

Your ABA subscription includes:

- Six issues of *Essence* magazine
- Free breastfeeding book 'Breastfeeding ...naturally'
- Access to ongoing breastfeeding counselling and support from your local group
- Talks and gatherings in your local area
- Discounted breastpump hire
- Discounted shopping at [mothersdirect.com.au](http://mothersdirect.com.au)
- The knowledge that you're supporting Australia's leading source of breastfeeding information and support!

Subscribe online at [breastfeeding.asn.au](http://breastfeeding.asn.au) or over the phone on 1800 mum 2 mum (1800 686 2 686)

#### Antenatal Breastfeeding Education Classes

### Breast Pump Hire

Our group has Medela Lactina and Ameda Elite electric breast pumps available for hire. Rates are \$30 per week or \$15 for subscribers.

Call Hazel on 4757 8430 for more

our 3.5 hour workshop-style class is designed for expectant parents to prepare for the early days, weeks and months after their baby's birth. Our region holds classes at Springwood and Glenmore Park. Places are limited so early registration is recommended.

Cost: \$85/couple. This includes a one year subscription, refreshments and complimentary handout material. Discounts are available for ABA subscribers and concession card holders.

To book, contact NSW branch office on 8853 4900 or [nswoffice@breastfeeding.asn.au](mailto:nswoffice@breastfeeding.asn.au)

### Subscription rates:

Annual \$65  
Concession \$50  
Two Years \$100



australian  
breastfeeding  
association

ABN 64 005 081 523

The Australian Breastfeeding Association supports parents who wish to breastfeed their babies. ABA strives to create an awareness of the importance of human milk in the community, whilst recognising that breastfeeding is just one part of skilled and loving mothering. You're more than welcome to join us, whatever your stage of the journey. Children are welcome, as well as any support people you may bring. Qualified Breastfeeding Counsellors & Community Educators are available to assist or answer questions at every meeting. You can also ring our 24 hour helpline, or try our webpages for information.

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

October 2011 to  
March 2012

## Upper Blue Mountains Group Bulletin

Linden to Mount Victoria

**Breastfeeding Helpline**  
**1800 mum 2 mum**

**1800 686 268**

### Local Contacts:

#### Group Leaders

Veronica (Treasurer) 4758 7945

Bron (Library) 4758 8027

#### Counsellors

Natalie 4757 2080

Hazel (Breastpump Hire) 4787 8430

Jacquie 0405 600 155

Sara 4751 7725

#### Trainees

Abby 0419 623 973

Rachel (Bulletin) 0402 155 982

[www.hermes.net.au/aba](http://www.hermes.net.au/aba)

**YOUR PRIVACY IS IMPORTANT TO US.** The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing Association services. Your personal details will not be given to any other party unless legally required. Our privacy policy can be viewed at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) or obtained by calling 03 9855 0855 during business hours. Your personal details may be used for internal fundraising purposes. Should you prefer not to receive these requests, please contact us.

# Meeting Dates October 2011 - March 2012

## October

- 6th - **Breastfeeding in Public** - Bron  
10am @ Lawson Family Daycare Room (behind the library)  
20th - **Morning Tea for New and Expectant Mums** - Jacquie  
10am @ Katoomba Neighbourhood Centre

## November

- 3rd - **Parenting Fussy Babies and Dealing with Sleep Issues** - Veronica  
10am @ Lawson Family Daycare Room (behind the library)  
17th - **Looking after Your Pelvic Floor** - Guest Speaker  
10am @ Katoomba Neighbourhood Centre  
27th - **Card Making Day!** - Hazel  
Learn to scrapbook and make some cards to help fundraise for the group!  
@ 64 Second Ave, Katoomba

## December

- 1st - **Expressing and Storing Breastmilk** - Veronica  
10am @ Lawson Family Daycare Room (behind the library)  
15th - **Breastfeeding During the Festive Season** - Bron  
10am @ Katoomba Neighbourhood Centre

## January

- 19th - **Holiday Catch Up!**  
10am @ Memorial Park, Blackheath

## February

- 2nd - **The Billings Method- Natural Fertility Planning** - Guest Speaker  
10am @ Lawson Family Daycare Room (Behind the library)  
16th - **Planning Meeting**  
10am @ Katoomba Neighbourhood Centre

## March

- 1st - **Too Little, Too Much? Your Milk Supply** - Sara  
10am @ Lawson Family Daycare Room (Behind the library)  
15th - **Starting Solids** - Jacquie  
10am @ Katoomba Neighbourhood Centre  
29th - **Picnic in the Park**  
10am @ Gloria Park, Hazelbrook

## Breastfeeding Helpline 1800 mum 2 mum

**1800 686 268**

Katoomba Neighbourhood Centre is at 6 Station St. This is not a project of the Katoomba Neighbourhood Centre.

The Lawson Family Daycare Room is behind Lawson Library, corner of San Jose Ave and Loftus St.

*Everyone is welcome at our meetings- you don't have to have a breastfeeding problem (or even be breastfeeding) to come along. Your experiences of mothering are valuable to others. ABA is a great place to meet other parents of small children, especially if you are new to the area. Dads, grandparents, friends, toddlers and older children are all very welcome.*

Our **Card Making Day** is a fun way to learn a new skill and help our group to fundraise. \$3 per person will be payable on the day to cover costs, and the cards made will then be for sale for \$4.00 each. Contact Hazel for more information (4787 8430)

Join our mailing list and keep up-to-date with the group, including any last minute meeting changes. Sign up at [www.hermes.net.au/aba](http://www.hermes.net.au/aba)

Do you need a lift? Many members are happy to collect others on their way to meetings. Please contact us if this would be helpful to you. If you have any breastfeeding questions, whether or not they relate to the meeting topic, please feel free to speak to a counsellor. Attendance at meetings is free, but it is suggested that you subscribe to ABA after two meetings, for insurance purposes.