



australian  
breastfeeding  
association

# Kariong

## Group Bulletin

April 2009 – March 2010

### Group Leader:

Helen 4367 7155

### Counsellors:

Helen 4367 7155

Wendy 4329 1845

Pip 4328 2376

Pepita 4323 7473

Nina 4324 0185

Merlene 4341 2663

### Breastfeeding Helpline

1800 mum 2 mum (1800 686 2 686)

*The Breastfeeding Helpline is supported by funding from the Australian Government under the Support Breastfeeding Mums initiative.*

### Website

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

### Breast Pump Hire

Kathy 4367 2949

Michelle 4333 4073

Welcome to the Australian Breastfeeding Association's Kariong Group. The Association's purpose is to empower women to breastfeed successfully. Our group meetings are an opportunity to meet with other mums, discuss breastfeeding and parenting ideas, and have a cuppa and some morning tea. A breastfeeding counsellor is always at the meetings and is available for telephone counselling at home. All counselling is strictly confidential. All mothers are welcome at our meetings, regardless of how their babies are fed. If you are able to bring along a small plate of morning tea please do so. However, we do understand that some days it's best to bring yourself and not worry about the plate.

### Where do we meet?

Kariong Group meets at the Kariong Neighbourhood Centre, 10 Langford Drive, Kariong (unless otherwise noted).

### When do we meet?

Every second Friday  
10 am to 12 noon  
(excluding school holidays).



### From our Group Leader, Helen

Hello and welcome to another Kariong Group Bulletin. A warm welcome to all our new group members and new babies that have arrived in the last 12 months, it's been wonderful meeting you all. This bulletin is bursting with lots of interesting discussions. I hope you can find something in it for you.

You may have noticed that Pepita has stepped down from the Group Leader role. I would like to take this opportunity to thank her for all her hard work and the fabulous job she has done running the Kariong Group. I hope I am able to do the job as well as Pepita did.

Even though I had lots of exposure to babies and ABA before I became a mother myself, nothing prepared me for the demands of motherhood and how a little tiny baby could literally take your whole day to feed, change, settle etc leaving not much time for yourself. I now have 2 children: Cooper (4) and Lewis (23 months) and am expecting my 3rd mid August.

*I really look forward to seeing you at one of our meetings soon.*

*Take care and happy Mothering.*

**Diary Dates 2009 – 2010**  
*Meeting together makes breastfeeding easier!*

April 10 – 27	<i>School Holidays</i>
May 4 – 10	<b>National Mothering Week</b>
May 8	<b>Mother's Day Pampering!!</b>
May 22	<b>And Another Makes Two: Life with a toddler and a new baby</b>
June 5	<b>Time Saving Tips: Come and share your shortcuts around the home</b>
June 19	<b>From Milk to Munchies: Introducing family foods</b>
July 3	<b>Fun, Fun, Fun: Activities for kids during holidays or hot/wet days</b>
July 11 – 26	<i>School Holidays</i>
July 31	<b>Breastfeeding In Emergencies</b>
August 3 – 9	<b>World Breastfeeding Week</b>
August 14	<b>Yes You Can Do That! Dispelling those breastfeeding myths</b>
August 28	<b>What To Expect When You Are Expecting: Breastfeeding in the early weeks</b>
August 30	<b>Fathers Day Picnic – Come and meet us at the park near the Eco Garden from 10am</b>
September 11	<b>Understanding Our Pelvic Floor – Guest Speaker *</b>
September 25	<b>Sex And Intimacy After Childbirth</b>
October 3 – 18	<i>School Holidays</i>
October 23	<b>Music for Kids – Guest Speaker *</b>
November 6	<b>Support 101: How you can help yourself</b>
November 20	<b>Adventures in Tandem Feeding: Yes you can breastfeed a toddler and a baby</b>
November 29	<b>Breakfast At The Beach</b>
December 4	<b>Healthy Snacks For Children: Come share your recipes and food ideas</b>
December 18	<b>Are You Feeding That Baby Again! Coping with unwanted advice</b>
December 19 – January 26	<i>School Holidays</i>
January 29	<b>Ok It's Time To Stop Now: The how and why of weaning</b>
February 12	<b>Breastfeeding Aids: Pumps, pillows, anything that helps</b>
February 26	<b>Reading To Your Children – Guest Speaker *</b>
March 12	<b>What Can Dads Do? Fathers and breastfeeding</b>
March 26	<b>Breaking The Rules: Parenting by instinct</b>

Unless otherwise stated, all meetings are held at the Kariong Neighbourhood Centre on a Friday morning between 10 am and 12 noon.

