



North Western Sydney Region 2025 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.

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, Hotel Pennant Hills, Glenhaven Community Centre, Butcher's Block Café Wahroonga

Fri 4 Apr 10am	The parenthood juggle & finding support	Glenhaven
Tues 8 Apr 10:15am	Introducing Family Foods	Kings Park
Wed 9 Apr 10am	Sleep & Night-time parenting	Pennant Hills
Tues 29 Apr 10:15am	Expressing & storing breastmilk	Kings Park
Wed 30 Apr 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Fri 2 May 10am	Guest Speaker: Baby Massage	Glenhaven
Wed 7 May 10am	Milk Supply - do I have enough? Too much?	Pennant Hills
Tue 13 May 10:15am	Why is my baby crying? Could it be reflux?	Kings Park
Fri 16 May 10am	Breastfeeding & baby weight gains	Glenhaven
Wed 21 May 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Tues 27 May 10:15am	Breastfeeding and returning to work/study	Kings Park
Wed 28 May 10am	Guest Speaker: Baby wearing	Pennant Hills
<i>Sat 31 May & Sun 1 June</i>	<i>Volunteer with ABA at PBC Expo</i>	<i>Sydney Olympic Park</i>
Fri 6 June 10am	Guest Speaker: Women's Health Physio	Glenhaven
Tue 10 June 10:15am	Weaning	Kings Park
Wed 11 June 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga
Fri 20 June 10am	Feeding patterns & milk supply	Glenhaven
Tues 24 June 10:15am	Support & Self Care for Mums	Kings Park
Wed 25 June 10am	Your toddler & the new baby	Pennant Hills
Fri 4 July 10am	Teething & other breastfeeding challenges	Glenhaven
Tues 22 July 10:15am	Sleep & Night-time parenting	Kings Park
Wed 23 July 10am	Crying baby - could it be reflux?	Pennant Hills
Wed 30 July 10am	Cuppa & Chat - Breastfeeding Q&A	Wahroonga

Blacktown Group Leader
& Breast Pump Hirer

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Hills Group Leader
& Breast pump Hirer

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Hornsby Group Leader

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Hornsby Breast Pump Hire
Enquiries
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Mother Safe Medication
Info Line 9382 6539

Poisons Information
13 11 26

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The Breastfeeding
Helpline is supported by



**Please check for any changes of date/venue on facebook
[ABASydneyNorthWestRegion](https://www.facebook.com/ABASydneyNorthWestRegion) OR the calendar at breastfeeding.asn.au**

Interested in volunteering with ABA? Ask us or check the website