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| Macintosh HD:Users:benjamingoodwin:Downloads:Breastfeeding Helpline Logos:Breastfeeding Helpline EPS:CMYK EPS:ABA Horiz_BFH Vert_CMYK.epsJuly - December 2024  Welcome… to new members and their families!  Your subscription has been most valuable. We hope you find the benefits of your subscription rewarding. We look forward to welcoming you in person at a meeting soon! Our local group meetings run between Five Dock and Summer Hill venues and are open to all parents and support people. Come along and bring a friend. We have a great mix of breastfeeding topics, guest speakers and a Cuppa & Chat in Five Dock to celebrate World Breastfeeding Week.  Our trainees…  Enrolled in the Cert IV Breastfeeding Counsellor or Community Educator training…. Rosemary  Image preview Congratulations Eve!  My name is Eve and I'm a newly qualified ABA Breastfeeding Counsellor. I live in the Inner West with my husband and four daughters aged eight (twins), six and two and I work in government communications.  As a first-time mum of premature twins, I was a frequent caller to the ABA Helpline and I will never forget the lifesaving reassurance and advice the counsellors I spoke to gave me, I wanted to give back to ABA once I was in the position to do so and be there for other mums the way that the counsellors I spoke to were there for me. I finally began my training in mid-2022 and qualified as a breastfeeding counsellor early this year.  I currently assist with leading CityWest and Marrickville group meetings and am rostered on four two-hour Breastfeeding Helpline shifts each month, when calls from mums around Australia are diverted to my mobile phone. I really enjoy my Helpline shifts. Being able to provide mums with reassurance, empathy and evidence-based information to empower them to make the best decisions for them and their families is incredibly fulfilling.  **Other details:**  Counsellor Melissa 9713 8178  Counsellor Sue 0403 180 304  Counsellor Holly 0423 684 216  Counsellor Thushara 0434 563 256  Counsellor Eve 0405 096 580  **Group leaders & counsellors:**  **Regine 0403 414 111**  **Nicola 0434 563 256**  citywestaba@gmail.com  **Breast pump hire:**  **Holly** 0423 684 216  **Kate** 0499 071 510  [Citywestaba.bp@gmail.com](mailto:Citywestaba.bp@gmail.com)  **Library:** citywestaba@gmail.com  Inner Metro Sydney Facebook page:  www.facebook.com/abainnermetrosydney  Local CityWest group page:  www.breastfeeding.asn.au/local/nsw/citywest-nsw |

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| Activity guide July - December 2024 | | | |
| *Our get togethers are relaxed, friendly, and enjoyable. Your shared experience may make the difference to another mother.*  ***A Breastfeeding Counsellor is available at all these occasions.*** | | | |
| August | Friday  2nd August  10am-12pm | **Sleep and night-time parenting**  Sleeping like a baby - what does that really mean? Join us as we talk about normal baby and toddler sleeping patterns and share tips on how to cope with interrupted sleep as parents. Breastfeeding questions welcome and counselling available. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Regine – 0403 414 111 |
| Monday  5th August  10am-11:30am | **Cuppa & Chat – Celebrate World Breastfeeding Week**  Let us buy you a warm or cold drink while you build social connections with other mums. Children of all ages are welcome, as well as family members and friends. Pop in and see what ABA is about and celebrate World Breastfeeding Week!  **RSVP via text essential** | The Sisu  108 Great N Rd  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday  21st August  10am-12pm | **Breast Refusal**  There are many reasons why a baby might not want to feed, and these can vary depending on their stage of development or health. No matter what the cause, it can be very upsetting for a mum. You may even feel rejected by your baby’s behaviour. Join us as we have a look at some of the reasons for breast refusal and share ideas about how to manage these and encourage your baby back to the breast. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| September | Friday  6th September  10am-12pm | **Introducing solids**  Starting solids is an exciting time for families but with so much information out there, it can be overwhelming. It can really help to be prepared. Join us as we talk about signs that your baby is ready for family foods, where to start and how to cope with the mess! | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday 18th September  10am-12pm | **Babywearing**  Join babywearing expert Mel for a hands-on workshop on the benefits of babywearing. A range of carriers will be available to try, but please bring your own if you have one for tips on how to safely use it. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| October | Wednesday 16th October 10am-12pm | **Early Daze**  The early days of parenting are an exhilarating but exhausting time. Learning new breastfeeding skills and managing with little or broken sleep. Join us for a discussion of what to expect in the early days and some strategies for looking after yourself and your family through this important transition. BYO breastfeeding questions. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| Friday  25th October  7pm | **How can our group better support you?**  Do you have ideas about meeting topics? Suggestions for activities for the group? Curious to see how the group works? Join our volunteers to discuss plans for the CityWest group.  **RSVP via text essential** | The Royal  156 Norton Street, Leichhardt  Nicola – 0434 563 256 |
| November | Friday  1st November  10am-12pm | **Breastfeeding through summer**  When we think of the festive season as parents, we think of holidays, family get-togethers, travelling, hot weather, parties, the beach. And when we have a baby, there’s a bit of extra planning involved. Today we are going to share some information and ideas about managing breastfeeding - in hot weather, when travelling, when visiting people, when celebrating, what to do about alcohol and coping with unwanted advice! | St Albans Church Community Hall  171 Great North Road  Five Dock NSW 2046  Regine – 0434 563 256 |
| Wednesday 20th November 10am-12pm | **Circle of Security**  Join guest speaker Dympna as she provides a framework for thinking about your child’s development and your relationship with them from baby into the toddler years. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Thushara – 0404 904 933 |

**info:** [**www.breastfeeding.asn.au**](http://www.breastfeeding.asn.au)

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