



**Australian  
Breastfeeding  
Association**

## **Australian Breastfeeding Association**

### **Northern Sydney Group**

**Jul 2024 – Dec 2024**

**ABN 64 005 081 523**

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

### **Welcome!**

To all our new members, welcome! We hope to meet you and your babies and toddlers and catch up again with existing members at our group meetings in the coming weeks and months.

In the second half of 2024 we will have meetings in the Crows Nest Centre, which is well served by public transport and has 2 hours free parking adjacent in Holtermann St, at Harbord Diggers Club, Freshwater, at a volunteer's home and at a playground. We'd love to see you there – feel free to join us even if the topic isn't a question you currently have, there's always lots of time to chat and get to know other local mums and babies.

This year the meetings will mostly be scheduled to be:  
3<sup>rd</sup> Monday of the month in Northern Beaches  
4<sup>th</sup> Thursday of the month in Crows Nest

If you are wondering about breastfeeding and parenting, confused by all the information you have been given or found on the internet, please ring a Breastfeeding Counsellor on the 24-hour National Breastfeeding Helpline:

### **Breastfeeding Helpline**

***1800 mum-2-mum  
(1800 686 268)***

### **Contact Us**

#### **Breastfeeding Helpline**

1800 686 268

#### **Electric Breast Pump Hire**

<https://www.breastfeeding.asn.au/local/nsw/northern-sydney-nsw>

#### **Northern Beaches**

Peta: 0400 565 885, Lynda 0411 136 369

#### **North Shore**

Rose: 0409 143 558

#### **Northern Sydney Group Email**

[NorthernSydneyaba@gmail.com](mailto:NorthernSydneyaba@gmail.com)

#### **Like us on Facebook**

Look for Australian Breastfeeding Association-Northern Sydney Group <https://www.facebook.com/ABA.Northern.Beaches/>

#### **Website**

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

#### **Online shop**

<https://shop.breastfeeding.asn.au/>

**LiveChat 8pm -10pm Mon – Fri**

**12pm - 2pm M and F**

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

### **Who are we?**

The ABA is a voluntary organisation which supports and encourages mothers who wish to breastfeed. We offer information and mother-to-mother support through telephone counselling on the Breastfeeding Helpline **1800 686 268**, our website at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) and at group meetings in the Northern Sydney area.

Our group holds regular discussion meetings and coffee mornings to enable mothers to share their experiences. You are welcome to attend a couple of meetings before joining.

Meetings are led by a qualified ABA Breastfeeding Counsellor or Community Educator. If the meeting is at a café this year then the first coffee is on us.

There are also a number of information sessions and workshops available on the website. Browse these by clicking the Education or Resources tabs.



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<b>Group Activities</b>				
	<b>Time</b>	<b>Topic</b>	<b>Place</b>	<b>Facilitator</b>
Monday 15-Jul-24	10- 11:30	Feeding after 6 months- Starting Solids and more	Harbord Diggers Café, Freshwater	Amy 0412 989 931
Monday 19-Aug-24	10- 11:30	The Top-Up Spiral – and how to avoid it	Harbord Diggers Café, Freshwater	Amy 0412 989 931
Thursday 22-Aug-24	11- 12:15	Baby Massage	Chadwick room, Crows Nest Centre, 2 Ernest Pl, Crows Nest. Free parking 2 hours adjacent	Rochelle 0416 147 243
Monday 16-Sep-24	10- 11:30	Breastfeeding for Beginners	Harbord Diggers Café, Freshwater	Amy 0412 989 931
Thursday 26-Sep-24	11- 12:15	Travel with baby – incl. car seat installation	Chadwick room, Crows Nest Centre, 2 Ernest Pl, Crows Nest. Free parking 2 hours adjacent	Rebecca 0412 258 877
Thursday 24-Oct-24	11- 12:15	Baby Bookworms- enjoying reading and books with your little one	Chadwick room, Crows Nest Centre, 2 Ernest Pl, Crows Nest. Free parking adjacent 2 hours	Rochelle 0416 147 243
Monday 28-Oct-24	10- 11:30	Sleep and Nighttime Parenting	Harbord Diggers Café, Freshwater	Amy 0412 989 931
Sunday 10-Nov-24	2-5 pm	Breastfeeding Education Class	Crows Nest	Book on ABA website
Tuesday 19-Nov-24	10- 11:30	Returning to Work and Starting Childcare	Café in Mona Vale – ring China to confirm address	China 0410 153 200
Thursday 28-Nov-24	11- 12:15	Baby Babble to Toddler Talk	Chadwick room, Crows Nest Centre, 2 Ernest Pl, Crows Nest. Free parking adjacent 2 hours	Rochelle 0416 147 243
Monday 2-Dec-24	10- 11:30	Chat and Play – coping with hot weather and ask any questions	Meet at Manly Lagoon Park, Manly	Peta 0400 565 885



