

<p><u>Thursday 25 July</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Breastfeeding & Returning to Work or Study We'll discuss ways to navigate this transition and also provide you with information and guidance on expressing and storing breastmilk.</p>
<p><u>Thursday 8 August</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Baby CPR, Choking & Allergic Reactions Paediatric nurse, Heidi, will take us through these vitally important first aid skills which are incredibly valuable to have in your parenting toolkit.</p>
<p><u>Thursday 22 August</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Breastfeeding & Weaning How? Why? When? Let's talk about the process of weaning and discuss how to ensure it is as gentle on you and your little one as possible.</p>
<p><u>Thursday 12 September</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Establishing & Maintaining Breastmilk Supply Find out how to know whether your little one is getting too much, not enough or just the right amount from newborn to toddlerhood.</p>
<p><u>Thursday 26 September</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Breastfeeding at Every Age & Stage Come along and find out what to expect through the various and ever-changing phases of your breastfeeding journey, however long or short this may be.</p>
<p><u>Thursday 17 October</u> 1pm–3pm at Leila's in Bronte Address supplied on RSVP * NOTE TIME *</p>	<p>Discovering the World Through Play & Song Early Childhood Educator, Becky, will share the wonders of connecting with your little one through nature, song and play... without the need for elaborate or expensive toys.</p>
<p><u>Thursday 31 October</u> 10am–12pm at Favoloso 45 Belgrave St, Bronte</p>	<p>Breastfeeding Delights & Difficulties Share your breastfeeding challenges and triumphs. And bring any questions you have on where you are at on your breastfeeding journey.</p>
<p><u>Thursday 14 November</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Exploring Self-Care Rituals & Structures for Mothers Postpartum doula, Mazz, will talk about scheduled moments of self-care and micro moments to reset when you're feeling overwhelmed. This session will include breathwork and a mini massage.</p>
<p><u>Thursday 28 November</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Breastfeeding & Introducing Solids We'll share information on how and when to begin solids and which are the most beneficial and nutritious foods to start with... And what to avoid.</p>
<p><u>Thursday 12 December</u> 10am–12pm Wairoa Community Centre Hall</p>	<p>Caring for Your Family's Skin Dermatologist, Linda, will share her expert knowledge on how best to combat sun exposure for your little one along with recommendations on what products we should and shouldn't be putting on our skin.</p>
<p><u>WAIROA COMMUNITY CENTRE HALL</u> is located next to the Early Childhood Health Centre on the corner of Wairoa Avenue and Brighton Boulevard in North Bondi.</p>	

RSVP by SMS to Kristy on 0414 977 968 or email ababondijunction@gmail.com

The opportunity for breastfeeding questions & private counselling will be available at all meetings