

Who are we?

The Australian Breastfeeding Association (ABA) is a voluntary organisation established in 1964 (as the Nursing Mothers Association of Australia) to encourage and support mothers who wish to breastfeed their babies.

How can we help?

By ringing the helpline you can receive encouragement and support on all aspect of breastfeeding, such as: overcoming pain, increasing your milk supply, dealing with reflux, introducing solids, expressing, weaning, returning to work and any other breastfeeding questions that you may have.

Who can attend meetings?

Anyone – regardless of how they are feeding their baby, new mums, mums with toddlers, pregnant mums, fathers, support people and other interested people. You do not need to be a subscriber to attend your first 2-3 meetings.

What can you expect at a meeting?

Counsellors to answer your questions
The opportunity to learn about breastfeeding
Up-to-date breastfeeding and parenting information
Great ideas and suggestions to help you
Other kids for your toddler to play with
Friends-to-be - you will meet other mums
Acceptance of you and your parenting ideas
Encouragement to achieve your mothering goals
A friendly, non-judgmental atmosphere
Morning tea (feel free to bring something if time permits)
Group library relating to breastfeeding and parenting
Booklets for purchase

Breastfeeding Education Classes

Pregnant or know someone having a baby? Enquire now about our breastfeeding classes for Mums and support people. Call Nicole or email ababec@hotmail.com While breastfeeding is natural, it is still a learnt skill and it helps to know about how it works before you start.

Breastpump Hire

Our group has a new Medela Symphony electric breastpump featuring the unique 2-Phase Expression system. Hire fees are \$50/week. Subscribers receive half priced hire \$25/week. Collection kits are available to purchase from Louise. Contact Louise on 0428 578 322. A refundable deposit is also required.

Other Groups

There are over 300 Australian Breastfeeding Association Groups across Australia. You are always welcome to attend any of these groups as you travel or move to new places.

Subscription

The ABA is here to help you, and we have trained **volunteer** Counsellors available to give you support when you need it most- 24 hours a day/7 days a week. *Your subscription to the Association enables this service to continue for mothers all over the country.*

For just \$65 a year you receive:

- *Access to Australia's leading source of breastfeeding help and information.
- *A free copy of the Association's best-selling breastfeeding book 'Breastfeeding...naturally', valued at \$34.95.
- *A bi-monthly magazine, *Essence*, packed with interesting articles and the shared experiences of other mothers.
- *Access to a network of local group meetings, talks and discussions.
- *Access to a small group library with a variety of books about breastfeeding and parenting.
- *Access to the Association's 24-hour Helpline and local Breastfeeding Counsellors.
- *10% discount on products purchased from Mother's Direct, the Association's retail division.
- *50% discount on weekly breastpump hire fee

You can subscribe to ABA at a discussion meeting by either cheque, cash or credit card; online at www.breastfeeding.asn.au or over the phone on 03 9885 0855. Concession subscriptions available \$50/year Economical multi-year subscription \$95/2years

The Australian Breastfeeding Association is Australia's leading source of breastfeeding information and support. Please take the time to consider subscribing, as without your contribution the Association cannot continue to offer its support and information to mothers in need.

YOUR PRIVACY IS IMPORTANT TO US

The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing association services. Your personal details will not be given to any other party unless legally required to do so. Our privacy policy can be viewed at www.breastfeeding.asn.au or obtained by calling 03 9885 0855 during business hours. Your personal details may be used for internal fundraising purposes.

Not just breastfeeding

We are not just about breastfeeding. Despite our name, we cover a variety of topics to do with parenting, including: introducing solids, support services and more.



australian
breastfeeding
association

Manning/Great Lakes Group

August 2010 -
January 2011

Covering Taree, Forster, Bulahdelah, Gloucester and between

Breastfeeding Helpline
1800 mum 2 mum
1 8 0 0 6 8 6 2 6 8 6

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

Visit the website for online counselling, message boards, Podcasts, Forum and a special area for subscribers at www.breastfeeding.asn.au

Manning/Great Lakes Group

Volunteer Breastfeeding Counsellors:

Anita	6559 2245
Amanda	6557 7420
Becky	6555 4991
Jeannette	4997 4312
Leanne	6553 1440

Volunteer Community Educators:

Anita	6559 2245	Group Leader, Sales
Nicole	6554 5633	Treasurer, Group Projects
Louise	0428 578322	Breast pump hire, Library
Anne	6558 1569	Gloucester contact

