



tenterfield/  
granite belt  
group

bulletin

group leader,  
breastfeeding  
counsellor  
& breastpump hire  
**Leah**  
07 4683 6252

breastfeeding  
counsellor  
**Michelle**  
07 4683 5131

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

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

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

group leader welcome

**This year kicked off to a great start for our group.** We've had some interesting coffee mornings with a good number of mums in attendance. Thank you to all who've been coming along. Your involvement and input are what make our coffee mornings so vibrant, nurturing and enjoyable. These informal meetings are a great way to learn about breastfeeding and parenting, to socialise and learn with and from other mums.

Also very exciting are the **health professionals workshops** which Anita has been presenting which provide breastfeeding information to medical students and make the Australian Breastfeeding Association known as a place for mums to go for support and information when they encounter breastfeeding challenges.

Another fun event was our **street stall fundraiser in February and March.** Between Tenterfield and Stanthorpe **we raised around \$700.00 for our group.** Thank you for all contributions - from produce to plants, homemade goodies to manning the stall. A big thank you too to those who looked after children - thanks Dee for having quite a number of our kids in the park for the morning so that others could be free to be at the stall.

**National Raffle Sales raised \$2000 for our group, plus \$2000 for ABA nationally, thanks to raffle seller extraordinaire Bec,** and her team of helpers. The monies raised are enabling our group to buy lots of books and DVDs for our library. Please let Michelle C know if there are specific books or topics you'd like to see included in our library.

**Funds raised from the National Raffle and street stall also helped to send our counsellors and trainee to Branch (state) Conference** on the first weekend of April this year. Branch Conference is an annual event giving trainees and counsellors the opportunity to come together to share with one another and learn more about breastfeeding.

quick calendar

For full calendar see the back page of the bulletin.

may 2011

Monday 9th Stanthorpe  
Thursday 26th Tenterfield

june

Monday 6th Stanthorpe  
Thursday 23rd Tenterfield

july

Monday 11th Stanthorpe  
Thursday 28th Tenterfield

august

Monday 8th Stanthorpe  
Thursday 25th Tenterfield

september

Monday 12th Stanthorpe  
Thursday 22nd Tenterfield

october

Monday 10th Stanthorpe  
Thursday 27th Tenterfield

november

Monday 14th Stanthorpe  
Thursday 24th Tenterfield

december

Sunday 4th TBA



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

## group leader welcome (cont.)

### 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.

**Anita had the opportunity to train and complete assessments** which have brought her very close to finishing her breastfeeding counsellor training. **Well done, Anita!**

I really enjoyed the fact that this was the first year of Conference where I wasn't training and completing assessments. Michelle and I were able to concentrate on furthering our knowledge of breastfeeding which I know is going to benefit other mums through our counselling. Amongst other things, we learnt about running breastfeeding education classes, baby-led breastfeeding (a very exciting area for me to learn more about - see page 6 for details of a DVD which we've purchased for our library), The latest research on breastfeeding was also shared, including info on babies' sucking action, breastfeeding and allergies, and introducing solids.

**Thank you to all who are involved in our group.** If it wasn't for the ladies in our group the exciting things I've mentioned above wouldn't have been possible.

For those of you reading this who've never been to an Australian Breastfeeding Association coffee morning, I'd like to invite you to come along (see the back of this bulletin for dates, venues and topics). Pregnant mums, new mums, mums of older babies and children, breastfeeding or not; you are most welcome.

Yours in mothering

Leah  
Leah Furness  
Group Leader  
Volunteer Breastfeeding Counsellor  
**Ph 07 4683 6252**

## fundraising success

In the closing days of the national raffle we have raised \$2000 for our group, which is an amazing amount for two small towns! Combined with our street stall fundraiser we have a good amount in the bank for the next year and we won't need to do anymore fundraising for quite some time.

This year was the first year that we received half of all raffle ticket sales in the national raffle. So we have sold \$4000 worth of tickets, and get to keep half for our group, the rest going to the national office.

We have already spent several hundred dollars on new books and DVDs for our libraries—see the list on page 4. All members are welcome to borrow these items.

