



June 2010
-
November 2010

Group leader welcome

Hello and welcome to our group.

We have been going from strength to strength over the last six months and it is so exciting to be part of such a dynamic organisation.

The most inspiring experience has been to watch our trainee counsellors work so hard to complete each assignment and module in their Certificate IV Breastfeeding Counselling. Congratulations to each of you on your progress so far. No small feat with toddlers and babies dividing your time and attention.

Some further highlights have included:

· **Providing a baby care tent** for two days and one night at the Apple and Grape Festival. Over 60 people used our facilities including a mum with a disabled son and a mum with triplets. Special thanks to Maree who kept the tent open during the evening while she watched her talented husband perform on the main stage. 24 people used the tent during that time. Thanks also to Alison for collecting the tent and to Ray for returning the tent to Brisbane.

· **Providing an expanded one hour program at the Stanthorpe Hospital Antenatal classes.** The first presentation went very well with the supervising midwife commenting that this was "exactly what she wanted". Trainees Leah, Michelle and Anita have really made this improved service possible.

· **A wildly successful street stall** that raised \$855.60. This has paid the registration fees for Leah, Anita, Michelle and myself to attend Queensland branch conference in April. This is the first time that our group has raised our conference registration in one event. Thanks to Rebecca for organising the stall and to all who donated produce, cooking, and time to making it so successful. We are truly grateful for your support.

· **A lovely family day at Girraween National Park** for our end of year celebration. This was well attended by families from both Stanthorpe and Tenterfield. The weather was perfect and the company very congenial. Thank you for the beautiful gifts. The teapot is in constant use.

· **A delicious afternoon tea at the Tenterfield Maze** to farewell our Tenterfield community educator Alana. We wish you all the best in your new town and hope they appreciate your special qualities Alana.

See you online at
www.granitenet.com.au

Tenterfield/
Granite Belt

bulletin

Group leader, counsellor

& breastpump hire
Kate
07 4681 1936

[www.granitenet.com.au/
groups/women/aba](http://www.granitenet.com.au/groups/women/aba)

help: 1800 mum 2 mum
1800 6 8 6 2 6 8 6

Trouble connecting? If you are unable to access the Breastfeeding Helpline it may be due to your phone service using internet technology (eg. VOIP phone) Drop the last number and call 1800 686 268

Info &
e-counselling: www.breastfeeding.asn.au

shop: www.mothersdirect.com.au

13HEALTH: 13 43 25 84
24h/7days



Breastfeeding Helpline
1800 mum 2 mum
1800 6 8 6 2 6 8 6

10

great reasons to come along to a local group meeting

- 1 Chance to meet and share experiences with other mothers in your area. You might make a new friend or establish a network.
- 2 Access to up-to-date information.
- 3 Gets you & your baby out of the house for a morning.
- 4 Get to know your local breastfeeding counsellor. Some mums feel more confident ringing us when they can put a face to a voice.
- 5 Talk to a trained breastfeeding counsellor available at all group meetings. If you like, they can watch you feed or answer questions during the discussion or in private afterwards.
- 6 Borrow books from our breastfeeding and parenting library.
- 7 Everyone is welcome – mums, dads, partners, grandparents, friends, babies and children of all ages. We sometimes have family activities.
- 8 View a range of ABA booklets & other items from Mothers Direct catalogue.
- 9 Watch babies of various ages & get a 'preview' of the next stage.
- 10 Learn from other mums. Some learn through observation rather than reading.

group leader welcome (cont.)

· **An excellent selling day at the Market in the Mountains** promoting our National Raffle ticket on Mothers Day (the final selling day). Leah has been our National raffle ticket coordinator this year and she makes this job look so easy.

· **Development of a new group project and further sales of our pottery mugs** by Michelle. These projects promote breastfeeding and the Association and allow our group to pay for regular running expenses such as venue hire.

I'm thrilled that so many of our readers have decided to subscribe and I welcome you to our group. Involvement is what you make of it. Some mums like to come to meetings and build social links while learning more about breastfeeding and parenting from each other. Others get what they need from the wonderful magazine *Essence* and from the other services ABA offers such as breastpump hire, online forums, email counselling, *Breastfeeding Naturally* and the subscribers' part of the website. Whatever your interest I hope that ABA is able to offer the hand of friendship and support in a medium suitable to you.