\* Views of guest speakers are not necessarily the views of the Australian Breastfeeding Association.



## **MOTHERS DIRECT**

### **Products for babies, children, pregnant and breastfeeding mums**

Mothers Direct make shopping from home a breeze specialising in a great range of breastfeeding tops, the biggest range of maternity bras extending to the larger sizes, breast pumps and accessories, children's stories, parenting books, baby slings, DVDs, music, skin care, lambskins, a wonderful variety of gifts and so much more. All subscribers to the Australian Breastfeeding Association receive a 10% discount. All profits support the work of the Australian Breastfeeding Association.

You can shop online 24 hours a day at **[www.mothersdirect.com.au](http://www.mothersdirect.com.au)** or visit the shop located at 4 McMullen Avenue, Castle Hill NSW 2154 phone (02) 8853 4900.

## Meet our members

**Name:** Eszter Wong

**Family:** Me: 30 this year, husband Tim 30 this year, and our son Jet 2 1/2yrs old.

**Date joined ABA:** 2007

**Why you joined ABA:** We'd just moved to the coast and I wanted to meet other mums in our community.

**What I love about breastfeeding:** I love the sense of peace, love and security it gives. As well as the investment in Jet's health and future that I have given him, he has given me a gift, in being my partner in our breastfeeding relationship. I also think it makes parenting easier...it is liquid gold, comfort, medicine, and it fixes everything!

**Any breastfeeding hurdles:** Many! Cracked, bleeding, sore nipples, poor attachment, blocked ducts, fussy feeder, fed with the aid of a nipple shield for 8 months (then was able to stop using shields from one feed to the next, and from 8 months onwards has been very enjoyable for both of us)!

**Something you have learned about breastfeeding:** That it really doesn't matter how long each feed goes for, or how long between feeds, that your baby will guide you, and there is no such thing as too much breastfeeding! And that breastfeeding is a journey. If you have the right support and right information, you can overcome very trying times.

### IN THE KITCHEN

**Favorite food:** I love creamy pasta dishes, but also love a good Japanese meal, complete with salmon sashimi, also am always up for Yum Cha! And...I loooove chocolate!

**Kitchen triumph:** I love making stuff up as I go, it's great when it actually turns out really yummy!

**Kitchen disaster:** Don't know that I've had one.

**Favorite appliance:** My new pie maker, followed closely by my slow cooker.

**Most used appliance:** The stove

### AROUND THE HOUSE

**Most hated chore:** Vacuuming and dusting.

**Ideal way to spend a Saturday afternoon:** Going to the beach with my family, or a nice walk.

**Currently reading:** Kindred magazine and the book "The Science of Parenting".

**Favourite TV Show:** Pushing Daisies / Big Love / Grey's Anatomy



## PREGNANT?

### Come to our Basics of Breastfeeding Seminars!

The Central Coast Region conducts seminars for new and expectant parents covering the basic breastfeeding information. The seminars are held regularly on either a Saturday or Sunday afternoon, alternating between Wyong, Gosford and Bateau Bay. The seminar costs \$79.95 and includes afternoon tea and a yearly subscription to the Australian Breastfeeding Association as well as a copy of the Association's comprehensive breastfeeding book '*Breastfeeding...naturally*', valued at \$34.95.

If you are interested in finding out more information or know anyone who is expecting a baby, please ask one of our breastfeeding counsellors for more information or you can contact the registrar direct, Judy on 4369 2333 or giffos@hotmail.net.au.

