



<u>Thursday 24 July</u> 10am–12pm Wairoa Community Centre Hall	Establishing & Maintaining Breastmilk Supply 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	Breastfeeding & Introducing Solids 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	Breastfeeding & Time Away from Your Baby 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> 1pm–3pm *NOTE TIME* Wairoa Community Centre Hall	Discovering the World Through Play & Song 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	Looking After Your Pelvic Floor & More 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	Breastfeeding & Weaning 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	Caring for Your Family's Skin 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	Baby CPR, Choking & Allergic Reactions 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	Breastfeeding Q&A + Christmas Celebration Enjoy some Christmas treats while we socialise and chat about any breastfeeding and parenting questions you may have.

WAIROA COMMUNITY CENTRE HALL 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

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