Yours in mothering

Kate Shapcott
Group Leader
Volunteer Breastfeeding Counsellor
Ph 4681 1936

congratulations Leah!

Congratulations to Leah for submitting her final assessments that will soon see her qualified as a counsellor!

baby led attachment

Baby-led attachment is the term given to the process where your baby follows a pattern of instinctive behaviours to get to the breast. This can be for the first breastfeed or at any time when the attachment is not correct and your nipples are damaged. The process is most often described as follows:

1. **Sit comfortably**, whether in bed with pillows behind you and one under your knees, or on a chair with your feet on a low stool or cushion. It is helpful to be well-supported and comfortable, as you may be sitting in that position for a while. Speak to your medical adviser if pain is making it difficult for you to relax.
2. **Start with a calm baby and a calm mother.** Humans learn best when they are in a calm, receptive state. Your baby's instincts in response to hunger will lead her to the breast and to suckle, however it is the flow of milk she then receives that teaches her this is where milk comes from. If your baby is stressed, crying or upset, she will not be in a receptive state to be able to follow her instincts. Calm your baby by gentle rocking and cuddling, talking to your baby, making eye contact and being skin-to-skin.
3. **Skin-to-skin contact** is a very important part of this instinctive process, so while you are both learning, you may find it useful to remove your shirt and bra, and to remove your baby's clothes,

group directory

Group leader, breastfeeding counsellor, electric breast pump hire

Kate 07 46811936
olleyfamily@bigpond.com

Trainee Counsellors

Leah, Anita, Maree, Michelle C.

Community Educators

Leah, Alison

Publicity

Anita assisted by Maree in Stanthorpe and Rachel in Tenterfield

Library

Stanthorpe Vacant

Tenterfield Michelle P.

Medical Students Presentations

Anita and Rebecca T.

Antenatal talks

Leah, Kate, Michelle C., Anita

Treasurer

Samantha

Births Secretary

Vacant

GraniteNet web site & bulletin

Michelle C.

Fruit Slice

1 tablespoon honey
1/2 cup butter
1/2 cup raw sugar
1 1/2 cup self raising flour
1/2 to 1 cup desiccated coconut
1 cup mixed fruit (trail mix or fruit and nut mix are much nicer than regular mixed fruit)

- grease a 28cm by 18 cm tin
- heat oven to 160 degrees C (325 F)
- melt honey and butter and stir into dry ingredients
- press lightly into tin and cook about 20 min till golden brown
- cut when still warm
- turn out when cold

Variations:

- use 1/2 cup of flour and add 1 cup rolled oats
- 1 egg helps
- vary the mix of fruit
- add sesame seeds

From NMAA Cooks again (the blue cook book) - now out of print

baby led attachment (cont.)

leaving her in just a nappy. Make sure the room is warm enough to be comfortable for you both.

4. Hold your baby in a way you both find comfortable. Many mothers find that **holding their baby upright on their chest**, between their breasts, works best for them.

5. Your baby will start to move her head. As your **baby starts to follow her instincts**, she may start to 'bob' her head around on your chest. As you support her in a way that feels right to you, she will start to slide, crawl, fall or even throw herself towards one of your breasts.

6. **Support your baby.** As she moves towards one breast, you may find it helpful to move your baby's bottom across your body towards the other breast. You may also need to move your hand and wrist to support your baby's back and shoulders. This support to your baby's upper body gives her the stability to be able to control her head movements as she attaches.

7. **Attaching to your breast.** Now that your baby's head is near your nipple, she may nuzzle your breast for a little while. That is fine. As long as she is still calm, she will eventually dig her chin into your breast, reach up with an open mouth, and attach to the breast. You may find it helpful to pull baby's bottom closer to your body, or to give even more firm support to her back and shoulders at this time. This will help her to dig her chin in, keep her nose free of the breast, and get a good mouthful of breast. If she loses contact with your breast, this may interrupt the instinctive process. She may continue once in contact again, or if she does not, you may need to move her back to a more upright position between your breasts and start again.

8. **When your baby is well attached to the breast**, her mouth will be right over the nipple and well onto the surrounding darker area (areola), with her tongue underneath the nipple. She should have more of the 'chin-side' of areola in her mouth than the side adjacent to her nose. Her top and bottom lips will open out over the breast, with her chin pressed against the breast and her nose clear. A correctly attached baby will be able to breathe while feeding - most mothers find they do not need to hold the breast away from the baby's nose. Doing so may pull the nipple from her mouth or even block the milk ducts below. If her nose is pushing into the breast, try moving her body and legs closer to you. This will bring her chin further in towards the breast and free her nose naturally.

