

About Us

The Australian Breastfeeding Association provides evidence-based breastfeeding and parenting information and support available to all mothers and parents.

Access our local mothers groups in Tasmania to connect with others.

Support for all stages is available at breastfeeding.asn.au, the **mum2mum** app, calling the **National Breastfeeding Helpline 1800 686 268**, our ABA **LiveChat** service and at our free local activities. Have your breastfeeding questions answered by qualified peer supporters.

Want to take a class? ABA offers expectant parents the ABA **Breastfeeding Preparation Session** live education webinar – **save with our local group \$20 cashback offer**.

Access ABA's **Virtual Village** for additional parenting webinars and online support services, including premium **mum2mum** app content.

In Tasmania the Australian Breastfeeding Association is supported by the Crown through the Department of Health



1800mum2mum
Breastfeeding Helpline 1800 686 268

The National Breastfeeding Helpline is supported by funding from the Australian Government



breastfeeding.asn.au



Australian
Breastfeeding
Association

FREE INFO KIT

SIGN UP FOR
RESOURCES



BREASTFEEDING PREPARATION SESSION

ANTENATAL CLASS
CLAIM **\$20 CASHBACK**
FROM TASMANIAN
LOCAL GROUPS

BREAST PUMP HIRE

LAUNCESTON
ULVERSTONE
WYNYARD
HOBART



CONTACT US

Charlotte • 0407 864 767 | **Group leader**

Maddy • 0408 536 831

Melissa • 0438 732 720

Julie • 0417 846 190

Breast pump hire

Maddy • 0408 536 831 – Launceston

Marion • 0409 899 136 – Ulverstone

Charlotte • 0407 864 767 – Wynyard

Linda • 0402 241 309 – Hobart

A.B.N: 64 005 081 523 RTO: 21659



Australian
Breastfeeding
Association

2025

Pregnant

Breastfeeding

Parenting

Northern Tasmania Group



ABA Virtual Village Plus provides:

- ✓ Antenatal **Breastfeeding Preparation Session** webinar with **\$20 cashback offer** from Northern Tasmania Group
- ✓ FREE ABA e-book **Breastfeeding...a practical guide** (valued at \$29.95)
- ✓ Premium features in the **mum2mum** app
- ✓ Half-price **breast pump hire** rates
- ✓ ABA member magazine **Essence** quarterly
- ✓ Regular member e-newsletter
- ✓ **Newborn virtual village** and **Connect & share** online parenting workshops
- ✓ **LiveChat** queue priority

Join at aba.asn.au/join

Having a baby? Take ABA's class



Register for a **Breastfeeding Preparation Session** – ABA's online interactive education session to learn to breastfeed your baby/ies.

Claim the local group **\$20 cashback** offer – scan the code to register.

FIFO couples can individually join the same class from different locations.



FOLLOW US ON INSTAGRAM
[@OZBREASTFEEDINGTAS](https://www.instagram.com/OZBREASTFEEDINGTAS)



FIND US ON FACEBOOK
[@ABANORTHERNTASMANIAGROUP](https://www.facebook.com/ABANORTHERNTASMANIAGROUP)

Volunteering with ABA

Want to see the return of local ABA social activities in your area? We need you! You will be supported by qualified ABA counsellors and educators. Become a group volunteer to reinvigorate our local parenting village – give back to your local area and increase your confidence. Ask us how!

Contact group leader, Charlotte – 0407 864 767
charlotte.fielding@breastfeeding.asn.au

Find your nearest ABA activity

FOR GROUP
ACTIVITIES IN THE
ULVERSTONE AND
TAS CENTRAL COAST
AREA, SCAN THIS
CODE.



FOR GROUP ACTIVITIES
IN THE
GREATER HOBART AREA,
SCAN THIS CODE.

VISIT
ABA.ASN.AU/TASMANIA FOR
TASMANIA-WIDE ABA
INFORMATION.



breastfeeding.asn.au



Australian
Breastfeeding
Association

ABA Free Info Kit

Get access to accurate, evidence-based information and resources supporting your journey.

Perfect at all stages from pregnancy to weaning and as your family grows. Enter your details to access:

- ♥ **Breastfeeding Confidence** – mini eBook
- ♥ **mum2mum app** lite
- ♥ **monthly eNewsletter**

SCAN
TO ACCESS
FREE INFO KIT



Agfest Feed and Change, 1-3 May

Want to help support ABA's parenting facility at Agfest 2025 from 1-3 May?

Message contact details to Jo – 0417 057 423 or to Kristie-Lee – 0417 017 034