



**Australian
Breastfeeding
Association**

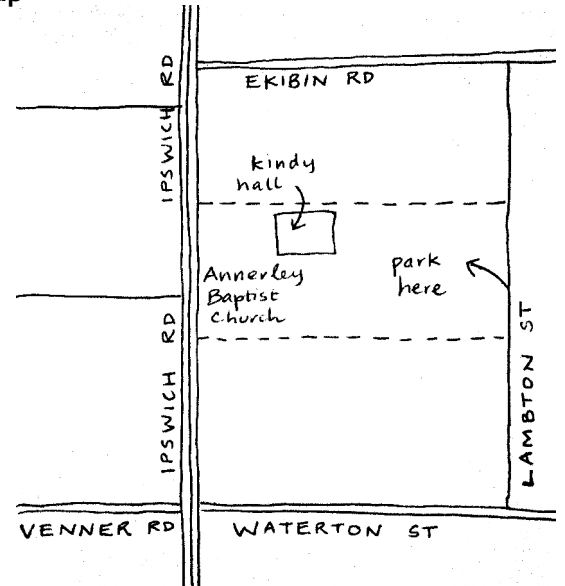
Australian Breastfeeding Association Tarragindi Group

Diary Dates

October 2011 – March 2012

Pregnant women, mothers, babies and children, fathers, grandparents and anyone interested in breastfeeding are welcome at all gatherings. You may bring a small plate of food to share but your company is what is most desired. If you need directions to any meeting please call the number indicated under the date, or a counsellor.

Many of our meetings are held at Annerley Baptist Church, at 560 Ipswich Road, Annerley. Off-street parking is available off Lambton Street. From the car park, walk up the left side of the hall to access the kindy play area and meeting room (see rough map at right, not to scale). Bus numbers 116, 117, 124 and 125 use stop 'Ekibin Road - 23' on Ipswich Road, in both directions. Check translink.com.au for more bus information.



● OCTOBER

Wednesday 12th 9.45 am

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

Women's physiotherapist – ways to look after and strengthen our bodies, while looking after our kids. With guest speaker Catherine

Wednesday 26th 9.45 am

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

The second best option

Learning more about donor milk for babies

IRENE

● NOVEMBER

Wednesday 9th 9.45 am

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

What's new? The latest research into breast milk and breastfeeding, from our international conference

Wednesday 23rd 9.45 am

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

Caring for their pearly whites, to avoid caries! With guest speaker Leigh, Oral Health Therapist

● DECEMBER

Wednesday 7th 7.45 pm

Simone's house (3411 7510)

End of year shindig

Further details to follow

Wednesday 14th 9.45 am (school holidays)

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

Feeding in hot weather

Keeping baby cool

SIMONE

● JANUARY

Wednesday 11th 9.45 am (school holidays)

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

What's your poison?

Managing and understanding the effects of alcohol, caffeine, drugs and medication while breastfeeding

JULIE & IRENE

Wednesday 25th 9.45 am (school holidays)

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

Thanks for the mammaries

Weaning with love

TRACEY

● FEBRUARY

Wednesday 1st 7.45 pm

Simone's house (3411 7510)

Planning meeting and dessert night

Bring along a sweet treat plus your ideas for meeting topics

Wednesday 8th 9.45 am

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

Infant mental health

Understanding our babies, enjoying them through all the challenges, while looking after their emotional and psychological health; an emphasis on the parent-child bond – guest speaker

Wednesday 22nd 9.45 am

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

Breast and nipple care

Looking after your assets!

SIMONE

Wednesday 29th 9.45 am

O'spresso café, cnr Orsova and Orontes Roads, Yeronga

A coffee for mummy and a play in the park

A playground is nearby to give toddlers a chance to run around; please bring money if you wish to purchase food or drinks

● MARCH

Wednesday 14th 9.45 am

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

Walking, talking and still doing it!

Breastfeeding the older child

TRICIA

Wednesday 28th 9.45 am (school holidays)

Annerley Baptist Church Kindy Area, Ipswich Road, Annerley

When the 'Baby Blues' go beyond blue

Postnatal mental health. With guest speaker Gaye