



<u>Thursday 24 July</u> 10am–12pm Wairoa Community Centre Hall	<b>Establishing &amp; Maintaining Breastmilk Supply</b> How to know whether your little one is getting too much, not enough or the perfect amount.
<u>Thursday 14 August</u> 10am–12pm Wairoa Community Centre Hall	<b>Breastfeeding &amp; Introducing Solids</b> Find out how and when to begin solids along with the most nutritious and beneficial foods to start with.
<u>Thursday 28 August</u> 10am–12pm Wairoa Community Centre Hall	<b>Breastfeeding &amp; Time Away from Your Baby</b> Everything you need to know about feeding your baby when you're apart. Including information on expressing and storing breastmilk.
<u>Thursday 11 September</u> <b>1pm–3pm *NOTE TIME*</b> Wairoa Community Centre Hall	<b>Discovering the World Through Play &amp; Song</b> Early childhood educator, Becky, will share the wonders of connecting with your little one through nature, song and play.
<u>Thursday 25 September</u> 10am–12pm Wairoa Community Centre Hall	<b>Looking After Your Pelvic Floor &amp; More</b> Physiotherapist, Alla, will share exercises and tips to help strengthen and protect your core after giving birth and beyond.
<u>Thursday 23 October</u> 10am–12pm Wairoa Community Centre Hall	<b>Breastfeeding &amp; Weaning</b> How? When? There are many reasons for weaning. Let's talk about how to ensure it is as gentle on you and your little one as possible.
<u>Thursday 13 November</u> 10am–12pm Wairoa Community Centre Hall	<b>Caring for Your Family's Skin</b> Dermatologist, Linda, will share tips on sun protection and provide recommendations on products we should and shouldn't be using.
<u>Thursday 27 November</u> 10am–12pm Wairoa Community Centre Hall	<b>Baby CPR, Choking &amp; Allergic Reactions</b> Paediatric nurse, Heidi, will take us through a range of vitally important first aid skills.
<u>Thursday 11 December</u> 10am–12pm Wairoa Community Centre Hall	<b>Breastfeeding Q&amp;A + Christmas Celebration</b> Enjoy some Christmas treats while we socialise and chat about any breastfeeding and parenting questions you may have.
<b><u>WAIROA COMMUNITY CENTRE HALL</u></b> is located next to the Early Childhood Health Centre on the corner of Wairoa Avenue and Brighton Boulevard in North Bondi.	

**RSVP by SMS to Kristy on 0414 977 968 or email [ababondijunction@gmail.com](mailto:ababondijunction@gmail.com)**

The opportunity for breastfeeding questions & individual counselling is available at all meetings

**BREASTFEEDING HELPLINE: 1800 686 268**

**ABA WEBSITE/LIVE CHAT: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)**