'Chest to chest, chin to breast' is a quick way to describe good positioning.

Your baby's body will be positioned such that her head, neck and spine are in a straight line, with her head tipped back over your hand or arm. Her body should be facing yours. She may end up being held almost horizontally under your breasts, or she may be lying more diagonally across your body, or even into your lap. As long as her back is straight, her body close to yours, and you are both comfortable, that is all that matters. Take the time to try different positions to find what best suits you both.

If you feel pain beyond the initial stretching of your nipple, your baby may not have taken a big enough mouthful of breast. You can break the suction by inserting a clean finger in the corner of her mouth, between her gums, and try again. Baby may be happy to re-attach without changing position, or you may need to bring her more upright and start the process again. Similarly if your baby becomes upset or distressed during the 'baby-led attachment' process, calm her first, and start again. This is a learning process for both of you, it is okay to take your time.

As you and your baby start to feel comfortable with breastfeeding, you will quickly learn to put your baby straight into the feeding position you have both come to enjoy.

safe & healthy at meetings

At ABA we strive to provide a safe, welcoming and clean environment for all our meetings. To help us achieve this here are some things for us all to consider.

As ABA meetings are attended by vulnerable people such as pregnant women and small babies, if you suspect or know your child is sick we would appreciate it if you could take this into account when planning to attend. If you have any concerns regarding this issue or the topic under discussion, Kate our Group Leader would be happy to chat and we would love to see you at our next meeting.

If you have attended a meeting and then find your child or yourself has a contagious illness please let Kate know so she can alert other attendees.

Hot beverages, such as tea and coffee are often served at meetings. Please be mindful of where your hot drink is in relation to your own and other children.

We often have a wide age range of children attending ABA meetings, from very small babies to preschool aged children. We try to accommodate and keep entertained the older babies and children in attendance by supplying a number of toys for play. Please be aware of age appropriate toys and keep small toys out of reach of young babies and toddlers. Adults should also be aware of where toys are to prevent tripping accidents.

Although we endeavour to hold meetings/events in child friendly venues, please remember that we are all personally responsible for our own child's/children's safety at any ABA event.

As our venues are different, at each group meeting the person leading will highlight any potential risks to be aware of and facilities available, such as stairs, electrical cords, exits, toilets, baby change facilities, etc.

If you identify a risk or hazard whilst at a venue, please bring it to the attention of Kate or the member leading the meeting.

We look forward to welcoming you to a meeting soon!

want to come to a meeting?

Don't be scared—we were all newbies once too!

All ABA discussion meetings are informal opportunities to share ideas and personal experiences. Everybody is welcome regardless of how you choose to feed your baby.

Meetings start at 9.30am, but usually we start the discussion meeting at about 10am so we have time for a cuppa and a catch up before. Children can be unpredictable – we will understand if you are running late and will welcome you the same.

Bring a plate to share if you are having a good day.

All venues are child-friendly areas, so toddlers and older children are welcome.

positions vacant

Librarian

If you love books, are committed to ABA, are a reasonably regular meeting-goer, have a car and would love to contribute to the group, then this is the job for you!

You don't need to be a Counsellor or Community Educator to do this job - you don't even have to go to every meeting. As long as you can arrange for the library to get to most meetings and are happy to fulfill a few maintenance and monitoring tasks, that's all we ask!

For further info about what being Group Librarian involves you can contact either Kate on 4681 1936 or Michelle C on 4683 5232.

Supper Secretary/Meeting hostess, Stanthorpe

Do you get along to most ABA coffee mornings, do you have a car and a friendly personality? Then this role might be just your cup of tea!

The Group Supper Secretary is responsible for the morning tea box (cups, tea, coffee etc), and milk. She ensures that everybody has a "cuppa" at meetings.

The Meeting Hostess welcomes everyone attending group meetings and introduces newcomers.

These two roles can be taken on by one or two people. You don't need to be at every meeting, but do need to arrange for the morning tea box and milk to be at each meeting and set up before everyone arrives.

For further info about what being Supper Secretary and/or Meeting Hostess involve you can contact Kate on 4681 1936.

did you know . . .