If you have any suggestions for more items to be added to the library, please feel free to let Michelle know on michelle@granitenet.com.au or 46835131.

## group directory

**group leader, breastfeeding  
counsellor, electric breast pump  
hire**

Leah 07 4683 6252

**breastfeeding counsellor**  
Michelle 07 4683 5131

**trainee counsellor**  
Anita

**community educator**  
Leah

**Publicity**  
Anita assisted by Rachel in  
Tenterfield

**Library**  
Stanthorpe Shonna  
Tenterfield Michelle P.

**medical students presentations**  
Anita and Rebecca T.

**antenatal talks**  
Leah, Michelle C., Anita

**Treasurer**  
Samantha

**births secretary**  
Vacant

**bulletin & graniteNet web site**  
Michelle C.

## new in our library

Kathleen A. Kendall-Tackett:  
The Hidden Feelings of  
Motherhood

If you are a mother coping with difficult feelings such as burnout, frustration, depression, fatigue and anger, you should know two things: You are not alone, and there is a way out.

The Hidden Feelings of Motherhood is for any mum who is coping with the stresses and difficulties of being a mother in our modern world. It celebrates the importance of this most demanding role and offers specific advice on how you can cope with the challenges and make positive changes in your life.

## farewell to Kate from the ABA

**Earlier this year Kate Shapcott resigned as a counsellor after 19 years of supporting mums with breastfeeding issues.**

We want to thank you Kate for everything you did for our group and for mums.

All the best in the future, Kate. We will miss you.

## international conference

Anita and Kate have been accepted to present a paper at **ABA's 2011 International Conference: Step Up, Reach Out - developing an inclusive breastfeeding society**. They will be discussing the experience of our group has had with educating medical students about breastfeeding, whilst these students are on rotation at Stanthorpe Hospital.

The conference will be held at the National Convention Centre, Canberra on the 20-21 October 2011.

Congratulations Anita and Kate!

## thinking about coming to a meeting?

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

## new in our library

Happiest Baby on the Block DVD

Would you like to learn how to calm any new baby's cries....in minutes?

Dr Harvey Karp, a noted paediatrician and child development expert, reveals the amazing secret used for centuries by the world's top parents...the calming reflex. This reflex is literally the 'off switch' for your baby's crying!

Learn the five simple ways to turn on the calming reflex (the 5S's).... and become the best baby calmer on your block!



## 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, Leah 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 Leah 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 Leah or the member leading the meeting.

We look forward to welcoming you to a meeting soon!

## new library books and DVDs

Due to the success of recent fundraising we have purchased a large number of new items for our libraries. Members are welcome to borrow any of these items during meetings.

- Mama's word on preventing mastitis, by Charlotte Young
- Breastfeeding made simple, by Nancy Mohrbacher and Kathleen Kendall-Tackett
- The hidden feelings of motherhood, by Kathleen Kendall-Tackett
- The no-cry nap solution, by Elizabeth Pantley
- The no-cry potty training solution, by Elizabeth Pantley
- Gentle birth, gentle mothering, by Sarah J. Buckley
- Pregnancy loss, by Zoe Taylor
- Sleeping with your baby: a parent's guide to cosleeping, by Dr. James McKenna
- Helping your baby to sleep, by Anni Gethin & Beth Macgregor
- The breastfeeding mother's guide to making more milk, by Diana West & Lisa Marašco
- Babies know, DVD
- Biological nurturing, laid back breastfeeding, DVD
- Happiest baby on the block DVD
- Christina M. Smillie: Baby-Led Breastfeeding DVD
- Delivery Self Attachment DVD
- Sue Cox: Breastfeeding: Mom and I can do that DVD

**new in our library: Breastfeeding made simple** by Nancy Mohrbacher and Kathleen Kendall-Tackett

Breastfeeding is natural, but it's not always easy. It is the biological norm, but it is not the cultural norm.

By learning the seven basic principles in this book, mothers can dramatically increase their likelihood of success and make breastfeeding the enjoyable experience it should be.

The seven laws taught in this book are easy for mothers to understand and are sure to help them avoid some of the pitfalls that they might otherwise face.

