



North Western Sydney Region 2024-25 Calendar of events

Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding - all mothers, fathers, their children, support people and friends are most welcome to attend our meetings and social gatherings. Our meetings are very informal and while a nominated topic is set for most meetings, there is always an opportunity to discuss other topics of interest as a group or individually with a counsellor.

See the ABA website calendar for events and updates breastfeeding.asn.au/

We look forward to meeting you. Bronwyn, Bec and Sam Group Leaders for the Blacktown, The Hills and Hornsby Groups
Meet up locations include - Marayong Hotel Kings Park, Glenhaven Community Centre, The Grove Kenthurst, Hotel Pennant Hills, Butcher's Block Wahroonga, Café Mila Westfield Hornsby

Tue 12 Nov 10am	Sleep & Breastfeeding	Kings Park
Fri 15 Nov 10am	Breast Refusal	Glenhaven
Wed 20 Nov 10am	Taking the Ouch! out of breastfeeding	Pennant Hills
Fri 29 Nov 10am	Play & Chat	Westfield Hornsby
Wed 4 Dec 10am	Breastfeeding Multiples + End of Year Lunch	Pennant Hills
Fri 6 Dec 10am	Xmas Party, Chat & Play	Glenhaven
Tues 10 Dec 10am	Travelling with Baby/Alcohol & Breastfeeding	Kings Park
Wed 18 Dec 10am	Do we need Top Ups?	Pennant Hills
Wed 29 Jan 10am	Milk, Mush & Mess - introducing solids	Pennant Hills
<i>Sat 1 & Sun 2 Feb</i>	<i>Volunteer for ABA at PBC Expo</i>	<i>Sydney Olympic Park</i>
Fri 7 Feb 10am	Breastfeeding & Intimacy	Kenthurst
Tue 11 Feb 10am	Breastfeeding & the Early Days	Kings Park
Wed 12 Feb 10am	Sleep and Breastfeeding	Pennant Hills
Fri 21 Feb 10am	Toddler & the New Baby	Kenthurst
Tues 25 Feb 10am	Feeding Patterns & Milk Supply	Kings Park
Wed 26 Feb 10am	Beyond Babyhood - feeding & weaning	Pennant Hills
Fri 7 Mar 10am	Breastfeeding and baby weight gains	Kenthurst
Tue 11 Mar 10am	Self-care for mums	Kings Park
Wed 12 Mar 10am	Avoiding the top up spiral	Pennant Hills
Fri 21 Mar 10am	Expressing & Storing Breastmilk	Glenhaven
Tues 25 Mar 10am	Breastfeeding and the early daze	Kings Park
Fri 4 Apr 10am	The parenthood juggle & finding support	Glenhaven
Tues 8 Apr 10am	Introducing Family Foods	Kings Park
Wed 9 Apr 10am	Sleep & Night-time parenting	Pennant Hills
Fri 18 Apr 10am	Baby wearing & breastfeeding	The Hills Group

**Blacktown Group Leader
& Breast Pump Hirer**

Bronwyn 0400 395 531
abablacktown@yahoo.com.au

**Hills Group Leader
& Breast pump Hirer**

Bec 0413 849 008
aba@abahills.org

Hornsby Group Leader

Sam 0432 904 842
aba.hornsbyberowra@gmail.com

**Hornsby Breast Pump Hire
Enquiries**
Antonia 0418 166 655

**Mother Safe Medication
Info Line 9382 6539**

Poisons Information
13 11 26

Breastfeeding Helpline
1800 686 268

The Breastfeeding
Helpline is supported by
funding from the
Australian Government



Please check for any changes of date/venue on facebook
ABA Sydney North West Region OR the calendar at breastfeeding.asn.au