mug $20, 3 mugs $55, 6 mugs $100 (all prices in-
50th Anniversary Stainless Steel Drink Bottle  
*Pascoe-Hume Group VIC*

Stay hydrated and promote ABA with a 50th anniversary stainless steel water bottle.

Price: $10  
Discounts apply for 3 or more  
Postage: $8.25 for 1-2 bottles, $13.40 for 4, $16.70 for 6  
Orders & Enquiries: Carolyn Bailey & Rach Durrant  
Email: abapascoehume@gmail.com

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**Stickers**

**Breastfeeding Helpline and Library Book Stickers**  
*Kingaroy QLD*

All stickers come 33 to an A4 sheet, each sticker is 70 mm x 25 mm  
1. Breastfeeding Helpline stickers  
   Logo, Helpline numbers, group name, and up to four counsellors’ first names and numbers. Suitable for CHNs, clinic books, hospital use, posters.  
2. Group/Regional/Branch Library Book Stickers  
   Logo, group/region/branch name and the wording “Please return. Thanks” (or limited alternatives, eg a phone number to call).  
3. Library Book Disclaimer Stickers  
   Stickers with official disclaimer wording as required on all group library books/audiovisual resources. Generic wording, so that stickers are suitable for books or any education items.  
Price: $1 per sheet.  
Postage: $2 per order.  
Orders & Enquiries: Priscilla Gash  
Ph (07) 4162 1842  Email: abakingaroy@yahoo.com

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‘Design Your Own’ Stickers/Labels  
*Kingaroy Group QLD*

Name and Address Stickers  
Style A. Name and address (3 lines) with ABA logo suitable for correspondence, etc. In sheets of 84 labels, each 46 mm x 11 mm with rounded corners.  
Style B. As style A but with logo.  
Style C. For ABA volunteers, logo and “Breastfeeding Counsellor” or “Community Educator”, up to 3 lines for name and address or name and phone number/email address or up to three names with phone numbers, etc.  
In sheets of 65 labels, each 38 mm x 21 mm with rounded corners.  
Price: $3 per sheet  
Postage: $2 per order  
Orders & Enquiries: Priscilla Gash  
Ph (07) 4162 1842  Email: abakingaroy@yahoo.com

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‘Human Milk for Human Babies & Toddlers’ Sticker  
*West End Group, QLD*

A sticker that promotes milk as species specific, 55mmx180, teal on white. Great of cars, wheelie bins, folders, metal cabinets, breast pump cases, prams, shirt fronts etc. Includes website.
‘Local - Fresh - Free’ Sticker
West End Group, QLD

Breastmilk promotion sticker, 55mmx180mm, teal on white. Great for cars, wheelie bins, folders, metal cabinets, breast pump cases, prams, shirt fronts, etc. Includes website.

Price: $1 each
Postage: 70c (1-10) (larger orders please enquire)
Orders & Enquiries: Desley Hubner, 5 Lemon Street, Fruit Grove Q 4113.
Phone: (07) 3841 0932 Email: desleynh@yahoo.com.au

Sticker - 'I saw a breastfed baby today'
Tas Central Coast Group

Ideal for school visits and community education events.
Teal, black and white. Diameter: 60 mm.

Costs (includes postage):
$18 per 50 stickers
$35 for 100 stickers
Individual stickers - 40 cents each.
POA for other quantities

Orders to Ros Burrows: benros@bigpond.net.au
Cc Tana McMullen: ptmcmullen60@bigpond.com Ph: 0364 370796
Or PO Box 1, Penguin, Tasmania, 7316

Personalised stickers to go on cards
See Contact Encouragement Cards p

ABA logo sticker
Lower Blue Mountains Group NSW
Quick and easy way to identify your ABA items such as folders and books. Also a great way to promote ABA on the back or front of an envelope.

Price: 20 cents each
Postage: 1-100 items, $1.20
Orders & Enquiries: Debbie Court
20 Parer Street
Springwood NSW 2777
Phone: 0407 107 757
Email: abalbm@gmail.com

Bags

Ecosilk Bags
Rockhampton-Capricorn Coast Group QLD

These reusable shopping bags are made from 100% recycled parachute silk, and come in 20 beautiful colours. Ecosilk bags can carry up to 14 kg and are designed to fit checkout bag holders. They are long-lasting, machine washable and are a wonderful alternative to plastic shopping bags. They also make wonderful gifts or reusable wrapping paper and are great for holding keys, wallets, treasures and trinkets!

