

Australian Breastfeeding Association

*Some of our **member** services include:*

Local support groups

... informal gatherings where parents can discuss breastfeeding and parenting issues; especially worthwhile for expectant and new mothers. Contact details can be found on the Australian Breastfeeding Association's website or you can phone a counsellor on the National Breastfeeding Helpline for details.

Breastfeeding help

... free to all within Australia 24 hours a day, 7 days a week. Phone 1800 mum 2 mum (1800 686 268).

Help via email is also available to members of the Australian Breastfeeding Association.

Essence Magazine

... quarterly publication with informative articles and member news.

Breastfeeding Information and Research

... the Australian Breastfeeding Association has breastfeeding information from world-wide sources.

Resources for parents and health professionals

... wide range of handout literature and education aids, books and more are available for purchase. Details and pricing are on our website:

shop.breastfeeding.asn.au

*By **joining** the Australian Breastfeeding Association, you help support women through counselling and breastfeeding promotion in the community. You can also assist this volunteer organisation by making tax-deductible donations or bequests. For more information please contact our Head Office.*



Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

The National Breastfeeding Helpline is supported by funding from the Australian Government

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