

Come and join us for informal discussion, information sharing, mother-to-mother support, and a hot cuppa! Everyone is welcome - bring a small plate of food to share if you can. If not, don't worry. If you're running late, come anyway. Any topic can be discussed at any meeting. There is always a counsellor present and available for your questions or concerns.

For help with breastfeeding please call the breastfeeding helpline or one of your local Breastfeeding Counsellors:

Nat	02 6023 6523
Sharon	02 6041 2351
Myrna	02 6071 2827
Mikaela	02 6027 0679
Cathy	02 6021 5913

Breastfeeding Helpline
1800 mum 2 mum
1 8 0 0 6 8 6 2 6 8 6

Nearby local groups:

Beechworth	Kristy	03 5726 1992
Corryong	Lisa	02 6077 9272
Wangaratta	Tricia	03 5722 1184
Bright/Mt Beauty	Sally	03 5750 1690

Breast Pump Hire:

Sharon 02 60412351

Breastfeeding Education Classes:

Sharon 02 60412351

Group Website:

<http://awabagroup.zilcorp.net/>

October 2010 – March 2011 Meeting calendar

10am until 12noon:

**Tuesdays at Glenecho Neighbourhood House,
Burrows Road, North Albury (G)**

**Fridays at Trudewind Road Preschool,
Wodonga (T)**

October 2010

Tuesday 5th 10am Play at Willow Park - Wodonga

Tuesday 12th @G – Breastfeeding beyond 6 months

Friday 22nd @T – Diet and exercise/looking after you

Tuesday 26th @G – Basics of Breastfeeding

(Especially for expectant mums or new mums)

November

Thursday 4th 10am Play at Noriel Park - Albury

Tuesday 9th @G – Tips for travelling and getting out and about with a breastfeeding baby or toddler

Friday 19th @T – BYO Breastfeeding questions

Tuesday 23rd @G – Postnatal depression

December

Tuesday 7th @G – Alcohol, food and breastfeeding

Friday 17th @T – end of year morning tea

January 2011

Tuesday 11th 10am Coffee at Sharon's –

West Albury (ring 60412351 for details)

Friday 21st @T - Introducing solids/Baby-led weaning

February

Tuesday 1st @G - Why is my baby crying? What can I do?

Tuesday 15th @G – Breastfeeding Counsellors bring back news from their ABA conference, plus planning the next 6 months of local group activities

Friday 25th @T – Supply: Meeting baby's needs

March

Tuesday 1st @G – Ages and stages – how breastfeeding changes as baby gets older

Tuesday 15th @G - Why Breastfeeding is Important?

Friday 25th @T - Expressing breastmilk –how and why?

Tuesday 29th @G – Breastfeeding and the environment



Photos by Vicky Leon
www.photosbyvickyleon.com

Your Local Group...

Would you like to meet new mothers in the area? Are you feeling a little overwhelmed? Are you receiving lots of conflicting information? Maybe you're interested in one of our discussion topics? Why not come along to a local group meeting for a chat? We'd love to see you!

One of the primary aims of the Australian Breastfeeding Association (ABA) is to give mother-to-mother support to breastfeeding women. At the local level, the ABA is run by counsellors, all mothers, who give their time voluntarily. At least one of our trained counsellors is at every group meeting.

By coming to group meetings you have the opportunity to meet other mothers in the area with breastfeeding babies of varying ages. You also have the chance to access a wide range of breastfeeding and parenting information and to talk to our counsellors and ask any questions you want and/or discuss any problems you may be having. There's always a willing pair of hands to help settle your baby if you need a break. Pregnant, breastfeeding or bottle-feeding mothers are all welcome to attend meetings, as are fathers, friends and grandparents. Children of all ages enjoy the opportunity to play too! We hope to see you at our next meeting.

A few words on the ABA Code of Ethics

Our primary goal is to support families and their choices with breastfeeding. At our gatherings we try not to mention the names of health professionals and products sold outside the Association. Neither promoting nor denouncing individuals or items protects us as well as the Association. It aids us to provide a positive sharing atmosphere where the essence of your experience is paramount.

Are you a subscriber yet?

Subscribe to the
**Australian Breastfeeding
Association**
at
www.breastfeeding.asn.au
or by calling
Nat on 02 60236523

New subscribers will receive a FREE
copy of ABA's comprehensive book
"Breastfeeding ... naturally"

(RRP \$34.95)*

* This offer excludes six-month gift subscriptions



Vision:

- For breastfeeding and human milk to be the norm for human babies.
- For babies to breastfeed exclusively for six months, with continuing breastfeeding for 2 years and beyond.

Our mission:

- As Australia's leading authority on breastfeeding:
- To educate society and support mothers, using up-to-date research findings and the practical experiences of many women
 - To influence society to acknowledge breastfeeding as normal, and important to skilled and loving parenting.

ABN 64 005 081 523

**Breastfeeding
Laughter
Inspiration
Support
Socialising**



Albury Wodonga Group

**Australian
Breastfeeding
Association**

**October 2010 – March 2011
Meeting calendar**

www.breastfeeding.asn.au