

Reasons to get involved

- ♥ Accessible and supportive
- ♥ Non-judgemental and inclusive
- ♥ Connect with families with all ages of babies and children
- ♥ Led by qualified volunteers
- ♥ Breastfeeding counselling available
- ♥ All questions welcome
- ♥ Evidence-based accurate breastfeeding information
- ♥ Nurturing ABA parenting village
- ♥ Training opportunities to qualify and support others.

Mother-to-mother support for all families

ABA Northern Tasmania Group encourages and supports mothers who wish to breastfeed by providing support, information, education and counselling. We encourage sharing of parenting and breastfeeding experiences. Our group provides the opportunity to develop friendships, social contacts and a sense of belonging.

24-hour freecall



1800mum2mum
Breastfeeding Helpline 1800 686 268

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



12-2pm Monday and Friday
8-10pm weekdays
at **breastfeeding.asn.au**

ABA Northern Tasmania Group covers the Launceston and Devonport areas. Our group holds informal get-togethers for mums, babies and supporters (partners, friends, grandparents). These are our online discussions where we connect, share and support one another. Don't worry if you are running late, we know parent-life can be unpredictable.

DATE	TOPIC	VENUE
Fri 5 Jan 11.30am-1pm	Weaning: all you need to know Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 2 Feb 11.30am-1pm	4 months old ... now what? Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 1 Mar 11.30am-1pm	Understanding your supply Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 5 Apr 11.30am-1pm	Mothering more than one Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 3 May 11.30am-1pm	Introducing solids ... and allergy Guest speaker* – local dietitian/IBCLC Zoom Discussion ID 513 214 6735	Online via Zoom
Fri 7 Jun 11.30am-1pm	Wakeful babies – what's normal? Zoom Discussion ID 513 214 6735	Online via Zoom

Have questions about these meets? SMS Julie on 0417 846 190

For information on **face-to-face events*** in the Launceston area visit our **Facebook page** and our **website calendar**.



FOLLOW US ON INSTAGRAM
@OZBREASTFEEDINGTAS



FIND US ON FACEBOOK
@ABA NORTHERN TASMANIA GROUP

* Guest speaker presentations may include information which is not in accordance with ABA policies and position statements.

* If you plan to join a face-to-face get-together please consider the health of others and stay home if you, or anyone in your household, are unwell. We will see you next time – in the meantime please access our online or telephone services.

Australian Breastfeeding Association

Northern Tasmania Group Contacts

Breastfeeding educator: Julie 0417 846 190

Breastfeeding counsellors: Marion 0409 899 136

Melissa 0438 732 720

Maddy 0408 536 831

Breast pump hire: Marion 6425 5780 – Ulverstone

Maddy 0408 536 831 – Launceston

Follow us on Facebook for up-to-date news:



Breastfeeding counselling support

ABA breastfeeding counsellors are mothers who have trained in breastfeeding management and volunteer on the Breastfeeding Helpline and in their community providing support and breastfeeding information. ABA breastfeeding counselling is free, confidential and available to all mothers, parents and carers.

Launceston area update

Local catchups are on in the Launceston area.

Please see our web page (see the QR code on the front) to **check the Northern Tasmania group calendar for what's coming up.**

Contact: Maddy 0408 536 831

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



Australian
Breastfeeding
Association

Attend any ABA group meet-ups in Tasmania and Australia* – **all of our meet-ups and group activities are free!** You can join our Virtual Village to receive the benefits below.

ABA is a volunteer not-for-profit organisation, relying on membership, grants, donation and fundraising to continue our services in the community.

Virtual Village Plus membership provides:

- ✓ FREE antenatal **Breastfeeding Preparation Session** webinar with **\$20 member price refund offer** from Northern Tasmania Group.
- ✓ FREE ABA e-book **Breastfeeding...a practical guide**
- ✓ Access to premium content in ABA's **mum2mum** app
- ✓ Half-price **breast pump hire** rates
- ✓ ABA member magazine **Essence** quarterly
- ✓ Regular member e-newsletters
- ✓ **Newborn virtual village** and **Connect & share** online parenting workshops inclusive
- ✓ **LiveChat** queue priority

Join at: breastfeeding.asn.au/join-aba-now

Breastfeeding Preparation Session

Having a baby? Register for ABA's interactive online class here, then claim the \$20 refund available from ABA Northern Tasmania group.



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Mum-to mum support and breastfeeding information

aba.asn.au/northerntasmania

Key dates & local contacts

January–June 2024



breastfeeding.asn.au