



Australian  
Breastfeeding  
Association

Pregnant

Breastfeeding

Parenting

We're here for you

The Australian Breastfeeding Association is Australia's leading authority on breastfeeding. We offer support, resources and a caring community to empower you with knowledge and encouragement on your journey.



### Support

Call the Breastfeeding Helpline  
1800 686 268



### Confidence

LiveChat with us at  
[breastfeeding.asn.au](https://breastfeeding.asn.au)



### Connection

Download our  
mum2mum app



[aba.asn.au/app](https://aba.asn.au/app)

[breastfeeding.asn.au](https://breastfeeding.asn.au)

## ABA Local Groups

ABA Local Groups operate throughout Australia. We're your ready-made, social network of local parents.

Have your breastfeeding questions answered by our breastfeeding counsellors and educators at our local events.



Breastfeeding Education Classes

[aba.asn.au/local-class](http://aba.asn.au/local-class)



Find your local group



[aba.asn.au/map](http://aba.asn.au/map)



Breast pump hire

[aba.asn.au/hire](http://aba.asn.au/hire)



Free local events and catch-ups

[aba.asn.au/connect](http://aba.asn.au/connect)



## ABA Virtual Village

Get access to a world of online breastfeeding and parenting supports to empower your unique journey. Connect, share and learn online wherever you are.

Discounts on classes and pump hire

Live, online group support sessions

Hints and tips direct to mobile

Meet-ups in the mum2mum app

Comprehensive breastfeeding eBook

Get access



[aba.asn.au/access](http://aba.asn.au/access)

The National Breastfeeding Helpline is supported by funding from the Australian Government. Photograph above by Vicky Leon.

Connect with us



@ozbreastfeeding