

November 2010

–  
April 2011

tenterfield/  
granite Belt  
group

bulletin

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

[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

Hello and welcome to our group.

It's been a time of change in the last few months. I have been "learning the ropes" in my new position as Group Leader and I thank all of you who have helped make the transition a smooth and relatively easy one.

Our group has been very busy over the last few months. Our August group reports and audit all went smoothly. Thanks to Kate for having everything so well organized, to Michelle C and Anita for your involvement, and to our treasure of a treasurer, Sam, for keeping correct financial records so efficiently.

Thanks too to Anita, Maree and Rachel for taking care of publicity, and to Michelle P for being our librarian in Tenterfield. To Alison for organizing World Breastfeeding Week events, and to Michelle C for creating this bulletin and maintaining our website.

Some recent highlights:

**Michelle C will very soon be a breastfeeding counsellor.**

Congratulations Michelle on completing your final assessments! Thanks also Michelle for your hard work in organizing our new group project, a beautiful range of greeting cards (see page 7 of this bulletin) and for obtaining a grant for our group recently (see page 2).

**Winners! National Raffle Winner 2010 -**

Congratulations to fourth prize winner and local, Nicole Sinai who won a laptop. As a stallholder at the Market in the Mountains selling cloth nappies and jewellery, Nicole bought a ticket at the Markets on our last selling day.

Sonia Kent was the winner of our World Breastfeeding Week Competition, winning a Mothers Direct Gift Voucher and an Australian Breastfeeding Association subscription. Congratulations Sonia!

**Child Health Nurse, Julie Murphy, was presented with a NMAA Cooks cookbook in recognition of the work she does in supporting the work of ABA locally and, in particular, through antenatal classes**

which Julie facilitated until the end of 2009. The Stanthorpe Hospital's Child Health Clinic will also be presented with the book "Breastfeeding Management", a wonderful resource written by Wendy Brodribb.

quick calendar

For full calendar see the back page of the bulletin.

**November 2010**

Monday 8th Stanthorpe  
Thursday 18th Tenterfield  
Saturday 20th Wyberba

**February**

Monday 14th Stanthorpe  
Thursday 24th Tenterfield

**March**

Monday 14th Stanthorpe  
Saturday 19th Wyberba  
Thursday 24th Tenterfield

**April**

Monday 11th Stanthorpe  
Thursday 28th Tenterfield



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 and Alison gave a very well received presentation to medical students** in Stanthorpe in August. Thanks to Anita, Alison, Kate, Rebecca T, Michelle C, Dee and all others who have been involved in getting this program off the ground.

#### **A couple of events which are coming up which I'd like to highlight:**

**Intro to breastfeeding for new and pregnant mums** in November and March (see the back page for venue and times). These meetings will be specifically for new and pregnant mums. They will be held on weekends, as pregnant mums are often working during the week and cannot get along to our regular coffee mornings. If you know anybody who is pregnant, or a new mum, please let them know about these meetings.

**We are planning to hold a street stall** some time in February or March. You can donate items such as homemade cooking, crafts, fruit, veggies, plants, etc. More details will be announced closer to the date.

Finally, if any of you would like to be more (or differently) involved in our group, please let me know. The positions of librarian and meeting hostess are both up for grabs. These roles are not time consuming and they're both very rewarding jobs (see page 4 of this bulletin).

Thanks to all of you who volunteer your time in any way to help make this the wonderful group that it is. The group belongs to all of us, and each and every little part creates the whole. Your contribution is sincerely appreciated.

Yours in mothering

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

## grant success

We were recently successful in obtaining a grant for just over \$1000 from the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA). This grant money can only be used for things that serve the volunteers directly in volunteer organisations. We are going to purchase some collapsible trolleys that make it easier to get the libraries in and out of our volunteers' cars, and for our coffee/tea equipment. We will also get a printer and some fuel reimbursements for training trips.

## congratulations Michelle!

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

## group directory

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

Leah 07 4683 6252

### trainee counsellors

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, Michelle C., Anita

### treasurer

Samantha

### births secretary

Vacant

### bulletin & graniteNet web site

Michelle C.

