

Breastfeeding- Promotion and Education

- Our members promote and educate within in the local community
- We offer support to local women with breastfeeding and parenting issues
- We have representatives on the Greater Shepparton Breastfeeding Workgroup to develop programs of support that meet the needs of local families
- Counsel on the National 24hr Breastfeeding Helpline
- Conduct antenatal talks
- Promote breastfeeding at public events

Breastfeeding Education Sessions

Places are limited so book early with Tish 58001234.

2010 BEC Dates:	
* FEB 7th	* SEPT 12th
* MAR 21st	* OCT 31st
* MAY 16th	* DEC 19th
* JUL 18th	

ABA NATIONAL HELPLINE:

1800 686 2 686
(1800 mum 2 mum)

ABA breastfeeding counsellors are available 24 hours a day, seven days a week to provide valuable assistance, suggestions and reassurance.

Production of this calendar is proudly supported by Wendy Lovell MLC; Deputy Leader of the Parliamentary Liberal Party (Legislative Council), Shadow Minister for Country Victoria, Shadow Minister for Housing, Shadow Minister for Children & Early Childhood Development, Member for Northern Region

What is an ABA get together like?

- ☺ Support for your choices
- ☺ Great ideas and suggestions to help you in parenting and breastfeeding
- ☺ Accepting of you and your parenting ideas
- ☺ An opportunity to learn about breastfeeding during your pregnancy
- ☺ Trained ABA counsellors to answer your breastfeeding questions
- ☺ Free parenting and breastfeeding books/ DVDs to borrow and to watch
- ☺ People who care about breastfeeding
- ☺ A hot cuppa and a bite to eat

Are there benefits of joining ABA?

- YES - YES - YES**
- Current, reliable breastfeeding information
- Access to our group library of popular texts and resources on breastfeeding and parenting
- **FREE** Breastfeeding book (value \$34.95)
- Essence magazine posted to you every 2 months
- 24 hour help -phone or email
- Discount Mothers Direct shopping
- VIP Web access

Breast Pump Hire

We hire hospital grade Medela Lactina Breastpumps, to members and non members alike. 50% Discount on pump hire for members. For any enquires about the hire of a pump please call Tish 58001234

GROUP CALENDAR: 2010

ABN: 64 055 081 523

*Australian
Breastfeeding Association*

*Shepparton
& District*

Local mums

Local support

Local get-togethers

Local friends

Local fun

Group Leader:

Tish 58001234

Counsellors:

Ann 5829 8235

Trainee:

Tracy 58316063

Breast Pump Hire: Tish 58001234

www.breastfeeding.asn.au

What does ABA Shepparton do?

Discussion meetings:

This is an ideal opportunity to meet other mums and bring along any breastfeeding questions you may have. There are toys and safe spaces for your babies/children at RISE and lots of friendly faces to welcome you. We ask that you bring a plate of food to share such as fruit, sandwiches, dips or biscuits. We appreciate that sometimes you may be too busy to organise this so please don't worry - just come along anyway.

Breastfeeding Educations Sessions

These 3 hr sessions aim to detail information about breastfeeding and what to expect in the early weeks and as time goes on. We have a mum and bub come and do a demonstration feed where you have the opportunity to ask many more questions. There is a fee of \$20 which goes toward afternoon tea, venue and facility hire. Mid Trimester in pregnancy attendance is most comfortable however, you are welcome to attend at a time that most suits you during pregnancy.

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Soak'ems

Making toilet training easier.

- ⊙ A Soak'em is a waterproof absorbent shield which sits on top of your child's mattress ready to soak up the liquid.
- ⊙ Holding 1.5 liters, being completely colorfast as well as machine washable and dryable to 90°C this is a parents dream at making wet beds at night an ease to change.
- ⊙ Just switch the Soak'em, not the sheets, for a clean dry bed.
- ⊙ Available in ABA Aqua and Kool Kids Print (see right)

Single (90cm x 90cm) \$35

Set (90cm x 90cm & 60cm x 50cm) \$45

To order call Kellie 58218016

(Wednesday meetings are at 7:30pm. If you are unsure of locations please phone Tish 58001234 for directions.

* Friday meetings will be held at 10:00am Either RISE @ 38 Packham St OR at the location stated.

February

FRI 5th 10.00 RISE-Pregnant Paws: keeping babies & pets safe & happy
WED 17th 7.30pm -Returning to work & expressing

March

FRI 5th 10.00 -All abilities Playground Aquamoves
FRI 19th 10.00 RISE -Introduce a friend to ABA

April

WED 14th 7.30pm -Parenting, Wellbeing & Networking

FRI 30th 10.00 Cussen Park -Tatura-

May

FRI 14th 10.00 RISE -Why is my baby crying?
Dunstan Baby Language

WED 26th 7.30pm overcoming booby traps: turning breastfeeding 'I can not's' into 'I cans'

June

FRI 11th 10.00 RISE -Mush, Mash & Mess = baby-led weaning and recipes

FRI 25th 10.00 RISE -Being Eco friendly = How parents can save the planet

July

WED 14th 7.30pm -Medications and breastfeeding
FRI 30th 10.00 RISE -Sibling rivalry & tantalising the toddler while breastfeeding

August

FRI 13th 10.00 RISE -World Breastfeeding Week
WED 25th 7.30pm -Weight gains

September

FRI 10th 10.00 Waranga Drive Playground -Kialla Lakes-

October

FRI 8th 10.00 RISE -CPR

WED 20th 7.30pm -night time parenting

November

FRI 5th 10.00 Parkside Dve Playground Nth Shepp
SAT 20th Family Christmas TBA

NEW MEETING CALENDAR COMING SOON

December

FRI 3rd 10.00 RISE

WED 15th 6.30pm Mums Christmas night out

Other Dates to Add:

Bunnings Fundraiser

National Mothering Week Activity May

World Breastfeeding Week Activity August
Shepparton Show October

KOOL KIDS PRINT SAMPLE



Did you receive this bulletin via email?

If not, it means that we don't have your email address. Help us save some trees (not to mention saving time photocopying and stuffing envelopes) and let Tish know your email address. Email her at mokely@mcmedia.com.au