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| Macintosh HD:Users:benjamingoodwin:Downloads:Breastfeeding Helpline Logos:Breastfeeding Helpline EPS:CMYK EPS:ABA Horiz_BFH Vert_CMYK.eps  Welcome… to new members and their families!  Our trainees…  Enrolled in the Cert IV Breastfeeding Counsellor or Community Educator training…. Rosemary  We’re here to help…  The Australian Breastfeeding Association is a voluntary organisation that supports and encourages women who wish to breastfeed. We offer information and mother-to-mother support through our 24-hour National Breastfeeding Helpline, our website and local mothers networks. The ABA is also a registered training organisation and is renowned as the leading body for breastfeeding information in Australia.  **Nicola writes…**  Welcome to 2025! In the coming months, our group can look forward to a variety of activities and get togethers (please see our calendar over page). It is always rewarding talking and listening to people about their families and experiences with their babies. Local meetings will run between Little B.I.G House in Summer Hill and St Alban’s Church in Five Dock, both wonderful family friendly spaces. All our local group meetings are open to ALL parents and support people. Both members and non-members are welcome, please come along and bring a friend or family member with you for a warm welcome.  We have a Cuppa & Chat planned in Five Dock in May to celebrate National Mothering Week. Come along to meet some other parents and let us buy you a warm or cold drink. We will also be running a competition for National Mothering Week with some great prizes! Information about this will be emailed to members in the months before, you can also look out for details on our Facebook page “**Australian Breastfeeding Association Inner West Sydney Groups**”  We hope to see you at a local group event soon!  **Other details:**  Counsellor Holly 0423 684 216  Counsellor Thushara 0434 563 256  Counsellor Eve 0405 096 580  **Group leaders & counsellors:**  **Regine 0403 414 111**  **Nicola 0434 563 256**  citywestaba@gmail.com  **Breast pump hire:**  **Holly** 0423 684 216  **Kate** 0499 071 510  [Citywestaba.bp@gmail.com](mailto:Citywestaba.bp@gmail.com)  **Library:** citywestaba@gmail.com  Inner Metro Sydney Facebook page:  www.facebook.com/abainnermetrosydney  Local CityWest group page:  www.breastfeeding.asn.au/local/nsw/citywest-nsw |

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| Activity guide February - June 2025 | | | |
| *Our get togethers are relaxed, friendly, and enjoyable. Your shared experience may make the difference to another mother.*  ***A Breastfeeding Counsellor is available at all these occasions.*** | | | |
| February | Friday  7th February  10am-12pm | **Baby CPR**  Skills session: Baby CPR Join Heidi, a pediatric nurse, for a session on baby CPR. The session will focus on choking and strategies for introducing common allergy foods.  **Spots limited, RSVPs via text essential.** | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Nicola – 0403 414 111 |
| Wednesday 19th February 10am-12pm | **Introducing Solids**  Starting solids is an exciting time for families but with so much information out there, it can be overwhelming. It can really help to be prepared. Join us as we talk about signs that your baby is ready for family foods, where to start and how to cope with the mess! | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| March | Friday  7th March  10am-12pm | **Sleep and night-time parenting**  Sleeping like a baby - what does that really mean? Join us as we talk about normal baby and toddler sleeping patterns and share tips on how to cope with interrupted sleep as parents. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Regine – 0403 414 111 |
| Wednesday 19th March  10am-12pm | **Infant Massage**  Infant Massage is about connection, communication, and bonding. Come and learn from Dympna how to master the skill of reading your baby’s body language, facial expressions, and subtle cues. Learn the strokes that help to relax and settle your baby.  **RSVP via text essential** | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Nicola – 0434 563 256 |
| Friday  28th March  7pm | **How can our group better support you?**  Do you have ideas about meeting topics? Suggestions for activities for the group? Curious to see how the group works? Join our volunteers to discuss plans for the CityWest group.  **RSVP via text essential** | The Royal  156 Norton Street, Leichhardt  Nicola – 0434 563 256 |
| April | Friday  4th April 10am-12pm | **Feeding patterns – what’s normal?**  Concerned about whether your baby is feeding too often or for too long? You're not alone. There’s a wide variation in the average number of feeds a baby may take and feeding patterns can also change over time. Join us as we chat about what’s normal at various ages. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Regine – 0403 414 111 |
| May | Friday  2nd May 10am-12pm | **The top up spiral and how to avoid it**  Stuck with giving your baby too many top-up bottles? Many mums find it hard to get back to full breastfeeding once they start formula top-ups. Join us as we talk about how the supply and demand principle and simple tips to manage the top-ups as you increase your milk supply. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Regine – 0403 414 111 |
| Friday  9th May  10am-11:30am | **Cuppa & Chat – Celebrate National Mothering Week**  Let us buy you a warm or cold drink while you build social connections with other mums. Children of all ages are welcome, as well as family members and friends. Pop in and see what ABA is about and celebrate National Mothering Week!  **RSVP via text essential**  **Winner of National Mothering Week competition to be announced at Cuppa & Chat** | The Sisu Coffee House  108 Great N Rd  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday 21st May 10am-12pm | **Work and Breastfeeding Mums**  Many mothers successfully combine a return to work or study with continued breastfeeding. Like most things, a little planning goes a long way. Today we're going to share and learn together as we discuss options for breastfeeding and working, how to engage your support network and practical tips for adjusting to this new phase of life with a breastfed baby or toddler. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |
| June | Friday  6th June  10am-12pm | **Weaning with love**  What is the best amount of time to breastfeed? If I want to stop, how do I do it in a way that is gentle on me and my child? Join us for a discussion about gently ending your breastfeeding journey. BYO breastfeeding questions. | St Albans Church Community Hall 171 Great North Road  Five Dock NSW 2046  Nicola – 0434 563 256 |
| Wednesday 18th June  10am – 12pm | **Breast Refusal**  There are many reasons why a baby might not want to feed, and these can vary depending on their stage of development or health. No matter what the cause, it can be very upsetting for a mum. You may even feel rejected by your baby’s behaviour. Join us as we have a look at some of the reasons for breast refusal and share ideas about how to manage these and encourage your baby back to the breast. | Little B.I.G House  Flour Mill of Summer Hill  16 Flour MI Way  Summer Hill NSW 2130  Eve – 0405 096 580 |