## farewell Kate

**We had a lovely lunch at Girraween in September** to farewell our outgoing group leader, Kate, who has taken a new job in Brisbane and has therefore resigned as group leader of Tenterfield/Granite Belt Group, although she will remain a member of our group until the end of 2010. Thanks to all those who came along and those who contributed to Kate's gift and memories book.

In 1999, Kate was responsible for getting the Granite Belt Group up and running again after we hadn't had a group in Stanthorpe for a time. Kate has been group leader for a great majority of the time since 1999 (initially Group Leader of the Granite Belt Group, and later of the Tenterfield/Granite Belt group after the two groups merged). We know how much is involved in preparation and organization of meetings, and in the general running of the group, and really appreciate how much Kate has done. As a breastfeeding counsellor (for a long time the only one available locally), Kate has been a wonderful source of information and support to many mums, as well as being a fantastic ambassador for our group and for breastfeeding in our community.

Kate, we're going to miss you. Thank you for your ongoing commitment to keeping our local group going over the years. We thank you for your leadership, and for your support as a breastfeeding counsellor. Thank you for your care and generosity in giving up your time for mums so that they could be informed and feel supported in their personal breastfeeding and parenting journeys.



Congratulations on your new job. We wish you every happiness.

## thanks from Kate

*"Hi Everyone, ...thanks to everyone who contributed to the very generous Pink Poppies gift voucher as my farewell present.*

*Last weekend (in September) I visited the store and had a lovely time choosing what to spend the voucher on.*

*In the end I bought a lovely brown/grey/pink/purple throw for on my bed in Brisbane (much better than the second hand quilt cover I was using), a beautiful taupe coloured folding umbrella and two bath bombs for those nights when I come home from work and need a hot soak.*

*I had a wonderful time at Girraween and feel very treasured and care for.*

*Thanks for a really wonderful present and a picnic that will remain a treasured memory.*

*Sincerely  
Kate"*



## 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 Kate or the member leading the meeting.

We look forward to welcoming you to a meeting soon!

## thinking about coming to a meeting?

Don't be scared—we were all new 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 Leah on 4683 6252 or Michelle C on 4683 5131.

**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 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 Leah on 4683 6252 .





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)

**subscription prices before 1 January 2011**

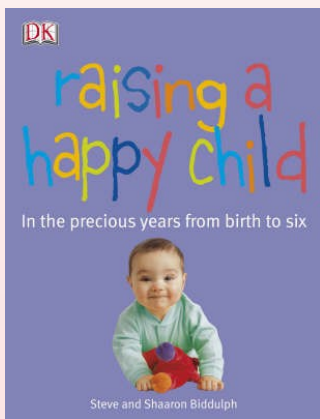
Annual \$65  
Concession \$50  
Two Year \$95

New subscriptions include a copy of 'Breastfeeding ... naturally'.

Note that only renewals after 1 January 2011 will receive the special offer below.

**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** (see note on left regarding subscriptions before that time).

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**

*Making more milk* by Diana  
West IBCLC and Lisa  
Marasco MA, IBCLC

Separate fact from fiction with  
help from this comprehensive  
book about improving low  
milk supply.

The Breastfeeding Mothers  
guide to *Making more milk*  
incorporates the latest  
research and discoveries  
about causes of low milk  
supply, the way your body  
makes milk, and how babies  
contribute to your milk  
production. Best of all, you'll  
find valuable suggestions for  
both time-honoured and  
innovative ways to make  
more milk.



## the 7 natural laws of breastfeeding

Reproduced from [www.breastfeedingmadesimple.com](http://www.breastfeedingmadesimple.com)  
with permission. By Nancy Mohrbacher IBCLC and Kathleen Kendall-Tackett PhD  
(Psychology), IBCLC

### The 7 natural laws of breastfeeding

- Babies are hardwired to breastfeed
- Mother's body is the baby's natural habitat
- Better feel and flow happen at the comfort zone
- More breastfeeding at first means more milk later
- Every breastfeeding mum and baby have their own rhythm
- More milk out means more milk made
- Children wean naturally

#### 1. Babies are hardwired to breastfeed

- Babies are born with the ability to get to their food source and feed without much help. A mother's role is mainly to support and encourage her capable newborn. When she learns to use her baby's hardwiring breastfeeding becomes easier and more enjoyable.
- Babies are born with instinctive feeding behaviours, but for mothers breastfeeding is a learned skill. Even so, a complicated list of rules isn't needed.