In 1964 . . .

- breastfeeding rates were at an all time low with formula feeding actively encouraged and information on breastfeeding very scarce
- the word 'breastfeeding' was not allowed to be printed in the telephone book, nor be broadcast in the media
- six women formed an association to encourage and support breastfeeding— then under the name Nursing Mothers' Association (changed to the Australian Breastfeeding Association (ABA) in 2001)

Today . . .

- ABA is a national voluntary association with approximately 16,000 members, 400 groups, 1400 counsellors and the Lactation Resource Centre & is a world authority on breastfeeding
- ABA volunteer counsellors provide a 24 /7 Breastfeeding Helpline, offer information and support to over 250,000 people annually (mostly mothers).

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

Title: _____ First Name: _____
 Surname: _____
 Street: _____
 Suburb: _____ State: _____ Postcode: _____
 Tel: (____) _____
 Fax: (____) _____
 e-mail: _____
 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

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

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 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.

ABN 64 005 081 523
 Tenterfield/Granite Belt Group



Mothers Direct is your one stop shop for products for pregnancy, breastfeeding, expressing and early parenting.

Shop from home securely online or visit our retail store in Brisbane.

10% discount for ABA subscribers!

Visit www.mothersdirect.com.au

Alcohol and Breastfeeding: A Guide for Mothers

ABA has released new guidelines on alcohol and breastfeeding.

For the health and safe development of their babies, many mothers avoid drinking alcohol while pregnant. However, once your baby is born, you may wish to enjoy a drink with a meal, when out with friends, or on some special occasion.

The facts: alcohol and breastfeeding

How does alcohol get into my breastmilk?

Alcohol gets into your breastmilk from your blood, moving freely from the blood to the breastmilk (and back out again). Alcohol will be in your breastmilk 30–60 minutes after you start drinking.

How much alcohol gets into my breastmilk?

A number of factors affect how much alcohol gets into your breastmilk, including:

- the strength and amount of alcohol in your drink
- what and how much you've eaten
- how much you weigh
- how quickly you are drinking.

It is important to know that the amount of alcohol in your blood is the amount of alcohol in your milk.

How long should I breastfeed my baby?

By Diane Wiessinger IBCLC

IF YOU NURSE YOUR BABY FOR JUST A FEW DAYS, he will have received your colostrum, or early milk. By providing antibodies and the food his brand-new body expects, nursing gives your baby his first - and easiest - "immunization" and helps get his digestive system going smoothly. Breastfeeding is how your baby expects to start, and helps your own body recover from the birth. Given how very much your baby stands to gain, and how little you stand to lose, it just makes good sense to breastfeed for at least a day or two, even if you plan to bottle-feed after that.

IF YOU NURSE YOUR BABY FOR FOUR TO SIX WEEKS, you will have eased him through the most critical part of his infancy. Newborns who are not breastfed are much more likely to get sick or be hospitalized, and have many more digestive problems than breastfed babies. After 4 to 6 weeks, you'll probably have worked through any early nursing concerns, too. Make a *serious* goal of nursing for a month, call La Leche League [*ABA in Australia*] or a certified lactation consultant if you have any questions, and you'll be in a better position to decide whether continued breastfeeding is for you.

IF YOU NURSE YOUR BABY FOR 3 OR 4 MONTHS, her digestive system will have matured a great deal, and she will be much better able to tolerate the foreign substances in commercial formulas. If there is a family history of allergies, though, you will greatly reduce her risk by waiting a few more months before adding *anything at all* to her diet of breastmilk. And giving nothing but your milk for the first four months gives strong protection against ear infections for a whole year.

IF YOU NURSE YOUR BABY FOR 6 MONTHS without adding any other food or drink, she will be much less likely to suffer an allergic reaction to formula or other foods later on; the American Academy of Pediatrics recommends waiting until about 6 months to offer solid foods. Nursing for at least 6 months helps ensure better health throughout your baby's first year of life, reduces your little one's risk of ear infections and childhood cancers, and reduces your own risk of breast cancer. And exclusive, frequent breastfeeding during the first 6 months, if your periods have not returned, provides 98% effective contraception.

IF YOU NURSE YOUR BABY FOR 9 MONTHS, you will have seen him through the fastest and most important brain and body development of his life on the food that was designed for him - your milk. Nursing for at least this long will help ensure better performance all through his school years. Weaning may be fairly easy at this age... but then, so is nursing! If you want to avoid weaning this early, be sure you've been available to nurse for comfort as well as just for food.