The seven principles include:

- Babies Have the Urge to Self-Attach
- Use the Power of Skin-to-Skin: A Baby's Natural Habitat
- Breastfeed Ad Lib
- Reach for the Comfort Zone
- Expect Cluster Nursing
- More Milk Out = More Milk Made
- Babies Outgrow Breastfeeding



The book also addresses how to solve common problems and deal with special situations such as breast reductions and babies with special needs.

The authors describe some of the social, psychological, and cultural reasons why breastfeeding is not currently the norm, and what this implies for mothers.

In all, this is an easy-to-use breastfeeding resource for new mothers, which includes all the latest research and techniques used by those in the lactation field.



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.

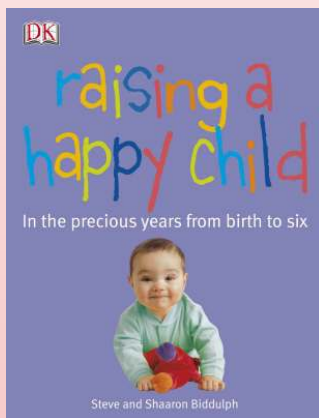
10% discount for ABA subscribers!

Visit

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

### renewals special offer

FABULOUS NEWS! When you renew your membership after 1 January 2011 you get a free copy of Steve Biddulph's 'Raising a Happy Child'.



This book goes to the heart of being a parent --- communication.

This work shows you how to nurture your children during the precious years from birth to six, helping them become confident individuals.

It helps you: discover your baby's personality; pick up tips on teaching good behaviour; and learn how to make bath time, shopping and car journeys fun.

### 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: \_\_\_\_\_

#### Subscription prices 1 January 2011 to 31 December 2011.

New subscription includes a free copy of 'Breastfeeding ... naturally' and renewal subscription includes a free copy of 'Raising a Happy Child' by Steve Biddulph.

- 1 year new \$65.00     2 year new \$100.00  
 1 year renewal \$65.00     2 year renewal \$100.00  
 Concession [No. \_\_\_\_\_] 1 year \$50.00
- 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](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.

ABN 64 005 081 523  
Tenterfield/Granite Belt Group

## FREE breastfeeding e-book

*How often should I  
feed my baby?*

*How can I tell if they are  
getting enough milk?*

Learn the basics about  
breastfeeding quickly and  
easily with our free  
34-page e-book:  
**Breastfeeding Confidence**

For your free copy go to  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
And look for the following  
image:

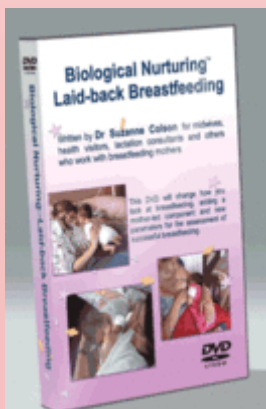


## new in our library

### Biological Nurturing - Laid-Back Breastfeeding DVD

'There is no right or wrong  
breastfeeding position. The  
right position is the one that  
works' - Suzanne Colson.

Suzanne Colson's new DVD  
uses unique and compelling  
video clips from mother-baby  
pairs show the versatility of  
mother/baby breastfeeding  
positions whose interactions  
release innate behaviours  
stimulating latch and  
sustaining milk transfer. It also  
demonstrates baby reflex  
cues and some mother-led  
strategies, especially for those  
mothers having problems



## volunteering & training with the ABA

### What formal qualifications does ABA offer in its training?

ABA offers volunteer traineeships to eligible subscribers in the following nationally recognised courses:

- 21796VIC Certificate IV in Breastfeeding Education (Counselling)
- 21797VIC Certificate IV in Breastfeeding Education (Community)
- ABA also offers training to members who are prepared to volunteer as trainers and assessors in the
- TAE40110 Certificate IV in Training and Assessment
- Assessor Skill Set from this certificate

### Why are our breastfeeding education certificate courses called volunteer traineeships?

Applicants who are accepted to train commit to work for the Association for a reasonable time on completion of their training in a voluntary capacity. During the approximately 12 months of training, there is significant practical on-the-job training through their local ABA group. All candidates for our courses are supported during their training by trainers, workplace mentors and assessors.

