

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 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.

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.

Breastfeeding Podcasts

Some mothers are unable to attend meetings, so podcasts have been made for people to listen to as if they were at a local ABA meeting. There are a wide variety of topics available. Look on our website www.breastfeeding.asn.au

Breastfeeding Online Forum

Many mothers are now enjoying support, information and encouragement from other breastfeeding mothers via the breastfeeding forum on our website www.breastfeeding.asn.au It provides a way for mums to share their experiences, and ask other breastfeeding mums for suggestions or ideas – no matter where they live or time of day.

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 fees

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

ABN 64 005 081 523

Covering Taree,
Forster, Bulahdelah,
Gloucester and
between

February -
July 2009

7 day Breastfeeding Helpline

1800 mum 2 mum

1800 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 and a special area for subscribers at www.breastfeeding.asn.au

Who's who - Manning/Great Lakes Group Volunteer Breastfeeding Counsellors:

Amanda	6557 7420
Jeanette	4997 4312
Julianne	6551 5200
Leanne	6553 1440

Volunteer Community Educators:

Anita	6559 2245	Group Leader
		Sales
Nicole	6554 5633	Treasurer
		Posters
Louise	0428 578322	Library
		Breast pump hire

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.

What to expect at a meeting

- Counsellors to answer your questions
- The opportunity to learn about breastfeeding
- Up to date breastfeeding and parenting info.
- Great ideas and suggestions to help you
- Willing hands to hold your baby
- 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
- A cuppa and a snack
(feel free to bring something if time permits)
- Group library relating to breastfeeding and parenting
- Booklets for purchase

Don't miss our Social Events

Saturday 28th February 5pm

Family Pizza Night at Anita's

Sunday 22nd March 2pm

Cross-stitch afternoon at Anita's

Friday 24th April 5:30pm

Family Bowling Night in Forster

Sunday 31st May 2pm

Craft afternoon at Anita's

Friday 19th June 7:30pm

Dessert and Planning Night in Taree

Friday 31st July 7:30pm

Girls' Night Out

Taree Baptist Centre

We hire the activities room at Taree Baptist Centre.

It is beside Taree Christian Community School in Kolodong Rd, Taree (near Bowers) off Old Wingham Rd.

Australian Breastfeeding Association - Manning/Great Lakes Group Dates for Activities, February - July 2009

	When	What	Where
February	Monday 2nd 10am	Exercise and Breastfeeding	Taree Baptist Centre
	Thursday 12th 9:30am	BYO Snack and chat	Tuncurry Rockpool
	Monday 16th 10am	Keeping Baby Cool	Anita's home Hallidays Point
March	Monday 2nd 10am	Breast and Nipple Care	Taree Baptist Centre
	Friday 13th 10:30am	Snack and chat	The Other Side Gallery Teahouse Ghinni Ghinni
	Monday 16th 10am	Sleeping Guest child health nurse	Anita's home Hallidays Point
	Monday 30th 10am	Reading time	Taree Library
April	Monday 6th 10am	Baby-led Weaning	Taree Baptist Centre
	Monday 20th 10am	In the Media	Nicole's home Forster
	Tuesday 28th 10:30am	Snack and chat	Monkey Mayhem Taree
May	Monday 4th 10am	About ABA National Mothering Week	Taree Baptist Centre
	Monday 18th 10am	Baby-massage	Anita's home Hallidays Point
	Friday 22nd 1pm	Snack and chat	Australis Diamond Beach
June	Monday 1st 10am	Craft for Kids	Taree Baptist Centre
	Monday 15th 10am	Conference feedback	Anita's home Hallidays Point
	Monday 29th 12 noon	Lunch and Favourite Recipes Bring something to share	Anita's home Hallidays Point
July	Monday 6th 10am	Extreme Breastfeeding - out of the ordinary situations	Taree Baptist Centre
	Monday 20th 10am	Lactation Aids - breastpads, pumps, bras, nipple shields etc	Nicole's home Forster

For more information about any of these or to confirm locations, please call Anita 6559 2245.
All interested persons are invited to attend our meetings.