Price: Shopping bag $8.50 each.
Mini drawstring (holds 1 shopping bag) $1.50.
Drawstring bag (holds 6 shopping bags) $3.50
Fruit & vegie drawstring bag $4.50
Postage: $9.50 up to 9 bags; $13.50 for 10-25 bags; $17.50 for approx. 45 bags
Orders & Enquiries: Bec
Email: abarockycapcoast@yahoo.com.au

Plastic Bags
Western Melbourne Group VIC

White biodegradable (epi) plastic bags with teal ABA logo. Bag measures 24cm x 35cm with cut-out handles. Perfect for BECs, feed and change tents and all your community education needs.

Price: $19 per 100
Postage: Included for up to 400 bags. Over 400, please enquire.
Orders & Enquiries: Melanie Nahm
Email: abawesternmelbourne@gmail.com

Briefcase/Satchel
Vic Branch

This roomy, black nylon case has a shoulder strap and two carry handles. ABA logo is prominently displayed on the side. Holds all your ABA stuff for group meetings, hospital visits etc. Can be bought in person from VIC Branch office.

Price: $47 postage included.
Orders & Enquiries: vicoffice@breastfeeding.asn.au

Envirosax
Hawkesbury-Nepean Group NSW

Lightweight polyester, portable, waterproof, and weighing just 40g each, these stylish bags are the original designer reusable bags. With reinforced seams, each bag can hold a weight the equivalent of two supermarket plastic bags (approximately 20kg). Envirosax is proud to help protect the environment for tomorrow’s generation by providing an eco-friendly alternative to disposable shopping bags that have caused so much damage to the environment worldwide. - See more at: http://www.bluemountainsaba.com/shop/keepcups/liquid-gold-envirosax-black/#sthash.r35YoSLz.dpuf

There is a limited edition Envirosax celebrating the Liquid Gold conference (1-3 Aug 2014) of the Australian Breastfeeding Association. - See more at: http://www.bluemountainsaba.com/shop/keepcups/liquid-gold-envirosax-black/#sthash.r35YoSLz.dpuf

50TH ANNIVERSARY ENVIROSAX
You can choose from these colours: Racy Red, Boobilicious Black, Beautiful Blue and Gorgeous Grey. The Australian Breastfeeding Association 50th Anniversary logo printed on one side of the Envirosax.

$8.40 each for Liquid Gold Envirosax (white only)
$14.40 for 50th Anniversary Envirosax (discount on 10+ bags)
Includes postage
Orders: http://www.bluemountainsaba.com/shop/
Enquiries: Desi Laurendet, abakeepcups@gmail.com

Badges
Combined Qualification/Volunteer Position Name Badge/Community Educator Name Badge
Mersey-Devonport Group TAS
Professional, lightweight plastic brooch, available in magnet or swivel clip/pin styles. Screen printed teal logo. Badges can be customised for any combination of volunteer positions (Trainee, Group Leader, Branch President). Preferred name must be printed, typed or emailed to eliminate spelling errors.

Price: $25
Postage: Included
Orders & Enquiries: Felicity Sly, 108 James Street, Devonport TAS
Phone: (03) 6424 1933 Email: cebadge@internode.on.net
Website: breastfeedingtasmania.asn.au

Counsellor & Trainee Badge
North Metro Region WA

Modern lightweight brooch with logo. Screen printed in teal. Name MUST be typed or printed very neatly to eliminate spelling errors. Order can take 6 weeks to fill. Email or phone ahead to avoid delays.

Price: $22 clips or magnetic
Postage: Included
Orders & Enquiries: Catherine Humphryson, 26 Clanmel Road, Floreat WA 6014
Phone: (08) 9397 1269 Email: cathnrob@westnet.com.au

Lapel Pin - Breastfeeding Counsellor & Community Educator
ACT/NSW Branch

Metal pin 20 mm x 12 mm. Counsellor Pin has the ABA logo in silver on a teal enamel background with the words ‘Breastfeeding Counsellor’ underneath. The Community Educator Pin has teal ABA logo on a silver enamel background with the words ‘Community Educator’ underneath.

Supporter Pin
Metal pin 20 mm x 12 mm, with butterfly clasp. Supporter’s Pin features the ABA logo in teal, outlined in silver on a white background. No wording appears on the pin. Ideal gift for those who support ABA and are not members.