#### 2. Mother's body is the baby's natural habitat

- Babies are born needing to be held skin-to-skin.
- Babies need almost constant touch. It is much more than "nice to have". If they don't get it, the odds of feeding and behaviour problems and poor growth increase.
- Touch releases the hormone oxytocin in both mother and baby, enhancing their emotional closeness and their openness to breastfeeding.

#### 3. Better feel and flow happen at the comfort zone

- Pain is not a normal part of breastfeeding. There is an actual place in the baby's mouth nicknamed "the comfort zone", and when the nipple reached there breastfeeding is comfortable for the mother and baby gets more milk.
- There are several strategies for helping the nipple reach the comfort zone. But once you know what needs to happen you may come up with your very own approach.

#### 4. More breastfeeding at first means more milk later

- At birth, a baby's stomach is about the size of a marble and is not yet stretchy.
- The early milk, colostrum, is purposely small in amount and concentrated so that babies can gradually ease into taking their food by mouth and slowly stretch out their stomach. The healthiest way to do this is to breastfeed often from birth.
- Breastfeeding often prevents breast engorgement in the mother and also quickly brings in an abundant milk supply.

#### 5. Every breastfeeding couple has its own rhythm

- Normal feeding patterns vary among mammals based on the composition of the mother's milk.
- The breast is not like a faucet, with the same amount of milk available at all times. There is a natural ebb and flow of milk supply over the course of the day, and this affects how a baby breastfeeds.

#### 6. More milk out means more milk made

- Fluid intake, diet, and rest have little or no effects on milk supply. Draining the breasts is what sends a mother's body the message to make more milk. The more times a day a mother fully drains her breast, the more milk she produces.
- Breastfeeding patterns can differ greatly among breastfeeding babies. The amount of milk a mother's breasts can comfortably hold can have a major effect on how a baby breastfeeds.

#### 7. Children wean naturally

- All children wean eventually, even if a mother does nothing to encourage it. Like all baby behaviour, children outgrow breastfeeding. In most cultures, natural weaning happens after years of breastfeeding, not months.
- A natural weaning is safer and more comfortable for both mother and child. No matter what the age, there are many strategies that can make weaning a kind and gentle experience.

## volunteer interview: Michelle Conkas

### new 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 attending conferences and training events.

The set is \$12 and can be purchased by contacting Michelle 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

#### Heart to Heart Parenting by Robin Grille

Heart to Heart Parenting is a book on nurturing your child's emotional intelligence from conception to school age.

An empowering book for parents, Heart to Heart Parenting is more than just a 'how to' book about raising happy and resilient children, it aims to help you create a deep and lasting relationship that is unique to you and your child.



Using techniques that are based on connection rather than shaming, manipulation or punishment, Robin Grille introduces you to insightful and practical ways to benefit your child's emotional wellbeing and development. Inside every parent is the blueprint to intuit exactly what is right for their children.

Heart Parenting is a journey into meaningful, authentic connection with ourselves and our children, and a discovery of our human birth right - peace and love.

**About you:** Michelle Conkas, married to Simon; Lily 3 & Elliot 1.

**When did you join the ABA?** Just before Lily was born.

**Why did you join?** I was living in Brisbane and wanted to find other new mums, as all my friends either had older kids or were not planning to have kids.

**What did you enjoy about group meetings?** I loved talking to the other mums and finding out that my baby's behavior was normal! I've met many lovely women and formed great friendships through ABA.

**Why did you want to become a counsellor?** Lily and I had enormous difficulties with breastfeeding for the first few months of her life. I had low supply and tried what felt like absolutely everything to figure out what was wrong and establish successful breastfeeding. I learnt so much about breastfeeding that I wanted to be able to help other mums that might find themselves in similar situations. I am still learning more about breastfeeding every day.

