

## what?

Small groups facilitated by volunteer breastfeeding counsellors cover topics such as:

- Establishing breastfeeding
- How breastfeeding works
- Positioning & attachment
- The range of normal for a breastfed baby
- Problem solving
- Myths of parenting & breastfeeding

## YOU RECEIVE

- Up to date information
- Refreshments
- Ongoing counselling and support
- Partner/support person encouraged to attend—they attend free of charge
- Access to 7 day breastfeeding helplines
- A years subscription including Essence magazine, a calendar of local events, discount breast pump hire and much more.

For further information, dates, times and locations

Email: [fnqbec@gmail.com](mailto:fnqbec@gmail.com)

Go to the ABA Website, click on contact us and find FNQ Region for our local website. [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

or call

Kerry (after hours) on Phone: **4054 3692**

Payment can be made to our bank account  
BSB: 064 836 Account: 10050 426  
(use your surname as the reference)

My class

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Venue: Cairns

Venue details to be advised in letter of confirmation

For classes in other locations call:



australian  
breastfeeding  
association

Australian Breastfeeding Association  
Queensland Office  
Ph 3844 6488 Mon– Fri 9-2  
Email [abaqld@powerup.com.au](mailto:abaqld@powerup.com.au)

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

ABN 64 005 081 523

## Planning to breastfeed...

## Prepare to succeed



## BREASTFEEDING EDUCATION CLASSES

## why?

Research shows that new mothers wish they had been better prepared for breastfeeding and the early months of parenting prior to the birth of their baby.

- Learn the vital skills to care for your baby
- Make informed decisions about breastfeeding
- Develop a support network before the birth
- Prepare realistically for the changes coming in your life



*"I became more aware of the benefits for mothers and babies through ABA & this gave me the determination to overcome the difficulties we experienced"* Susanne

*"The breastfeeding education class was soo good, every expectant mother should attend one! Having little idea of what was entailed in caring for a baby, I was mind boggled by what I found out at the class and consequently much better prepared when our daughter arrived. Now I love attending ABA meetings. They are a great forum for mothers."* Catherine

## registration

### ABA Subscribers

Complete this form and return with payment of \$20 cheque or money order.

### Non-Subscribers

Complete both subscription and registration forms and return with payment for both eg \$85

*Credit card may be used for the subscription component only. Payment can be made by direct deposit (see over for details).*

**Mail to: ABA PO Box 27 Cairns**

**Name** \_\_\_\_\_

**Partner/support person**—included in cost *(if attending)*

**Address** \_\_\_\_\_

**Ph** \_\_\_\_\_ **Due Date** \_\_\_\_\_

**I am a member of** \_\_\_\_\_  
**Group.**

**Enclosed is my cheque / money order for \$20**

**Or \$** \_\_\_\_\_ *(including subscription)*

*Tick if payment was made by direct deposit to our account.*

**I wish to register for**

**Class Date:** \_\_\_\_\_ **in Cairns**

**Email address** \_\_\_\_\_

## subscription

Title \_\_\_\_\_ Surname \_\_\_\_\_

First name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Date of birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

\$65 one year

\$50 one year concession number: \_\_\_\_\_

For cheque payment see registration form overleaf

**OR**

Please charge my  Mastercard  Visa

AmericanExpress  Diners

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TOTAL \$ \_\_\_\_\_ *(do not include class fee)*

Card expiry date \_\_\_\_ / \_\_\_\_

Cardholders name \_\_\_\_\_

Signature \_\_\_\_\_

**FNQBEC**