Years of Service Lapel Pins
Metal pin 20 mm x 12 mm with ABA logo in silver on a coloured enamel background. Underneath the logo the words, ‘Years of Service’ appear. Pins are available in 5, 10, 15, 20, 25, 30, 35, 40, 45, 50 years of service. Please specify when ordering. Ideal to give as a token of recognition.

Price: $11 each (includes GST)
Postage: Included
Orders & Enquiries:
ABA ACTNSW Branch Office, 76 Glenhaven Rd, Glenhaven 2156
Phone: 02 9634 3915
Email: actnswoffice@breastfeeding.asn.au

Signage

Directional Sign
Applecross Group WA

A directional sign showing where your meeting is currently being held. 30cm x 60cm sign with the ABA logo and wording ‘Australian Breastfeeding Association Meeting Here’ with a directional arrow. The sign is similar to a Home Open sign and is light, collapsible and stores flat. It has pre-punched holes in the base for tent pegs or it can be weighted down with a brick. Made of white weather-resistant corflute with the wording in teal.
Price: $60
Postage: $10
Orders & Enquiries: Kirsten Tannenbaum, 38 Tain Street, Applecross WA 6153. Ph: (08) 9364 1321
Email: kirstentannenbaum@gmail.com

Coming soon: "Breastfeeding Education Class Here" sign
Price: $60
Postage: $10
Orders & Enquiries: Kirsten Tannenbaum, 38 Tain Street, Applecross WA 6153. Ph: (08) 9364 1321
Email: kirstentannenbaum@gmail.com

**Group Meeting Welcome Sign**
*Blackwood-Coromandel Valley Group SA/NT*

Presenting a re-useable vinyl sign that adheres statically to the inside of a window (facing out) at your meeting venue. Save uncertainty or confusion when holding meetings at different venues with this bright A3 size poster that needs no sticky tape or string.

There is room on the bottom of the sign for details to be added by the group if needed.

The sign comes in its own sturdy storage envelope with care instructions.

Special reduced price: $15.00 (subsequent copies in same order $10.00 each)
Postage: $7.95
Orders & Enquiries: Email: aba.welcomesign@yahoo.com.au

**Teardrop Banner**
*Banksia Group VIC*

Fabulous, modern double-sided, tear-drop flags for use at festivals, group meetings etc. Great when it’s windy and can be seen from all directions. Two designs available.

Price: $150 each, postage included
Orders & Enquiries: ABA Banksia Group
Email: banksiagroupproject@gmail.com

**Outdoor PVC Banner**
*Bulimba Group QLD*

It’s time to upgrade your banner! Ideal for park meetings, outdoor events, these vinyl banners have the new ABA logo on white vinyl background with 4 metal eyelets for ties/ropes, now with 2 free toggles or rope (choice depending on stock) for easy hanging. Size is 125cm x 60cm. Delivered in a mailing tube in which the banner can be kept rolled up neatly when not in use.

Price: $45 each Postage: $15
Orders & Enquiries: Emma 0438 718 252
Email: emmashedden@hotmail.com

**Tea Towel and/or Banner**
*Mt Lofty Group SA*

Our classic white cotton/linen blend tea towel printed with the ABA logo in teal. A fantastic thank you gift or for use at morning teas. We are also offering these made up as small banners, to be
hung outside your local group meeting or at other community events. Banner size: approx. 50 x 68 cm.

Price: $13.50 (tea towel) or $16.50 (banner) each  
Postage: Please enquire  
Orders & Enquiries: Julie Hayes, 2 Sedum Place, Crafters West SA 5152  
Email: teatowels.aba@gmail.com

Corflute Signs  
Ipswich Group QLD

600mm x 900mm 3.5mmthick white corflute sign, featuring ABA logo, helpline and web address. Perfect for adding meeting details, direction signs, event advertising, baby care tent information, etc simply by sticking your info on the sign with clear book covering. How it is displayed is up to you eg you could attach it to a stake like a real estate sign or place holes in it to tie to a pole. Big, bold, weather resistant. To change information on sign, just remove the clear contact and start again.

Price: $25 each or 3 for $70  
Postage: On application.  
Contact & Enquiries: Ph 0424 346407  
Email: abaipswich@gmail.com

Car Magnets  
Ipswich Group QLD

A4 magnet of the helpline logo. Perfect for advertising while out and about or as a sign of group meeting locations especially where there is nowhere to tie up a banner such as a member’s home. Can be put on the back or side of vehicle and stores compactly in any filing cabinet or folder when not in use.