### Do ABA trained volunteers have special roles?

Yes. These are community educators & breastfeeding counsellors.

A **community educator** is an advocate for all aspects of breastfeeding education in the community - giving talks to schools, tertiary students and community service groups; leading discussions in ABA groups and mothers' groups; running Breastfeeding Education Classes; and more. It is a very rewarding job that gives the opportunity to make a difference to families at an important time in their lives. Community educators' training includes extensive breastfeeding information and covers communication skills needed to give talks and lead discussions.

A **breastfeeding counsellor** does many of the same things as a community educator, but her training is more focused on the counselling skills needed when she is counselling breastfeeding mothers by telephone, face-to-face or email. Her training includes a thorough knowledge of an extensive range of non-medical breastfeeding situations, as well as the skills needed for community education.

### Are ABA breastfeeding counsellors and community educators paid?

No. Counsellors, community educators, group administrators, members of working groups, and more ... work in a voluntary capacity. All counselling is free. Any payments for educational services are made to the Association. However the jobs these volunteers do are very satisfying and many of our volunteers find that they learn so much from being part of our Association that it helps them in many other aspects of their lives.

### Do breastfeeding counsellors and community educators work from an office?

No. Breastfeeding counsellors are at home, in their normal family setting, when they are telephone or email counselling. Community educators prepare their talks at home, and do talks in many different venues. Their work is voluntary.

### Where can I get more information about volunteering and training with the Australian Breastfeeding Association?

Talk to Leah, Michelle or Anita, or visit the Training page on the Subscribers-only area of the ABA website: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) (the current password is in your Essence magazine).

## new in our library

### Christina M. Smillie: Baby-Led Breastfeeding DVD

In this DVD we see mothers learning to breastfeed naturally - by letting their babies show them how. Like kittens and puppies human babies are already hardwired to seek out and find the breast. In this video, we see just how babies can do it - when we get out of the babies' way.



## volunteer interview: Anita Campbell, trainee

### group project

This lovely set of six greeting cards featuring breastfeeding Goddesses is now available.

Group projects raise funds for our group for resources such as library books and DVDs, breastpumps and to assist trainees & counsellors attending conferences and training events.

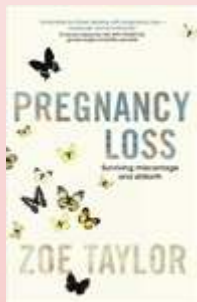
The set is \$12 and can be purchased by contacting Michelle [michelle@granitenet.com.au](mailto:michelle@granitenet.com.au) or 4683 5131 or online at [www.granitenet.com.au/groups/women/aba/cards](http://www.granitenet.com.au/groups/women/aba/cards)



### new in our library

**Pregnancy Loss: Surviving miscarriage and stillbirth**, by Zoe Taylor

When a pregnancy fails, grieving parents often wonder why no one mentioned it could happen. Yet one in every four women will experience miscarriage or stillbirth.



Mother of two and health writer Zoe Taylor has survived repeated pregnancy losses. In this book, she shines a light on every aspect of this topic.

### email list

Contact Leah on [leahfurness@hotmail.com](mailto:leahfurness@hotmail.com) if you would like to be added to our group email list. You will usually receive two emails per month notifying of upcoming meetings and group events.

**About you:** Anita Campbell; married to Cameron Campbell, children Blake (nearly 4) & Declan 2 1/2.

**When did you join the ABA?** Just before Blake was born, May 2007.

**Why did you join?** My midwife told me to get along to an ABA meeting, so like a good student, I did and I then thought I might as well join.

**What did you enjoy about group meetings?** I really liked meeting other mums and hearing what their babies did and learning that all the things my baby did were quite normal, especially not sleeping through the night or sleeping for long in his day sleeps!

**Why did you want to become a counsellor?** I had some problems feeding Blake in the early days and was really appreciative of the help and support I received to keep breastfeeding. As I attended more meetings I loved learning about breastfeeding and started to become more involved in the group and with that I thought it would be great to help other mums. I just need to finish the course though!

