

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

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| Thursday 6th February 2025 11am – 1pm | **The Beneﬁts of Baby Massage**  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 6th March 2025 11am – 1pm | **Supply – The Top Up Spiral**  How to navigate expressing and top ups | Saturday 22nd February, 2025 2pm – 5pm |
| Thursday 3rd April 2025 11am – 1pm | **Returning to Work or Study**  We’ll discuss how to navigate this transition and also provide you with information and on expressing and storing breastmilk | Saturday 14th June, 2025 2pm – 5pm |
| Thursday 1st May 2025 11am – 1pm | **Mothering Week**  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 Breastfeeding.asn.au/education/brea stfeeding-education-classes or  SMS Jackie 0414 760 445 |
| Thursday 5th June 2025 11am – 1pm | **Let’s talk about solids**  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 [abarandwickgroup@gmail.com](mailto:abarandwickgroup@gmail.com) |
| Thursday 3rd July 2025 11am – 1pm | **Sleep and Settling**  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\*.

Find us @abarandwick