Price: $25 each or 2 for $40  
Postage: On application.  
Contact & Enquiries: Ph 0424 346407  
Email: abaipswich@gmail.com

ABA Bunting/  
Tuggeranong Group ACTNSW

Bunting for ABA use at stalls and events with the logo, unique designs, some incorporating indigenous patterns, comes in 4 metre lengths. We can send photos of current stock. Not for use by children under three as they have a long cord.

Cost: $20 for 4m length  
Postage: $5 (please check postage for larger orders  
Orders and Enquiries: Lisa Farall  
Email: abatuggeranong@gmail.com

Cards

Baby Welcome/Thank You Note Cards  
Bendigo Group VIC

Absolutely gorgeous illustration of a mum gazing at her baby based on an original photograph by Susan d’Arcy, printed in ABA teal. The all-purpose card is suitable for use by ABA volunteers as a
welcome to new babies, a thank-you card and much more. Card is blank inside.

Price: $12 per pack of 10 (envelopes included)
Postage: Included
Orders & Enquiries: Jennifer Hurrell
Ph 0411 021 141
Email: ababendigo@gmail.com

Rebecca Cool Cards
WA Branch

Two blank note cards designed by Rebecca Cool.

Price: 1 card $2.20; 3 cards $5.50; 6 cards $9.90
Postage: Please enquire

Please enquire for bulk orders.

Orders & Enquiries: Kirsten Tannenbaum,
38 Tain Street, Applecross WA 6153
Phone: (08) 9364 1321
Email: kirstentannenbaum@gmail.com

Rose Cards and Notepaper
Albury Wodonga Group VIC

A5 notepaper and all-purpose card, featuring painting of ABA’s Mother’s Love rose or Little Ray of Sunshine rose, painted by Pat Welch. Includes ABA website address. Perfect for gifts, thank you notes and Mother’s Day.

Price: Pack of 5 cards & envelopes - $10.00
15 sheets of A5 notepaper - $4.00
Style 1 - Mother’s Love (with pink envelope)
Style 2 - Little Ray of Sunshine (yellow envelope)

Orders & Enquiries: Sharon Green
Email: sharonaba@bigpond.com

Contact Encouragement Cards
Tuggeranong Group ACT/NSW

Ever seen a new or pregnant mum and wanted to offer her some encouragement and ABA contacts? We have just the thing - our Contact Encouragement Cards. The ‘business card’ size fits neatly into handbag or purse. Each card has one of four different affirmations on one side and ABA contact details on other side including the Breastfeeding Helpline number and QR reader which takes the mum to the website where she can enter her postcode to find her local group. There is also space for local contact details.

The affirmations are:

You are doing a great job - from one mum to another.
Breastfeeding is a learned skill. We all need some help along the way.
Mothering: Together we do better.
Every moment is temporary. The challenges I face now will soon pass.

Price: $20 for box of 250 cards (includes all
four affirmations)
Postage: $8 for one box, $14 for 2-6 boxes

You can also order personalised stickers to go on the cards.

Price: $20 for 250 (includes postage) or $25 for 500 (includes postage)
Orders and Enquiries: Lisa Farrell – Ph 0458 028 166 or Lisaf.aba@gmail.com

See ABA Logo Wrapping Paper - page 11

Clothing and Homewares

ABA T-Shirts and Polos
Mackay/Hinterland Region QLD

Screen printed polo shirts, with logo on the left breast and helpline number and website address across the back, in sizes 8 to 24 Colours available: White polo with teal print; Purple polo with white print; Hot Pink polo with white print; teal polo with white print (other colours available as special orders).

Price: $40
Postage: $9 [1 - 2]; $14 [3 - 6]
Orders and enquiries: Jeany Elliott
Email: elliotthaynes@aapt.net.au
Telephone: 0427 249 995

Limited edition 50th anniversary polo (white with gold and teal print on left breast, and helpline number and website address in teal on back)
while stocks last.

Price: $25
Postage: included
Orders and enquiries: Jeany Elliott
Email: elliotthaynes@aapt.net.au
Telephone: 0427 249 995

Local-Fresh-Free T-shirt
West End QLD

How good does ex-MD supermodel Berghetta look in her Local-Fresh-Free graphic tee? Two great designs, assorted colours. However, stocks are limited so email your size to ask what is available. A great casual look for raffle selling, displays, ABA meetings and social gatherings or just promoting the local-fresh-free aspects of breastmilk.

