

## Benefits of Membership

New members receive a copy of our best-selling book *Breastfeeding ...Naturally*, to help answer the questions every parent has about breastfeeding (RRP \$34.95)



**Newborn Virtual village:** Meet other new parents for support and tips in the early days and weeks – attend live sessions online.

**Mum2Mum app:** Exclusive content available to members

**Live Chat:** Priority access to online chat through the website with a trained counsellor or educator from Monday to Friday 12-2pm and 8-10pm

**Essence Magazine:** Published every 3 months, it is packed with the latest breastfeeding information and interesting articles

**Member eNewsletter:** Have the latest news, information and special offers from the Australian Breastfeeding Association emailed directly to you

**Savings:** Members save up to 50% when they hire a breast pump through their local group and 60% discount on antenatal breastfeeding classes

**Become a Virtual Village Member today**  
Subscribe at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

\$70 new members and subscription renewal

\$90 plus membership includes an online Breastfeeding Preparation Session

\$110 for a 2-year subscription



ABA Helpline is supported by funding from the Australian Government

The Australian Breastfeeding Association (ABA) is Australia's largest breastfeeding information and support service. Breastfeeding is a practical, learned skill, and ABA helps more than 80,000 mums each year via the ABA helpline, live chat service and with dedicated groups to help and support mums.

### BREAST PUMP HIRE

Did you know that our group has hospital grade electric breast pumps for hire?

For support and hiring, please contact our Breast Pump Hire Officers:

**Sale: Jen 0401 062 388**

**Sale: Angela 0412 725 727**

**Trafalgar: Renee 0408 587 553**

**Phillip Is/Bass Coast: Kristine 0407 708 370**



# Australian Breastfeeding Association



## Calendar of Events

### Gippsland Group

### May - Aug 2024

 [facebook.com/ABAGippsland](https://facebook.com/ABAGippsland)



[aba.gippsland@gmail.com](mailto:aba.gippsland@gmail.com)  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

## Our Meetings

To connect directly with us in Gippsland - information and chat sessions are led by a breastfeeding counsellor, breastfeeding educator, or invited guest, with discussions on specific topics, either face to face or online. A great way to increase your breastfeeding knowledge; and your shared experience may make the difference to another mother.

Coffee mornings, park plays, and walks are more informal chances to get-together. Take some time out for yourself and meet other mothers.

### What to Bring?

You are welcome to bring along your baby, toddler, and your older children; you may like to bring a packed 'play lunch' for them, and please remember to supervise them at our venues. Hats, sunscreen, and mosquito repellent are recommended for outside play/park walks.

We understand how daunting it can be to walk into a room full of strangers, so support people are welcome too. Come as you are and remember we invite you to arrive at our meets whenever 'motherly' possible.

## Meetings are on again!

**Mirboo North region** every second  
Tuesday of the month

Times & dates per month will vary according to volunteer availability in **Bairnsdale**, and at the **Stratford** playgroup room

Event details are posted in the calendar section of our local group page, within the Australian Breastfeeding Association website, on our Facebook pages, and we send reminder emails to ABA financial members.

### Meeting Topics may include

Breast and nipple pain  
Introducing solids  
Breastfeeding older children  
Expressing and storing breastmilk  
Returning to work

In addition to meetings times with set topics to discuss, we also plan park walks and cafe catch ups for more casual chats.

### Locality volunteers

**Angela, Jen, Megan** - Sale/Maffra

**Renee** - Trafalgar

**Agnes** – Bonang

**Cate** - Bairnsdale

**Bethany** – Lakes Entrance

**Kristine** - Bass Coast/Phillip Island

Email: [aba.gippsland@gmail.com](mailto:aba.gippsland@gmail.com)



**Australian  
Breastfeeding  
Association**

### Online Resources

Check our public Facebook page [ABA Gippsland](#)

We also have a private [ABA Gippsland Discussion Group](#) where you can ask questions of other mums

Download the new ABA [Mum2Mum app](#)

Listen to ABA's [podcast](#)

You can also access more information on the [ABA website](#)

- Includes a fantastic volume of evidence-based information
- Education booklets for purchase
- Access the Live Chat service
- Discover your local group
- Find out about Breastfeeding Courses