

## Randwick Group Meetings

### February – July 2025

Whether you are awaiting the arrival of your baby, breastfeeding or bottle feeding, all mothers, partners, children, grandparents and friends are most welcome at our meetings and social gatherings. Our groups are very informal and while a nominated topic is set for most meetings, there is always the opportunity to discuss your concerns or speak with a counsellor in a group or individual setting. We look forward to meeting you soon,  
**Jackie and Lauren – Randwick Group Leaders**

Call our Breastfeeding Helpline  
**1800 mum 2 mum or 1800 686 268**

Thursday 6 <sup>th</sup> February 2025 11am – 1pm	<b>The Benefits of Baby Massage</b> Guest Speaker Angie demonstrates hands on baby massage	There are two Breastfeeding Education Classes scheduled for this period for expectant parents at our Kensington location please see below for details
Thursday 6 <sup>th</sup> March 2025 11am – 1pm	<b>Supply – The Top Up Spiral</b> How to navigate expressing and top ups	Saturday 22 <sup>nd</sup> February, 2025 2pm – 5pm
Thursday 3 <sup>rd</sup> April 2025 11am – 1pm	<b>Returning to Work or Study</b> We'll discuss how to navigate this transition and also provide you with information and on expressing and storing breastmilk	Saturday 14 <sup>th</sup> June, 2025 2pm – 5pm
Thursday 1 <sup>st</sup> May 2025 11am – 1pm	<b>Mothering Week</b> Nurturing the mother Enjoy a shoulder massage and a hot drink on us	The cost is just \$20 per couple for ABA members Book your spot via Eventbrite <a href="https://Breastfeeding.asn.au/education/breastfeeding-education-classes">Breastfeeding.asn.au/education/breastfeeding-education-classes</a> or SMS Jackie 0414 760 445
Thursday 5 <sup>th</sup> June 2025 11am – 1pm	<b>Let's talk about solids</b> Guest Speaker Paediatric Dietician Yianna will join us to talk about introducing solids to your baby	You can hire a breast pump at a 50% discount for members Please contact Jackie 0414 760 445 or Jeanie 0408 678 660 or email <a href="mailto:abarandwickgroup@gmail.com">abarandwickgroup@gmail.com</a>
Thursday 3 <sup>rd</sup> July 2025 11am – 1pm	<b>Sleep and Settling</b> Let's get cozy and enjoy a hot chocolate on us and a chat about sleep and breastfeeding	Mothersafe Medication Info 9382 6539  Poisons Information 13 11 26

**\*Please note our new location is Kensington Park Community Centre, Hall 2, 1 Day Lane, Kensington\*. You are also very welcome to join us at SECC Community Hub for a Chat and Play starting every second Thursday in term 1 of 2025 from 10am – 11:30am at 1007 Botany Road, Mascot (Cnr Coward Street). There will be a trainee and/or a volunteer on hand to assist you with any questions on breastfeeding and where to find it on our website.**

Find us @abarandwick