Price: $20
Postage: $7.45
Orders & Enquiries: Desley Hubner, 5 Lemon Street, Fruit Grove Q 4113 Ph (07) 3841 0932 Email: desleynh@yahoo.com.au

Adults ‘Join the Village’ Sports Visor
Wynnum Group QLD

The sports visor is light-weight, highly breathable, wicking moisture away from the forehead and ensuring you stay cool whilst on the move. This high-performance visor provides excellent UV protection. It’s great for anyone, but especially for those performing exercise outdoors. The ABA logo and name in teal and ‘Join the Village’ in white is on front and ABA website in white is on the
back. Black only.

Price: $18 each
Postage: $8 for 1-2 visors; $13 for 3-10 visors
Orders & enquiries: Karen O’Mara
Email: abawynnum@gmail.com

‘Join the Village’ Bucket Hat
Wynnum Group QLD

The children’s/adults’ bucket hat with elastic drawstring and adjustable toggle is perfect for everyday use. It is made from cool, sun-smart, cotton twill, has embroidered eyelets and is very comfy to wear. It is adjustable to fit sizes 51-54 cms, has ABA logo and name in teal and ‘Join the Village’ in white on front and ABA website in white on the back. Five colours—red, royal blue, lime, gold, pink.

Price: $12 per bucket hat
Postage: $8 for 1-2 hats, $13 for 3-10 hats; 10+ hats: price on application
Orders & enquiries: Karen O’Mara
Email: abawynnum@gmail.com

Child’s and Adults ‘It Takes a Village to Breastfeed’ T shirts
ACTNSW Region

Colourful and cute tees for the littlies with “It takes a village to breastfeed” slogan as a banner over six family figures on front and “Call to get in touch with your Village” plus Breastfeeding Helpline number on back. Colours purple, gold, and blue. Same design also available in adult sizes (white only).

Sizes 00, 0 and 2 (these are large sizes).
Colours: Child purple, yellow, and blue. Adult white

Price: $15 plus postage
Orders & Enquires: Katherine Stock
Phone: 0416 248 411
Email: katstock@iinet.net.au

Adults ‘Ask me about Breastfeeding’ T Shirt and Polo Shirt
ACTNSW Region

Just the thing to identify ABA volunteers at the next promotional event - T Shirt or Polo shirt with ‘Ask me about Breastfeeding’ on the front, Breastfeeding Helpline number on the back.
Sizes: T Shirt 8-20; Polo shirt 12-24.
Price: T Shirt $25 plus postage; Polo shirt $30 plus postage
Orders and enquiries: Pam Fielding 0408586965 or: actregiontshirts@gmail.com

Boobie Beanies
Albany Group WA
Cute, very warm headwear comes in a variety of colours and sizes, made to order. Order them in skin tones with contrasting nipple or local sporting team colours. Great fun. Ideal gift for someone who has everything.
Cost: $20 each or double thickness $25 each.
Postage: Please enquire
Order and Enquiries: Emilynne Email: becap73@hotmail.com

Soak-'ems
Shepparton Group VIC
Purple absorbent, hospital-grade non-slip pads. Ideal for late in pregnancy, ‘just in case’, early breastfeeding days for catching leaking milk on beds, baby change &/or play mat and for protecting the bed from birth to toilet training. Has tuck in wings to secure in position on bed. Waterproof, sanitised and non-slip backing. Holds up to 1.5 litres. Colour-fast, machine washable and suitable for driers up to 90 degrees. Do not use fabric softener as it will inhibit absorption. Available in Large Single Pad 90 x 90cm or as a set including a 90 x 90 cm and 60 x 50 cm pad.
Price: $37 single; $47 set. 10% discount on second item purchased.
Postage: please enquire.
Orders & Enquiries: Kellie Coghlan Ph (03) 5821 8016 Email: kelliecoghlan@mcmedia.com.au

ABA Scarf
South Eastern Region VIC
White, lightweight cotton scarf with ABA (current) logo in teal. Scarf size is 150cm X 38cm. Logo is positioned in one corner. Ideal for conferences, gifts for guest speaker or when representing the Association at BECs, hospital talks or HP visits.
Cost: $20.00 per scarf (includes postage within Australia) $15.00 per scarf when you order 5 or more (includes postage) (additional discounts for bulk orders - POA)
Enquiries & orders: Jenny Alkemade 0417330353 minnie_jenny_9@bigpond.com.au