**What aspects of ABA do you enjoy most?** Getting together with other like minded people to chat about parenting and breastfeeding! I am also in awe of what they consistently achieve given that the Association is run completely by volunteers.

**What don't you enjoy?** That there is a perception that people who breastfeed or counsellors are dogmatic about breastfeeding. The women I have met both locally and more widely are the kindest, warmest and non-judgemental people I have met. They are accepting of people no matter how their baby is fed and many members have had experience with artificial feeding and they end up in the ABA because they want to gain more knowledge with subsequent babies.

**What's the most amazing thing you've learnt about breastfeeding?** The composition of breastmilk is amazing, its immunological properties and the fact that scientists have found stem cells in breastmilk reinforces to me that it is just not possible for formula companies to completely mimic human milk.

**What has been your favourite role in ABA?** Being involved in community education sessions such as talks with high school students or health professional seminars. I currently run breastfeeding education sessions with the local medical students which is one of my passions.

**What do you do within ABA now?** I am the publicity officer, so I place the meeting announcements in the paper. I also coordinate the breastfeeding education seminars for medical students or any interested person, which I really enjoy doing. Hopefully I will be finished my counselling qualification within the next couple of months!

### library list online

Our library collection is split between Tenterfield and Stanthorpe. The books are swapped every few months (if we remember!). We have a list of all our books at: [http://www.librarything.com/catalog.php?view=aba\\_gb\\_tent](http://www.librarything.com/catalog.php?view=aba_gb_tent).

If you would like a book that's held at the other site, just ask Leah or Michelle and they can pick it up for you (if it's not on loan).

## activity guide may—december 2011

Everyone is welcome at meetings—mothers, pregnant women, fathers, partners, grandparents, friends, babies, and older children. Women who are not breastfeeding are also welcome. A plate of food to share is appreciated if you are having a good day. Our get togethers are relaxed, friendly, and enjoyable.

A Breastfeeding Counsellor is available at all discussion meetings. All venues are baby and toddler friendly. Starting time stated is local time. Daylight savings in NSW runs from 2 Oct 2011.

Check the ABA web page on GraniteNet for updates: [www.granitenet.com.au/groups](http://www.granitenet.com.au/groups)

May	Mon 9th 9.30am	<b>returning to work</b> Find out about expressing breastmilk and ways to feed your baby when you return to work.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thurs 26th 9.30am	<b>sleep</b> Share sleep strategies and ideas to give the whole family a peaceful night.	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
June	Mon 6th 9.30am	<b>introduction to breastfeeding</b> Joint meeting with the BaBs (Birthing and Babies) group.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thurs 23rd 9.30am	<b>weaning</b> When breastfeeding comes to an end.	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
July	Mon 11th 9.30am	<b>social meetup</b> Join us in the park for a cuppa and a chat.	<b>Weerona Park</b> Near the library	<b>Stanthorpe</b>
	Thurs 28th 9.30am	<b>introducing solids</b> Learn about current recommendations for first foods for babies	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
August	Mon 8th 9.30am	<b>guest speaker: speech therapist</b> Ask our guest speaker about speech & development issues.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thurs 25th 9.30am	<b>increasing your supply</b> Learn about ways to increase your breastmilk supply.	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
Sept	Mon 12th 9.30am	<b>weaning</b> When breastfeeding comes to an end.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thurs 22nd 9.30am	<b>social meetup</b> Join us in the park for a cuppa and a chat.	<b>Jubilee Park</b> Manners Street	<b>Tenterfield</b>
October	Mon 10th 9.30am	<b>sleep</b> Share sleep strategies and ideas for a peaceful night.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thurs 27th 9.30am	<b>health and fitness for mums &amp; bubs</b> Ways to make your body feel good.	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
November	Mon 14th 9.30am	<b>introducing solids</b> Learn about current recommendations for first foods for babies	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thurs 24th 9.30am	<b>returning to work</b> Find out about expressing breastmilk and ways to feed your baby when you return to work.	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
Dec	Sunday 4th Dec	<b>xmas breakup</b> Time and location to be confirmed—check our GraniteNet page or sign up to our email list for updates.	<b>TBA</b>	<b>TBA</b>

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