IF YOU NURSE YOUR BABY FOR A YEAR, you can avoid the expense and bother of formula. Her one-year-old body can probably handle most of the table foods your family enjoys. Many of the health benefits this year of nursing has given your child will last her whole life. She will have a stronger immune system, for instance, and will be much less likely to need orthodontia or speech therapy. The American Academy of Pediatrics recommends nursing for *at least* a year, because it helps ensure normal nutrition and health for your baby.

IF YOU NURSE YOUR BABY FOR 18 MONTHS, you will have continued to provide the nutrition, comfort, and illness protection your baby expects, at a time when illness is common in formula-fed babies. Your baby is probably well started on table foods, too. He has had time to form a solid bond with you - a healthy starting point for his growing independence. And he is old enough that you and he can work together on the weaning process, at a pace that he can handle. A former U.S. Surgeon General said, "it is the lucky baby... that nurses to age two."

IF YOUR CHILD WEANS WHEN SHE IS READY, you can feel confident that you have met your baby's physical and emotional needs in the most normal, healthy way. In cultures where there is no pressure to wean, children tend to nurse for *at least* two years. The World Health Organization and UNICEF strongly encourage breastfeeding through toddlerhood: "Breastmilk is an important source of energy and protein, and helps to protect against

How long should I breastfeed my baby? (cont.)

Alcohol and Breastfeeding: A Guide for Mothers (cont.)

Can I reduce the amount of alcohol in my breastmilk?

Once you stop drinking, and the amount of alcohol in your blood drops, the amount in your milk will too.

'Pumping and dumping' (expressing breastmilk and throwing it away) will not reduce the amount of alcohol in your breastmilk.

Only time will reduce the amount of alcohol in your breastmilk.

Will stout improve my milk supply?

No. You may have heard that black beers like stout are good for your milk supply. What is actually happening is that the alcohol stops the milk flowing as freely. Milk stays in the breasts, giving the false impression that the breasts are making more milk.

Key points

- Breastfeeding is important for your baby's physical growth and emotional and mental development.
- You can have up to 2 standard drinks, but not every day, once your baby is a month old.
- Breastfeed before you have alcohol.
- Eat before and while you are drinking.
- Plan ahead if you think you may occasionally have more than 2 standard drinks.
- It is better to give a breastfeed with a small amount of alcohol than to feed artificial baby milk.
- There are risks in feeding your baby artificial baby milk.

For the full document see:
www.breastfeeding.asn.au/bfinfo/ABA_Alcohol_BF.pdf

disease during the child's second year of life." Our biology seems geared to a weaning age of between 2 1/2 and 7 years, and it just makes sense to build our children's bones from the milk that was designed for them. Your milk provides antibodies and other protective substances for as long as you continue nursing, and families of nursing toddlers often find that their medical bills are lower than their neighbors' for years to come. Research indicates that the longer a child nurses, the higher his intelligence. Mothers who nurse long-term have a still lower risk of developing breast cancer. Children who were nursed long-term tend to be very secure, and are less likely to suck their thumbs or carry a blanket. Nursing can help ease both of you through the tears, tantrums, and tumbles that come with early childhood, and helps ensure that any illnesses are milder and easier to deal with. It's an all-purpose mothering tool you won't want to be without! Don't worry that your child will nurse forever. All children stop on their own, no matter what you do, and there are more nursing toddlers around than you might guess.

WHETHER YOU NURSE FOR A DAY OR FOR SEVERAL YEARS, the decision to nurse your child is one you need never regret. And whenever weaning takes place, remember that it is a big step for both of you. If you choose to wean before your child is ready, be sure to do it gradually, and with love.

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Volunteer interview: Leah Furness

About you: Leah Furness, married to Josh Furness (for 18 years now!). We have two girls, Naima 4 and Ena 2 1/2.

When did you join the ABA? Soon after Naima was born.

Why did you join? I became a subscriber so that I could go to meetings to learn more about breastfeeding. I also remember being very keen to get my copy of "Breastfeeding... naturally" which is free to first time subscribers.

What did you enjoy about group meetings? As a first time mum I was very hungry for knowledge. I loved learning about breastfeeding from the counsellor leading each meeting. I also liked getting to know other mums and learning about parenting from them.