Umbrellas
Western Victoria Group VIC
Quality, sturdy umbrellas with high UV protection. A style to suit you, with the ABA logo or flash back to Hot Milk.
Long-handled, grey - $23
Collapsible - $20, pink or grey
Collapsible, double canopy/ twin style, black - $33
Postage - will depend on size, destination. Please enquire.
Orders and enquiries:
Pixie Endacott
PO Box 1248, Portland. VIC. 3305.
Phone: (03) 5523 7460
hendacott@westnet.com.au

**Emery Board Pack**
*Tamworth Group NSW*

ABA-branded matchbook packs of 12 mini tear-off emery boards. Perfect to pop in a BEC bag, hospital pack, as a gift for an expectant mum, or to carry with you! Only $3 each (+p&h).

Orders and Enquiries: tamworthaba@gmail.com

**Breastfeeding Aids**

**Breastfeeding Necklace**
*Sutherland Shire Group NSW*

This colourful necklace can help entertain a baby while feeding especially those who bite, scratch, pull hair, pinch, pull clothes or are distracted while feeding. See our website for more information and pictures of our necklace in action.

Price: $25  
Postage: $7.50  
Orders & enquiries: Amy  
Email: shireaba@gmail.com  
Website: shireaba.com

**Baltic Amber Breastfeeding Necklace**
*Bendigo Group VIC*

Any woman would be proud to wear this beautiful, individually hand-made necklace at any time. The neck strap is leather and the beads are genuine amber. An ideal gift for new and expectant mothers. Your baby will love playing with it but you don’t have to be breastfeeding to wear it. Designs vary. Due to the nature of amber, each necklace is unique.

Price: $33 each  
Postage: $8.50 (up to 5)  
Orders & Enquiries: Jennifer Hurrell  
Ph: 0411 021 141  
Email: ababendigo@gmail.com

**Gifts and Souvenirs**

**Mini Meh Tai and Bear Bag**
*West End Group, QLD*

A small carrier and shopping bag for the young babywearer to wear a doll or soft toy out and about. Colours: Red, Royal Blue, Aqua, Pink, Apple Green, Lime Green, Lavender. Please give a second choice of colour as supplies vary.

Price: $5 per set
Clare Group SA

ABA’s very own children’s picture book. This is a true story of the arrival of a new baby into the family. It tells why Luke is lucky to have his mum’s milk and why his siblings are lucky to have a new baby brother. Suitable for group libraries, public & school/pre-school libraries, group sales and gifts.

Cost: $10
Postage: 1 - $2.50, 2-3 - $3.50, 4+ - $7.50
Orders & Enquiries: Wendy Burge, PO Box 206, Farrell Flat SA 5416.
Ph/fax (08) 8843 8032
Email: mwburge@bigpond.com

Adult Colouring Book/Mindfulness Colouring Book  
Mornington Peninsula Region VIC

Get your pencils and felt pens ready! Adult colouring books are a wonderful way to relax. They can calm a busy mind and are easy to pick up and put down as required. Enjoy rediscovering this pastime and unwind from the pressures of everyday life with the Australian Breastfeeding Association’s Mindfulness Colouring Book. A great gift idea and suitable for older children through to adults.

Price: $10
Postage $4.25 for 1; $8.25 for 3; $13.40 for 15
Orders & Enquiries: ABAMPRegionGroupProjects@gmail.com

‘I Want that Recipe’ Cook Book  
Manning-Great Lakes Group NSW

Featuring a varied selection of favourite recipes with easy-to-source ingredients, this cookbook is 80 pages, printed in full colour on gloss paper. To view more images from cookbook, visit mumsmilk.org.

Price: $10
Postage: 1-2 $5 each, 3-11 $13.
Orders and Enquiries: Anne
Phone: 0427 502 021
Email: ababec@hotmail.com
Website: www.mumsmilk.org

ABA Beaded Charms  
Diamond Valley Group VIC

These are made with love and laughs by Diamond Valley members. They are great for decorating your name badge, phone, handbag, as a gift for demo mums at BECs or guest speakers at meetings.

Price: $4 each or 3 for $10. Will negotiate for bulk orders.
Postage: 1-10 $2.50, 11-30 $6, 31 plus $8.25
Orders & Enquiries: marilla@melbpc.org.au or (03) 9846 5280
Silicone Jewellery
West End Group, QLD

Looks good on mum, can be chewed, sucked and pulled on by baby. Visit jellystonedesigns.com to view designs and colours. Stock range varies.