**BREASTFEEDING BOOKLETS – INSTANT DOWNLOADS from \$5 each-** Find all your breastfeeding booklets and essential resources here <https://shop.breastfeeding.asn.au/>

**BE INSPIRED** by the ABA Cookbook - if you have one, find a recipe and find something to cook or bake for your event! Perhaps the kids, your partner or another family member can help out too. Cookbooks can also be purchased here <https://shop.breastfeeding.asn.au/>

### **ABOUT ABA - 60<sup>th</sup> Anniversary this year**

Established in 1964, the Australian Breastfeeding Association (ABA), formerly the Nursing Mothers' Association of Australia, is one of the country's largest women's not-for-profit organisations. Largely run by volunteers, we are the leading source of breastfeeding information and support with local groups covering every postcode across Australia.

### **OUR VISION**

Breastfeeding is recognised as important by all Australians and is culturally normal.

### **OUR MISSION**

As Australia's leading authority on breastfeeding, we support, educate and advocate for a breastfeeding inclusive society.

### **MEMBERSHIP RENEWAL**

#### **Stay a member of the ABA Family!**

Some mothers let their membership lapse between babies. Even if you are not breastfeeding for a while, you can continue to get support in general parenting from information in *Essence* magazine, our e-newsletters and mother-to-mother at ABA group get-togethers. By renewing your membership, you are continuing to support ABA's work. If you are already a financial member renewal is \$70 per year.

### **BREAST PUMP HIRE**

The ABA recognises your commitment to provide breast milk for your baby. Naturally, the best way to remove milk from your breasts is breastfeeding your baby. But there are situations where this is not practical, and you may want or need to express your milk. If you want to hire a breast pump, hire one from us. Our counsellors discuss your needs to determine whether a pump is best for you and your situation. Service includes consultation with a trained Breastfeeding Counsellor and ongoing information and support. Australian Breastfeeding Association members receive 50% off the cost of breast pump hire. See the front page for hiring contact details.



## **BREASTFEEDING EDUCATION CLASSES**

The Australian Breastfeeding Association commenced on-line Breastfeeding Education Classes in 2020 as a response to the Covid19 pandemic. Some areas offer face-to-face classes and Northern Sydney group will offer a face-to-face classes in November 2024. The classes are designed to prepare new parents for breastfeeding and life with a new baby. Please let your family, friends, neighbours and work colleagues know so they too can access a breastfeeding education class prior to giving birth.

See <https://www.breastfeeding.asn.au/education> to book a face to face or online class.

### **What is covered in a class?**

- How breastfeeding works
- Establishing breastfeeding and the first feed
- Importance of skin-to-skin contact in the first hours and beyond
- Positioning and attachment (how to hold and attach your baby to the breast)
- Understanding your milk supply
- Discussion of what is 'normal' for a breastfed baby
- Role of partners in breastfeeding
- Adjusting to parenthood - survival tips for the early days and weeks with a new baby
- Common concerns and problem solving

### **Cost?**

The on-line classes are held very regularly and cost \$125 or \$20 for ABA members.

The face-to-face classes are less frequent and the cost is as above.

ABA membership is only \$70 and includes an e-book "Breastfeeding: A Practical Guide".

### **LiveChat- it's there for everyone!**

LiveChat is a support service for all members. LiveChat is offered 8 pm to 10 pm each weeknight and Monday and Friday from 12 – 2pm. It is accessible via the ABA website.

## **VOLUNTEERING WITH ABA**

If you'd like to find out more about volunteering for ABA there are on-line sessions once per month. See the website for more information – search for "Volunteer" or <https://www.breastfeeding.asn.au/volunteering/breastfeeding-counsellor-educator>