

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: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_ Birthdate: \_\_\_\_\_

1 year new \$65.00  2 year new \$100.00  1 year renewal \$65.00  2 year renewal \$100.00

Concession [No. \_\_\_\_\_] Total \$ \_\_\_\_\_

Enclosed is my cheque/money order (*payable to Australian Breastfeeding Association*) OR  please charge my  
Visa/MasterCard

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

**News Flash!**

An exciting new offer for renewing subscribers has started! Renew your subscription and receive a free copy of Steve and Shaaron Biddulph's best-selling book *Raising a Happy Child* valued at \$22.95!

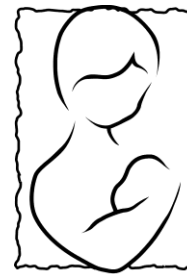
This book goes to the heart of being a parent - communication. It tells how you can nurture your children during the precious years from birth to 6, helping them become confident individuals. It helps you: to discover your child's personality; pick up tips on teaching good behaviour; and learn how to make bath time, shopping and car journeys fun!

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?



australian  
breastfeeding  
association

Australian Breastfeeding Association

ABN 64 005 081 523

Balonne Area Group Bulletin

February to April 2011

**Balonne Area Directory**

Group Leader and  
Breast Pump Hire

**Estelle** 4625 5442

Group Counsellors

**Estelle** 4625 5442

**Melinda** 4625 7447

**Rachel** 4622 7681

**Ann-Margaret** 026756169

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

**We're on the Web!**

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

**Online shopping as well!**

[www.mothersdirect.com.au](http://www.mothersdirect.com.au)

The **Australian Breastfeeding Association (ABA)** is a **voluntary** organisation established in 1964, to encourage and support mothers who wish to breastfeed their babies and to promote skilled and loving mothering, while creating in the community an awareness of the importance of human milk.

**Balonne Area Group** meets regularly - see *inside* for more details.

## **Australian Breastfeeding Association**

### **Our Vision:-**

- \* For babies 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.

### **ABA Volunteer Counsellor Description:-**

A mother, who has breastfed a child, has undertaken a comprehensive training course and abides by the ABA Code of Ethics.

Our role is to support mothers in their journey with breastfeeding. Any current Counsellor or Community Educator is continually updating by attending relevant conferences and completing online learning packages.

We offer our services free of charge.

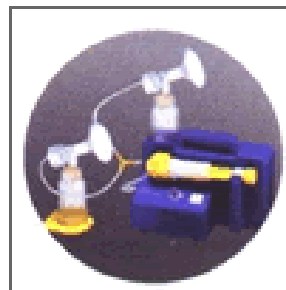
### **Discussion meetings**

**A Discussion meeting** is a get-together, where you can gain information and support from trained Counsellors, meet other mothers and share your experiences, ideas, and precious moments.

Topics are varied between breastfeeding and parenting, usually taking about ½ - ¾ hour. Usually we start the discussion about 9.45 so there is time to have a cuppa and chat beforehand.

As children are unpredictable – we will understand if you are running late and will welcome you all the same. Our venue is child friendly so toddlers and older children are welcome as well.

## **Balonne Area Group has Medela Electric Breast Pumps for HIRE.**



### **Costs involved are: -**

- A Lactaset kit (approx. \$70) must be purchased for each new user;
- This can be used separately as a manual (hand) pump, or can be connected to the Medela pump.
- \$30\* a week hire rate for non members

Or \$15\* for members **(50% discount)**

\* Rates are set nationally.

Note this can all be paid by **credit card**.

Please contact **Estelle 46 255442** if you think you need a **pump**

### **Online shopping at Mothers Direct**

**[www.mothersdirect.com.au](http://www.mothersdirect.com.au)**

**Phone 1800 032 926**

Mothers Direct is the Marketing and sales arm of  
**Australian Breastfeeding Association.**

It sells many different baby products that usually arrive within 10 days of order.

*Subscribers discount of 10%*

## BOOKLETS

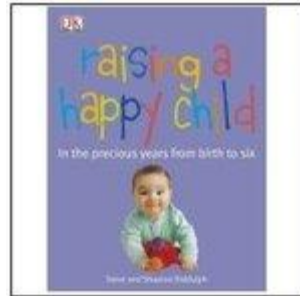


Our booklets have all been written by ABA and approved by its advisory panel. Each of these booklets deals with specific topics related to breastfeeding. Drawing on current medical and technical information and the vast counselling experience of counsellors, these easy to read **booklets** contain practical suggestions and reflect ABA policies on the management of lactation.