Price: $15 for pendants and bangles, various necklaces $20-$35
Postage: On application,
Orders and Enquiries: Desley Ph: (07) 38410932
Email: desleynh@yahoo.com.au

50th Birthday Commemorative Medallion
Albany Group WA

Gold plated 32mm limited edition Perth Mint medallion Comes in a hard presentation case.
Never to be reprinted - limited print on 100 coins.
Was $75 now $45 plus $10 postage
Check postage for larger orders.
Orders: albanyaba@hotmail.com (Natalie)

ABA Keyring
Lower Blue Mountains Group NSW

This elegant keyring in a chrome metal finish is engraved with the ABA mother-child logo. It makes a fabulous, inexpensive gift for guest speakers and members. It makes a lovely zip pull on a handbag and a great idea to keep your ABA venue keys. A must for every ABA member and collector of ABA memorabilia. (Difficult to photograph)

Price: $10 each
Postage: 1-5 items, $5; 6-10 items, $7
Orders & Enquiries: Debbie Court
20 Parer Street
Springwood NSW 2777
Phone: 0407 107 757
Email: abalbm@gmail.com

Collection of Katie m. Berggren Art Works
Toowoomba Group QLD

A collection of various print designs of delightful cards, prints, soft journal/notepad, glass magnets, and flat magnets (only 3 print designs) that the artist has painted showing intimate moments of motherhood, for example, breastfeeding, sleeping and holding babies.
For details and prices please refer to our catalogue available through a pdf document or on facebook:
http://tinyurl.com/ABAToowoombaGroupProject
https://www.facebook.com/abatoowoomba/shop/

Prices and Postage Guide
Cards (with envelopes) $5 each or 5 for 20. Postage $3 for up to ten cards
Flat magnets (with envelopes) - three designs—$6 each. Postage $3 for up to six flat magnets
Glass magnets $8 each. Postage $10 for up to five glass magnets
Soft Journal/Notebook $17.50 each. Postage $3 for one or two
Prints (8x10 inch) $25 each. Postage $8 for up to three prints.

To place an order or for all enquiries on postage (if ordering more than one type of art work we can let you know the postage value please either email us through abatoowoomba@hotmail.com, or message us through facebook or phone Jeanette on 07 46357691.)
Upcoming Group Projects

Hello, my name is Desley and I have had a very long association with ABA group projects (about 30 years) so I am occasionally asked questions that start with: Do you remember if anyone sold .....? Or Why doesn't someone make .....? Or Didn't there used to be .....? As well as knowing a fair bit about group projects, I also sell them. I used to run a group project shop out of a cupboard in the QLD Branch Office but now we have moved to smaller, temporary premises, the shop has now moved to my spare room. This section of the Group Project Catalogue covers a few items you might be asking those questions about.

About Group Projects

Many local groups throughout the Australian Breastfeeding Association (ABA) produce quality items for sale. This helps them to boost their group finances, bond their group and enable them to carry on the work of the association in their local area. It also provides resources for ABA and the community in their work to promote and support breastfeeding.

What Does a Group Project Do?

Group projects:
- Promote the Australian Breastfeeding Association
- Educate families and the community
- Support the work of the Australian Breastfeeding Association
- Improve the efficiency and presentation of ABA services.

Purchasing Group Projects:

Please note that all prices quoted are current at the time of publication. All prices are in Australian dollars and postage prices for outside Australia are available on application from the group. Postage may be subject to change if the prices rise after publication.

Ordering from outside ABA

Please contact the group by the email/phone number listed to confirm availability and price. Invoices are available with most groups accepting direct deposit payments and a few accepting payment by credit card. All orders are sent once payment has been received.

Ordering from outside Australia

Please contact the group by email to confirm availability and price. All postage prices listed are for postage within Australia only. Postage is charged at cost for orders mailed outside of Australia. All orders are sent once payment has been received. Should you require any further information, please contact: newgroupprojects@breastfeeding.asn.au

Thinking of Producing a New Group Project:

Go to the ABA website - www.breastfeeding.asn.au and in the Search box in the top right-hand corner, type “Group Project Application”. This will provide the Application Form, Group Project Policy and Group Project Application Procedure. Check with the Group Project Team in case someone else is already working on the same idea. It is also a good idea to let the team know how you are progressing.