



# Waverley Group Calendar

## April to September 2010

Join us at ABA Group whenever you can, we all have children and know how impossible it can sometimes be to arrive on time!

Our gatherings are informal and relaxed, we never stick to just discussing the topic, we end up chatting about everything motherhood brings...  
**Just pop in when you're ready - we'd love to see you!**

### April 2010

Wednesday 7 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	What is colic? Soothing your crying baby
Wednesday 21 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Hot Milk - the latest research on breastfeeding!
Thursday 29 7:30 pm	Meet at Gloria Jeans, central food court, The Glen Shopping Centre	Learn about food additives - shopping tour

### May 2010

Wednesday 5 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Looking after baby and children in the cooler months
Wednesday 19 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Baby-led Attachment - right from the start
Thursday 27 8:00 pm	Private Residence - Mt Waverley Call Louise for info.	Mindfulness and relaxation for mums

### June 2010

Wednesday 2 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Is your workplace breastfeeding friendly?
Wednesday 16 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Learn about breast issues: mastitis, thrush, teething etc.
Saturday 19 1.30 - 4.30	The Breastfeeding Centre 3/71 Robinson Street, Dandenong	Breastfeeding Education Class (see page 4 for more info)
Thursday 24 8:00 pm	Private Residence - Vermont South Call Louise for info.	Breastfeeding challenges - Guest speaker: Lactation Consultant



australian  
breastfeeding  
association

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

For further details on ABA Group please contact our Group Leader  
 Louise: t = 9887 7903 • e = ayrelowe@bigpond.com

View this calendar online at: [www.abawaverley.info/calendar.htm](http://www.abawaverley.info/calendar.htm)

### July 2010

Wednesday 7 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Introducing solids and fun foods for little people
Wednesday 21 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Breastfeeding positions - some tips to help!
Thursday 29 8.00 pm	Private Residence - East Burwood Call Louise for info.	Eat and Dream... Bring your favourite food and experiences to share

### August 2010

Wednesday 4 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Grandparents and breastfeeding
Saturday 14 1.30 - 4.30	The Breastfeeding Centre 3/71 Robinson Street, Dandenong	Breastfeeding Education Class (see page 4 for more info)
Wednesday 18 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Need to express? Which pump and how to store breastmilk
Thursday 26 7.30pm	Cafe Moretti 113 Kingsway, Glen Waverley	Mum's night out / planning Please RSVP ayrelowe@bigpond.com

### September 2010

Wednesday 1 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	All About Dads - Guest speaker
Wednesday 15 10.30 - 12.30	Bestchance Children's Centre 583 Ferntree Gully Rd, Glen Waverley (MEL 71 B8)	Chat, play and collate next bulletin
Thursday 23 8.00 pm	Private Residence - Mt Waverley Call Louise for info.	Toddler tears and tantrums - parenting tools to help you through

*Meetings continuing throughout the year -  
 10.30am on the 1st and 3rd Wednesday of the month at Bestchance.*