Why did you want to become a counsellor? I had received much appreciated help from ABA's Breastfeeding Helpline, as well as from local counsellor, Kate, in the first week after Naima was born. I was very impressed and wanted to play a part in the wonderful counselling service ABA offers.

What do you enjoy about it? I haven't done any counselling yet and I am a little nervous about how I'll go, but I think it will be very rewarding to know that I'll be providing information and support to mums which empowers them with knowledge and confidence to make their own choices about breastfeeding and parenting.

What aspects of ABA do you enjoy most? I love the way ABA works so well as an organisation and that there is a place for everybody to contribute their own talents. It amazes me how it works so well - a huge organisation with so many parts which is very careful not to lose sight of mother to mother support. This is what I have come to love about ABA - the nurturing given by mums to mums, especially by the longer term volunteers to those of us who have just started out.

What do you do within ABA now? I am a Community Educator and soon to be Breastfeeding Counsellor. I am the membership secretary for the Tenterfield/Granite Belt group, sending out group announcements, meeting reminders, subscription renewal reminders and welcoming new subscribers. I am really enjoying getting to know local subscribers

tenterfield / granite belt bulletin

activity guide june 2010—october 2010

Everyone is welcome at meetings— mothers, fathers, partners, grandparents, friends, babies, and older children. A plate of food to share is appreciated but not expected. Our get togethers are relaxed, friendly, and enjoyable.

A Breastfeeding Counsellor is available at all discussion meetings. All venues are baby and toddler friendly unless otherwise stated.

Note: all meetings now start at 9.30am. Starting time stated is local time.

Check the ABA web page on GraniteNet for updates: www.granitenet.com.au. You are welcome to attend meetings in any location.

June	Mon 7th 9.30am	ABA joins with BaBs - Preparing for Breastfeeding (BaBs—Birthing and Babies— an information, education and support group for pregnant women, mums of babies and their partners.)	The Hub 8 Corundum St	Stanthorpe
	Thurs 17th 9.30am	Your toddler and the new baby How to prepare your child for the arrival of the new baby	Salvation Army Hall Logan Street	Tenterfield
July	Sat 17th 11am	Weekend Social—Swimming @ WIRAC heated pool Join us for a warm escape from the chilly winter—swimming in the heated pools at the WIRAC centre in Warwick.	WIRAC cnr Albert & Palmerin Sts	Warwick
	Thurs 22nd 9.30am	Guest speaker: Lactation Consultant	Salvation Army Hall Logan Street	Tenterfield
August	Sun 1st August	1-7 August World Breastfeeding Week. Join with us on the 1st August to celebrate with a picnic in the park	Weeroona Park	Stanthorpe
	Mon 9th 9.30am	Entertaining toddler and baby Share tips and learn from others ways to entertain and manage two greatly different ages	The Hub 8 Corundum St	Stanthorpe
	Thurs 26th 9.30am	Survival plan Tried and tested ideas for getting through the early weeks and months with a new baby.	Salvation Army Hall Logan Street	Tenterfield
September	Sun 5th 11am	Weekend social Get together & group appraisal & planning next bulletin	Girraween National Park	Girraween
	Mon 13th 9.30am	Relactation/leaving your baby Ever wondered if you can start breastfeeding again once your child is weaned? Gone away for the weekend and want to re-establish your breastfeeding relationship?	The Hub 8 Corundum St	Stanthorpe
	10th & 11th	ABA Regional meeting For ABA counsellors, community educators and trainees.		Pittsworth
	Thurs 16th 9.30am	All about ABA: Where ABA can take you Volunteering with the ABA helps you develop a wide range of skills that can be of lasting value. Come and learn what ABA has to offer.	Salvation Army Hall Logan Street	Tenterfield
October	2nd & 3rd	Baby's Day Out http://www.facebook.com/babysdayout Baby's Day Out is a celebration of babies and their place in the world, a reminder that babies have the right to be breastfed wherever and whenever they are. More details to be announced closer to the date.	Weeroona Park	Stanthorpe
	Mon 11th 9.30am	Breastfeeding: what's normal? Discover the range of normal baby behaviours when it comes to breastfeeding.	The Hub 8 Corundum St	Stanthorpe
	Thur 21st 9.30am	Travelling with a young family Making travel with little ones a little easier.	Salvation Army Hall Logan Street	Tenterfield