

## 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](mailto: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](http://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](http://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 fee

You can subscribe to ABA at a discussion meeting by either cheque, cash or credit card; online at [www.breastfeeding.asn.au](http://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](http://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 2010

### 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](http://www.breastfeeding.asn.au)

### Manning/Great Lakes Group

#### **Volunteer Breastfeeding Counsellors:**

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

#### **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](mailto:anitanat@tpg.com.au)

Check out our local group web site at [www.mumsmilk.org](http://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 20th February

Girls' Mocktail Night at Anita's house

### Sunday 7th March

Craft afternoon at Anita's house

### Friday 12th March

Girls' Dinner Out in Taree

### Saturday 17th April

Family Pizza Night at Anita's house

### Saturday 8th May

Mothers Day Luncheon

### Friday 18th June

Dessert and Planning Night in Taree

### Saturday 10th July

Family Bowling afternoon at Forster

### Friday 30th July

Girls' Movie and Dinner Night

## Breastfeeding Education Class Dates

Monday 8th February      Saturday 22nd May

Monday 23rd August      Saturday 6th November

## Australian Breastfeeding Association - Manning/Great Lakes Group

### Dates for Activities, February - July 2010

	When	What	Where
<b>February</b>	<b>Monday 1st</b> 10am	<b>Kids and Music</b> Guest speaker	<b>Anita's home</b> Hallidays Point
	<b>Tuesday 9th</b> 9:30am	<b>Snack 'n' Chat</b>	<b>Blackhead Beach Park</b> Hallidays Point
	<b>Monday 15th</b> 10am	<b>Babywearing</b> Bring your slings along to show others	<b>Taree Baptist Centre</b>
<b>March</b>	<b>Monday 1st</b> 10am	<b>Breastfeeding and the mouth</b>	<b>Forster</b>
	<b>Monday 15th</b> 10am	<b>Communicating with Newborns</b> Guest - Dunstan Baby Language	<b>Taree Baptist Centre</b>
	<b>Tuesday 30th</b>	<b>Social lunch</b>	<b>Anita's home</b> Hallidays Point
<b>April</b>	<b>Friday 9th</b> 10:30am	<b>Poster Launch</b> Snack 'n' Chat	<b>Forster</b> <b>Confirm with Anita</b>
	<b>Monday 19th</b> 10am	<b>Breastfeeding more than one</b> Twins, through pregnancy and tandem	<b>Taree Baptist Centre</b>
<b>May</b>	<b>Monday 3rd</b> 10am	<b>Mothering Week</b> Together we do better	<b>Forster</b>
	<b>Monday 17th</b> 10am	<b>Baby massage</b>	<b>Taree Baptist Centre</b>
	<b>Thursday 27th</b> 12:30pm	<b>Snack 'n' Chat</b>	<b>Monkey Mayhem</b> Taree
<b>June</b>	<b>Monday 7th</b> 10am	<b>Baby Growth</b> Guest Speaker Deb Noakes	<b>Anita's home</b> Hallidays Point
	<b>Monday 21st</b> 10am	<b>Breast and nipple care</b> Mastitis, cracked nipples, thrush ...	<b>Taree Baptist Centre</b>
	<b>Monday 28th</b>	<b>ABCs of Breastfeeding</b>	<b>CWA Hall</b> Church St, Gloucester
	<b>Tuesday 29th</b> 12 noon	<b>Stroll, Snack 'n' Chat</b>	<b>Tuncurry -Forster</b>
<b>July</b>	<b>Monday 5th</b> 10am	<b>Build it Higher</b> Kids and play	<b>Forster</b>
	<b>Monday 19th</b> 10am	<b>Milk Supply</b> Too much or not enough?	<b>Taree Baptist Centre</b>
	<b>Friday 23rd</b> 11:30am	<b>Snack 'n' Chat</b>	<b>Taree Foreshore Park</b> Confirm with Anita

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

**Taree Baptist Centre** We hire the activities room. It is beside Taree Christian Community College in Kolodong Rd, off Old Wingham Rd.  
**Forster** We hire a room in Forster for these meetings-contact Anita for details.