

# Australian Breastfeeding Association services

**The Australian Breastfeeding Association (ABA) is the largest information and support service for breastfeeding in Australia. ABA is known as an authority worldwide.**

ABA supports and encourages women who wish to breastfeed or provide breastmilk for their babies.

ABA services include membership, a 24-hour free Breastfeeding Helpline, local groups, education and many resources. Find a wealth of information for parents and for health professionals on our website [breastfeeding.asn.au](http://breastfeeding.asn.au)

## LIVECHAT



Trained volunteers provide evidence-based information about breastfeeding via **LiveChat**. Mothers and their support people can be referred to breastfeeding counselling if needed.

Refer to the ABA [website](http://breastfeeding.asn.au) for available times.

**LiveChat**



with the Australian  
Breastfeeding  
Association

## BREASTFEEDING HELPLINE



The FREE Breastfeeding Helpline is available 24 hours a day, 7 days a week. Trained volunteer counsellors answer calls in their own homes. Call 1800 mum 2 mum **1800 686 268**.



**Breastfeeding Helpline**  
**1800 mum 2 mum**

**1800 686 268**

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

## ANTENATAL EDUCATION

ABA runs breastfeeding education sessions for expectant parents. The sessions are presented by trained volunteers who give up-to-date information and insights into breastfeeding and parenting in the early days.

These sessions are also delivered online as **Breastfeeding Education Live**.

Many mothers make a birth plan. Consider making a **breastfeeding plan** too.

[> Book a class](#)



Image courtesy of James Courtney

**Breastfeeding  
Education  
Live**



**Australian  
Breastfeeding  
Association**



@ozbreastfeeding

## PODCAST

'Breastfeeding ... with ABA', is a podcast and blog brought to you by ABA volunteers.

When you're a new parent, you need information that's easy to access and easy to understand. You need to know it's from a source you can trust. Most of all you need support and understanding from people who know what you're going through and the changes a new baby brings.

This podcast is by parents and for parents, backed by 56 years of wisdom.

[> Listen now](#)



## LOCAL GROUPS



Image courtesy of Alisya Johar

Around 140 local ABA groups operate across Australia.

ABA get-togethers, both face-to-face and online, are informative and fun. Topics include basic breastfeeding tips, expressing and storing breastmilk, supply issues, returning to work, weaning, introducing solids, night-time parenting and much more.

ABA groups observe government requirements and follow Australian Breastfeeding Association COVID safe guidelines.

**Enter your postcode** to find information about your local group activities.

[> Find a local group](#)

## MUM2MUM APP



**mum2mum** provides you with breastfeeding information and support at your fingertips. Search for breastfeeding information based on your baby or child's age. Find the answers to some commonly asked questions. Plus you can keep a journal for your baby or child or record their feeds, sleep and nappy changes.

You can also easily access ABA's National Breastfeeding Helpline, LiveChat, the website and our store for resources that may assist you in your breastfeeding.

Members receive information straight to their phone based on their child's age and development up to 12 months.

[> Find out more](#)

## BREAST PUMP HIRE

Breast pumps are available to hire from most local ABA groups. Trained volunteers hire out the breast pumps from their homes. They can help with questions about using the pump, expressing and storing breastmilk, and breastfeeding.



### Useful links – breast pumps and expressing:

- [Using an electric breast pump](#)
- [Expressing and storing breastmilk](#)
- [Breastfeeding: expressing and storing breastmilk](#) (booklet)

[> Hire a breast pump](#)



## ARTICLES

Short articles on a wide range of breastfeeding topics are available on our [website](#). Just enter the topic in the search box.

General information about breastfeeding and **COVID-19** can be found on our website with links to WHO and UNICEF websites.

## FACEBOOK

Join the online breastfeeding community.

- **Breastfeeding with ABA** Facebook support group
- ABA's **Facebook** page
- Local groups: **enter your postcode** to find your local group and find their Facebook, with local news and activities.



## VIDEOS

The ABA [website](#) links to breastfeeding videos. Typing '[attachment](#)' in the search box takes you to a page with links to a several videos which illustrate positioning and attachment.

The [Global Health Media videos](#) provide excellent visuals and explanations for mothers.



ABA has a range of videos for you to access freely:

- **Breastfeeding Basics** sponsored by ACT Government
- More videos on the **basics of breastfeeding**
- Videos on **positioning and attachment**
- Videos on **expressing** and **hand expressing**

[> Watch Breastfeeding Basics](#)

## MEMBERSHIP

ABA Members gain skills and confidence, making them more likely to reach their breastfeeding goals. Members receive expert help from our trained volunteers and make connections in their communities. Membership also includes:

- a free copy of the book *Breastfeeding ... naturally* (value \$34.95). The book covers topics from preparing for breastfeeding, to solving problems and managing the changing needs of your growing baby.
- access to email counselling from trained breastfeeding counsellors.
- discounted antenatal education.
- *Essence* magazine plus a monthly eNewsletter.
- half price breast pump hire.
- local get-togethers run by trained volunteers.
- **mum2mum** app premium content
- knowing that memberships help fund ABA to support and educate parents, health professionals and the community about breastfeeding.



[> Join now](#)



## BOOKLETS

ABA booklets are available to download from the ABA online [shop](#).  
Print copies are also available.

There are three series of booklets.

### Parenting



**Breastfeeding:  
and crying  
babies**



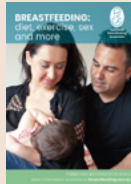
**Breastfeeding:  
and family  
foods**



**Breastfeeding:  
and sleep**



**Breastfeeding: as  
your family grows**



**Breastfeeding:  
diet, sex, exercise  
and more**



**Breastfeeding:  
supporting the new  
mother**

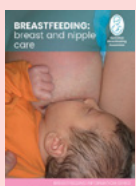
### Breastfeeding



**Breastfeeding:  
an introduction**



**Breastfeeding:  
and your supply**



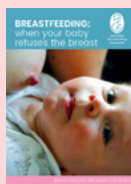
**Breastfeeding:  
breast and  
nipple care**



**Breastfeeding:  
expressing  
and storing  
breastmilk**



**Breastfeeding:  
weaning**



**Breastfeeding:  
when your baby  
refuses the  
breast**



**Breastfeeding:  
women  
and work**



**Breastfeeding:  
your premature  
baby**

### Special situations



**Breastfeeding:  
and reflux**



**Breastfeeding:  
babies with cleft  
of lip and/or  
palate**



**Breastfeeding:  
caesarean  
births and  
epidurals**



**Breastfeeding:  
lactation  
suppression**



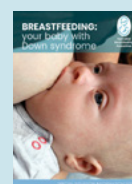
**Breastfeeding:  
relactation  
and induced  
lactation**



**Breastfeeding:  
twins, triplets  
and more**



**Breastfeeding:  
using a  
supplementer**



**Breastfeeding:  
your baby with  
Down syndrome**

[Shop the booklets](#)