## Book review:-

**The authors of The Secret to Happy Children bring us their new guide to parenting in the precious years from birth to age six.**

A parenting book like no other, **Raising a Happy Child** helps you to create a loving and playful connection with your child. It shows how to nurture your children during the precious years from birth to six, helping them become happy and confident individuals.



Forget advice on nappies, feeding and flu jabs: this funny, inspiring book goes to the heart of being a parent - communication. Find out how to nurture your children during the precious early years. Discover how to get to know your baby's personality and enjoy each stage of their early years. Pick up tips on teaching good behaviour and learn how to achieve the impossible - making bath-time, shopping and car journeys fun! Includes advice on helping your child learn about feelings.

Share a father's moving diary and be inspired by dozens of true-life stories and uplifting anecdotes from parents who've been through it all and survived. Plus, there are 30 activity pages with games and play ideas for you to enjoy with your child.

## Group Leader's Message

My passion is maintaining and growing our **local** group and giving local support and information to those ladies requiring help.

I do encourage you to come along to gain further information and support from other mothers and the attending Counsellors. You are welcome to bring a friend and let others know about ABA. All are welcome.

We are trialing having a meeting on a Tuesday to see if this caters for more mums, at this stage it will be at my house.

We do ask that after two meetings that you do become a subscriber this is only \$65 for the year and you get a great magazine every second month, and if you supply head office with your **email** address you can receive updates on when Mothers Direct sales are on, and a email newsletter, plus many more discounts and benefits. If you are **renewing** it is only \$50 per year, please continue to support ABA by renewing.

A special welcome to all our new Mums and Babies hope to see you at a meeting soon.

*Estelle*

## *Group news.....*

Balonne area Group received a grant from Department of Family, Housing, Community Services and Indigenous Affairs for the total of \$2,200 for office equipment to make our volunteers life a bit easier. We have purchased a laptop, printer, office chair and filing cabinet for Estelle and Melinda to use.

### Helpers needed to run group

Each month we ask that a different mum takes the **Library box** home from the meetings. This is an excellent way of getting the chance to read and look at our books at your own leisure.

We are also looking for someone with basic booking keeping skills to be our **treasurer**; this volunteer job only requires a few hours every few months to keep on top of the book work.

Please contact Estelle if you feel this is a job you could do.  
**4625 5442**

## Training to become a Counsellor or Community Educator

### Certificate IV in Breastfeeding Counselling and or/ Community Education

This is a TAFE qualification delivered by ABA a Recognised Training Authority. Most of the training can be done online. The training is self paced and is broken up into nine core units and three elective units – depending if you want to do Counselling or Community Education. It is thought that it would take about a year to do (one unit per month but of course this can be slower or faster if you so wish)

If you feel this is for **you** please look up details on web site under training, ([www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)) then

Contact Estelle for further information and direction

## NATIONAL RAFFLE

**\$2** per ticket, \$20 for a book

Valentine's Day to Mothers Day

The 2011 raffle offers a fabulous opportunity for our group to fundraise

We get to keep **\$1** for every ticket Sold!

Please contact Estelle if you can sell a book or two!

### 7 great prizes

1st prize  
\$15,000 shopping spree

2nd prize  
\$10,000 shopping spree

3rd prize  
\$5,000 travel voucher

4th to 7th prize  
Apple iPads valued at \$1,049 each



**Australian Breastfeeding Association**  
**Balonne Area Group Activity Guide**  
**February – April 2011**

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**Friday February 11<sup>th</sup>**

**9.30 am**

**The first 3 months**  
*Presbyterian kids shed*  
*Marie Street*  
*St George*

**Tuesday 22<sup>nd</sup> February**

**9.30 am**

**About ABA – where it can lead you.**  
*Estelle's House*  
*12593 Carnarvon Hwy*

**Friday 11<sup>th</sup> March**

**9.30 am**

**Night time parenting**  
*Presbyterian kids shed*

**Tuesday 22<sup>nd</sup> March**

**9.30am**

**Working and feeding**  
*Estelle's House*  
*12593 Carnarvon Hwy*

**Friday-Sunday 1<sup>st</sup>-3<sup>rd</sup> April**

**Counsellors away at state conference**

**Friday April 8<sup>th</sup>**

**9.30 am**

**Guest speaker – looking after mum**  
*Presbyterian kids shed*

**Further Information Contact Estelle**  
**4625 5442**