Meeting Reminder Service anitanat@tpg.com.au

Check out our local group web site at

www.mumsmilk.org

for all our latest news and updated information

Australian Breastfeeding Association – Manning/Great Lakes Group

Dates for Activities, August 2010 - January 2011
www.mumsmilk.org

Gloucester Meetings & Socials

Tuesday 10 Aug. 10am	<i>Stroll, Snack 'n' Chat</i>	Billabong Park
Monday 30 Aug. 10:30am	Myths of Breastfeeding	CWA Hall
Tuesday 7 Sept. 10am	<i>Stroll, Snack 'n' Chat</i>	Billabong Park
Tuesday 12 Oct. 10am	<i>Stroll, Snack 'n' Chat</i>	Billabong Park
Tuesday 26 Oct. 10:30am	Why is my baby crying?	CWA Hall
Tuesday 16 Nov. 10am	<i>Stroll, Snack 'n' Chat</i>	Billabong Park
Tuesday 14 Dec. 10am	<i>Stroll, Snack 'n' Chat</i>	Billabong Park
Tuesday 11 Jan. 10am	<i>Stroll, Snack 'n' Chat</i>	Billabong Park
Monday 31 Jan. 10:30am	Have you got enough? (Supply issues)	CWA Hall

Venue Locations

CWA Hall - Church St, Gloucester.

Billabong Park - Denison St, Gloucester.

Forster Guides Hall - Lake St, Forster.

Taree Baptist Centre - Kolodong Rd, off Old Wingham Rd. (next to Taree Christian Community College)

For more information or to confirm locations, please call Anita 6559 2245 or email ababec@hotmail.com

Taree, Forster & Hallidays Point Meetings & Socials

August	Monday 2 nd	10am	World Breastfeeding Week	Anita's home, Hallidays Point
	Saturday 7 th	12 noon	<i>World Breastfeeding Week Family Lunch</i>	Nabiac
	Monday 16 th	10am	Communicating with your baby	Taree Baptist Centre
	Monday 23 rd	6pm	Breastfeeding Education Class *	Hallidays Point Library
September	Saturday 4 th	4:30pm	<i>Family Soup Night</i>	Anita's home, Hallidays Point
	Monday 6 th	10am	Travelling with Children	Forster Guides Hall
	Tuesday 14 th	11am	<i>Snack 'n' Chat</i>	Monkey Mayhem, Taree
	Monday 20 th	10am	Early Daze of Breastfeeding	Taree Baptist Centre
	Monday 27 th	6pm	Training and Video Night	Anita's home, Hallidays Point
October	Saturday 2 nd	11am	<i>Baby's Day Out - Family BBQ</i>	Blackhead Beach Park
	Friday 15 th	7pm	<i>Girls' Dinner Out</i>	That Little Italian Place, Tuncurry
	Monday 18 th	10am	Guest Speaker - Local Midwife Clinic	Taree Baptist Centre
	Friday 22 nd	11am	<i>Snack 'n' Chat</i>	The Bean Bar, Taree
November	Monday 1 st	10am	Reflux and the Breastfed Baby	Forster Guides Hall
	Tuesday 2 nd	11am	<i>Melbourne Cup Luncheon</i>	Emma's home
	Saturday 6 th	9:30am	Breastfeeding Education Class *	Hallidays Point Library
	Monday 15 th	10am	Socialising and Breastfeeding	Taree Baptist Centre
	Friday 19 th	7pm	<i>Dessert and Planning Night</i>	Anita's home, Hallidays Point
	Tuesday 23 rd	10am	<i>Snack 'n' Chat</i>	Beach Bums, Main Beach Forster
December	Monday 6 th	10am	Expressing and Storing Breastmilk	Anita's home, Hallidays Point
	Friday 10 th	10am	<i>Snack 'n' Chat</i>	Manning Aquatic & Leisure Centre
	Monday 13 th	10am	Guest Speaker - Women's Health Nurse	Taree Baptist Centre
January	Monday 10 th	10am	Sleep and Settling	Taree Baptist Centre
	Monday 24 th	10am	Weaning and Introducing Solids	Forster Guides Hall
	Saturday 29 th	9am	<i>Family Brunch</i>	Anita's home, Hallidays Point

All interested persons are invited to attend our meetings regardless of the way you choose to feed.

* Booking fee and reservation for class required. Contact Nicole on 6554 5633 or ababec@hotmail.com to reserve your place.