

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

Go to the ABA Website, click on contact us and find FNQ Region for our local website. www.breastfeeding.asn.au

or call

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

Payment can be made to our bank account
No: 064 836 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

www.breastfeeding.asn.au
www.mothersdirect.com.au

ABN 64 005 081 523

Planning to breastfeed...

Prepare to succeed



BREASTFEEDING EDUCATION CLASSES