**What aspects of ABA do you enjoy most?** I love the friends I have made within ABA. I love the fact that the huge amount of work that is done by the ABA is done entirely by volunteers—and usually busy mums with little ones under their feet!

**What don't you enjoy?** I struggle with the whole breast vs formula battle, and the guilt issue associated with mums who do not breastfeed. I don't want to make anyone feel bad if they could not breastfeed; there are many reasons why women don't breastfeed in our society. I want to be here to help people who want to breastfeed but are having difficulties. It is interesting that some Scandinavian countries don't even have a need for a breastfeeding association as they never had a formula dominated society, and hence the grandmas and aunties and other female relatives and friends never lost the breastfeeding knowledge that we lost here in Australia.

**What's the most amazing thing you've learnt about breastfeeding?** The most amazing thing I've learnt is that the composition of breastmilk changes not just from day to day but from feed to feed and even within the feed. Your milk changes to meet the needs of your baby as he or she grows.

**What has been your favourite role in ABA?** I loved being group librarian—I got to take all the wonderful parenting books home for as long as I liked and not get overdue letters!

**What do you do within ABA now?** I am soon to be Breastfeeding Counsellor, and will also be doing e-counselling (for email queries from the ABA website). I am the Bulletin Editor for our group. I coordinate our two group projects—beautiful pottery mugs with the ABA logo by local Warwick potter, Ray Tainton; and also a new project—breastfeeding goddess greeting cards. I look after our webpage on GraniteNet (my other hat). I am also starting to do my Certificate IV in Training and Assessment within ABA, so I will be able to train and assess other ABA trainees. This is a national qualification, which is a requirement of most adult education training positions, so it's a very valuable qualification to have for future employment.

### 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 and she can pick it up for you (if it's not on loan).

## activity guide november 2010—april 2011

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.

Starting time stated is local time. Daylight savings in NSW runs from 3 Oct—3 April.

Check the ABA web page on GraniteNet for updates: [www.granitenet.com.au/groups](http://www.granitenet.com.au/groups).  
You are welcome to attend meetings in any location.

November	Mon 8th 9.30am	<b>dental health</b> A guest speaker will answer your questions about early dental care in children.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thurs 18th 9.30am	<b>babywearing</b> Learn about baby slings and carriers—and try some out.	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
	Sat 20th 10am	<b>introduction to breastfeeding for pregnant and new mums</b> Babes in arms welcome. Please contact Leah for more information and to RSVP, ph 07 4683 6252 or 0409 001 634 (ph also for alternative venue if wet weather).	<b>Wisteria Cottages</b> Wyberba	<b>On route to Girraween</b>
Feb/ March	TBA	<b>street stall</b> Street stall fundraiser. Donations of baking, plants and other street stall goods welcome. Contact Michelle 4683 5131 for more info. Date to be finalised.	<b>Maryland St</b>	<b>Stanthorpe</b>
February	Mon 14th 9.30am	<b>introducing solids</b> Learn about first foods for babies.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thurs 24th 9.30am	<b>lumps, bumps and hotspots</b> What are they, what can you do about them?	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
March	Mon 14th 9.30am	<b>babywearing</b> Learn about baby slings and carriers—and try some out.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Sat 19th 10am	<b>introduction to breastfeeding for pregnant and new mums</b> Babes in arms welcome. Please contact Leah for more information and to RSVP, ph 07 4683 6252 or 0409 001 634 (ph also for alternative venue if wet weather).	<b>Wisteria Cottages</b> Wyberba	<b>On route to Girraween</b>
	Thurs 24th 9.30am	<b>parenting on a shoestring</b> Tips for surviving and thriving without spending a lot of money.	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>
April	Mon 11th 9.30am	<b>breastfeeding, fertility, contraception and sex</b> Lets talk about sex, baby.	<b>The Hub</b> 8 Corundum St	<b>Stanthorpe</b>
	Thur 28th 9.30am	<b>ages &amp; stages of breastfeeding</b> Your breastfeeding relationship with your baby changes often from birth to weaning.	<b>Salvation Army Hall</b> Logan Street	<b>Tenterfield</b>



**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 2686**