

# 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)



## 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.

During the COVID-19 pandemic, these sessions will be delivered as **Breastfeeding Education Live**.

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

[> Book now](#)



**Australian Breastfeeding Association**



@ozbreastfeeding

## 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 **website** for available times.

**We're here for you.**



## BREAST PUMP HIRE

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

### Useful links about breast pumps and expressing:

[Suggestions on using an electric breast pump](#)

[Expressing and storing breastmilk](#)

[Breastfeeding: expressing and storing breastmilk](#) (booklet)



[> Hire a breast pump](#)

## MEMBERSHIP

Members of ABA 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. Extra benefits of membership include:

- 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 breastfeeding education sessions.
- *Essence* magazine plus a monthly eNewsletter.
- half price breast pump hire.
- local get-togethers, in person or online, run by trained volunteers.
- knowing that memberships help fund ABA to support and educate parents, health professionals and the community about breastfeeding.



[> Join now](#)

## MUM2MUM APP



Mum2Mum provides users with breastfeeding information and support at their fingertips – keeping important resources in one place.

Users can easily connect with ABA's support platforms including the Breastfeeding Helpline, LiveChat, website and online shop. Record notes about your baby's feeds, nappies and sleep. Access up-to-date and practical breastfeeding articles such as breastfeeding basics, expressing and storing breastmilk, special situations and more. Free and premium content is available.

Mum2Mum is available for instant download on the App Store or Google Play.

[> Find out more](#)



## 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](#)

## LOCAL GROUPS



Around 200 local ABA groups operate across Australia.

ABA get-togethers – 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.

During the COVID-19 pandemic, ABA local groups are catching up on video and social media platforms.

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

› [Find a local group](#)



## BOOKLETS

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

There are three series of booklets.

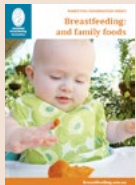
### Parenting



**Breastfeeding:  
and sleep**



**Breastfeeding:  
and  
crying babies**



**Breastfeeding:  
and  
family foods**



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



**Breastfeeding:  
supporting the new  
mother**



**Breastfeeding: as  
your family grows**

### Breastfeeding



**Breastfeeding:  
an introduction**



**Breastfeeding:  
breast and  
nipple care**



**Breastfeeding:  
expressing  
and storing  
breastmilk**



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



**Breastfeeding:  
women  
and work**



**Breastfeeding: and  
your supply**



**Breastfeeding:  
weaning**

### Special situations



**Breastfeeding:  
caesarean  
births and  
epidurals**



**Breastfeeding:  
your premature  
baby**



**Breastfeeding:  
twins, triplets  
and more**



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



**Breastfeeding:  
your baby with  
Down syndrome**



**Breastfeeding:  
relactation  
and induced  
lactation**



**Breastfeeding:  
using a  
supplementer**



**Breastfeeding:  
and reflux**



**Breastfeeding:  
lactation  
suppression**

› [Shop the booklets](#)