### Have we helped you?

If the answer is yes, and you are not a member, please consider joining now. The Australian Breastfeeding Association relies on subscriptions to pay for the costs involved in training our breastfeeding counsellors and community educators. We don't charge for our services so your support is appreciated.

**Please see the back cover for a subscription form.**

### Membership Benefits

- **Magazine** – Our full colour magazine *Essence* mailed to your home every 2 months is packed with interesting articles, up-to-date information and shared experiences of other mothers.
- **Free breastfeeding book** – A free copy of our comprehensive, best selling book *Breastfeeding ... naturally* valued at \$34.95
- **Talks and social gatherings in your local area** – Breastfeeding counsellors hold informative talks and get together where you can learn more about breastfeeding

and parenting and make friends with other breastfeeding mothers

- **Discount breast pump hire** (save up to 50%)
- **Online forum** at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### What is a Breastfeeding Counsellor?

Breastfeeding counsellors are the heart of ABA. Their major role is to support and encourage breastfeeding and skilled and loving parenting. Breastfeeding counsellors are trained volunteers and abide by a Code of Ethics; ensuring up-to-date, accurate information and confidentiality. All breastfeeding counsellors have personal breastfeeding experience. Breastfeeding counselling involves listening, talking and offering suggestions. A breastfeeding counsellor is present at all meetings and may be contacted at home by telephone. Breastfeeding counselling is a free service available to members and non-members alike.

**See the front page of this bulletin for contact numbers for breastfeeding counsellors.**

## ABA & you

Would you like...

- to give great suggestions to your friends,
- update your knowledge on breastfeeding for your next child,
- learn some great life skills,
- attend fantastic conferences and seminars, and
- go on an amazing personal development adventure.

Well you can...

- attend free monthly training sessions in the local area,
- meet lots of other great mums, and
- earn a Certificate IV in Breastfeeding Counselling.

What's the catch...

Yes, you will need to do reading and assignments but no exams.

And, on qualifying as a breastfeeding counsellor we ask that you have a willingness to commit to ABA which includes shifts on our telephone helpline or email counselling.

**Want to know more... Check out our website [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) and click on volunteering at the top of the page or talk to any one of the breastfeeding counsellors listed on the front of the bulletin.**

## Breast Pump Hire

Kariong Group has a Symphony Pump and a Medela Lactina Pump available for hire. The cost is:

ABA subscribers:	\$15/week (Lactina)	\$25/week (Symphony)
Non-subscribers:	\$30/week (Lactina)	\$50/week (Symphony)
Security deposit:	\$100 (refundable)	

A collection kit (which can also be used as a hand pump) must be purchased for use with a breast pump. **For any further information, please call Kathy on 4367 2949 or Michelle on 4333 4073.**

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Paper supplied by **Kariong Chiropractic 4340 5154**



# Australian Breastfeeding Association Subscription Form

PO Box 4000, GLEN IRIS VIC. 3146

Telephone (03) 9885 0855 Facsimile (03) 9885 0866 or online [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Street: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_ Birthdate: \_\_\_\_\_

1 year new \$65.00     2 year new \$95.00     1 year renewal \$50.00     2 year renewal \$85.00

Concession [No. \_\_\_\_\_] New \$50.00, Renewal \$35.00

Enclosed is my cheque/money order (payable to Australian Breastfeeding Association) OR

Please charge my Visa/Mastercard

**Total: \$** \_\_\_\_\_

       Card Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Card Holder's Name: \_\_\_\_\_ Signature: \_\_\_\_\_

I am a new subscriber to the Australian Breastfeeding Association

When you join you will receive a copy of the Association's comprehensive and invaluable book on breastfeeding, *Breastfeeding ... naturally*. This book usually retails at \$34.95

Please tick this box if you do NOT want to receive a copy

I have been an ABA/NMAA subscriber before. Subscriber Number: \_\_\_\_\_ OR

Please provide previous surname/address details if these have changed: \_\_\_\_\_

### 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 to do so. Our privacy policy can be viewed at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) or obtained by calling 03 9885 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.