

Most women, given time and support, can and do breastfeed.



IMPORTANT TIPS

The more milk that is taken, the more milk that is made.

Difficulties can usually be solved – help is available.

Breastfeeding is a practical skill. It helps to have contact with other breastfeeding mothers.

Good attachment of the baby to the breast is the key to avoiding many common glitches in breastfeeding.

IMPORTANCE OF BREASTFEEDING

BABY

- Breastmilk provides all the nutrients a baby needs for about the first six months of life
- Breastmilk provides resistance to disease by providing antibodies and other compounds to fight bacterial and viral infections
- Breastmilk can enhance eyesight, intelligence, speech and jaw development
- Babies who are not breastfed are at higher risk of allergy, asthma, diarrhoea, ear infection, urinary tract infections, bacterial meningitis, childhood cancers and possibly heart disease in later life

MOTHER

- Breastfeeding helps the uterus return to its pre-pregnancy state
- Breastfeeding usually delays the return of menstruation
- Breastfeeding protects the mother's health in the long term

COMMUNITY

- Breastfeeding saves food resources, fuel, energy and water. It is chemical and waste free
- Breastfeeding is convenient and free

BREASTFEEDING AND EARLY PARENTING WORKSHOP

Having a Baby?

Planning to Breastfeed?

Prepare to succeed!

Presented by

Manning/Great Lakes

Australian Breastfeeding Association



24 Hour Breastfeeding Helpline

1800 mum 2 mum

1800 686 2 686

www.breastfeeding.asn.au

The Breastfeeding Helpline is supported by funding from the Australian Government under the Support Breastfeeding Mums initiative.

A morning or evening of information to help you prepare for the early days after your baby's birth. We encourage parents to attend while pregnant or early after the birth.

These sessions aim to expand upon the knowledge gained at antenatal classes, to give up-to-date information and insights into breastfeeding your baby and parenting in the early days.

Our sessions are conducted by qualified Australian Breastfeeding Association Counsellors and Community Educators.

Topics covered include:

- 1 How breastfeeding works and how breastmilk is made
- 2 Breast and nipple care, including common concerns
- 3 How to breastfeed a new baby
- 4 What to expect from a new baby
- 5 Adjusting to parenthood
- 6 The role of the father/partner in breastfeeding

Breastfeeding, while natural, is still a learned skill for both mother and baby. Like childbirth, it helps to learn as much as you can before the birth.

**PLACES ARE LIMITED SO EARLY
REGISTRATION IS RECOMMENDED**

COST: per couple \$85

Concession \$70
(Health Care & Pension Card)

If your partner is unable to attend or you are single, you might like to bring another support person with you.

WHERE & WHEN?

Sat 21 February 9:30am - 12:30pm
Mon 25 May 6:00- 8:30pm
Mon 17 August 6:00- 8:30pm
Sat 7 November 9:30am - 12:30pm

Our classes are held at
Hallidays Point Library Meeting Room

For enquiries and bookings please
contact:

Nicole Gigg
6554 5633 or
ababec@hotmail.com

Our research shows that our subscribers are more likely to have an enjoyable and successful breastfeeding experience.

Australian Breastfeeding Association
ABN 64 005 081 523

FEE INCLUDES:

- ✓ **3 hour workshop-style session** including light morning tea / supper and complimentary handout material.
- ✓ **12 months Subscription** to the Australian Breastfeeding Association (valued at \$65)
- ✓ ***Breastfeeding ... naturally*** book valued at \$34.95 *
- ✓ 6 copies of *Essence* Magazine
- ✓ Mother- to-mother support at our fortnightly group meetings
- ✓ Access to guest speakers on topics including child development
- ✓ Family social activities
- ✓ 50% discount on electric breast pump hire
- ✓ Access to your local breastfeeding counsellors
- ✓ Access to the group library
- ✓ Access to the subscribers only section of the ABA website
- ✓ 10% discount with Mothers Direct

* ***Breastfeeding...naturally*** contains a wealth of accurate and up-to-date information on breastfeeding, from pregnancy to weaning, including expressing and special needs.