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# CABOOLTURE mums & little ones

happy healthy families

## News

## Welcome!

Mother's Day always makes me appreciate mothers, who spend most of their energy meeting other's needs. But mums need support too.

One way to meet and talk with other mums is to join a **Playgroup** for a small membership fee (<http://www.playgroupaustralia.com.au/qld>). You could join the free CABOOLTURE mums and little ones **MOTHERMe** group. **MOTHERMe** is a network of mothers in Caboolture who meet regularly to provide support for breastfeeding and related issues. You can choose how you want to participate – come to fortnightly social meetings and chat, or become a Community Mother and support other women during their pregnancy and the first few months with their little one (see the **MOTHERMe** story on the next page). There's a **forum** on the CABOOLTURE mums & little ones website where you can ask mums for advice.



Wishing you a Happy Mother's Day with all the support you need from your friends, your family and the community!

Yvette Miller, Director  
CABOOLTURE mums & little ones

### YOU COULD WIN!

To celebrate Mother's Day, we're offering you the chance to **win a \$50 Coles/Myer gift voucher** if you register and post either a message or a reply on the CABOOLTURE mums & little ones website forum before June 30.

1. Go to [www.mumsandlittleones.com/forum](http://www.mumsandlittleones.com/forum). You can read messages on the forum, but only registered users can post messages or reply to messages.
2. To become a registered user, click on the '[Register Here](#)' link, and enter a username, email address, and password in the form.
3. Click on the [How do I use the Forum?](#) link to find out how to post or reply to a message.

If you have any problems using the forum, click on the '[contact us](#)' link (on the left hand side of the website) and send us a message.

The winner will be notified by email by July 5

## Sarah's Story

I joined *MOTHERMe* before I became pregnant with my fifth child. I successfully breastfed my first three children for at least 12 months - the longest was 15 months.

With my fourth son, I experienced shooting breast pains when feeding and was only able to exclusively breastfeed for 5 months, and no one could tell me what the cause was. This child went on to get eczema, asthma and allergies to tinned food. I believe he would never have suffered from these things if I had been able to continue to breastfeed him. When I was training to become a Community Mother for *MOTHERMe*, I realised that I had suffered with thrush which is fairly simple to treat.

When I was 31 weeks pregnant with my youngest child I went into early labour and was rushed into hospital. Although the nurses were lovely and tried to be helpful they were very busy and I found that I was not given the information that I needed to get through this extremely stressful and emotional time. They were able to stop my labour and I was sent home, worrying about having my baby early. I wanted to breastfeed again this time but I wasn't sure if I could with a premature baby.

Luckily, I had met Hayley (a Community Mother) through *MOTHERMe*. She'd had a premmie baby and had successfully breastfed. Her advice was very valuable and gave me the confidence I needed. I went into labour again at 33 weeks and had my daughter. Through the advice from Hayley I was able to successfully breastfeed, even though the hospital said that I might not be able to because she was too early to be able to suck. I ended up having so much milk, they told me not to bring any more up to the hospital because they didn't have room for it all. I have now been able to breastfeed exclusively for 6 months. I have suffered again this time with thrush, but have been able to get rid of it through the support from the women involved in *MOTHERMe*.

By Sarah Black, Age 30, Mother of 5 children: Joshua 10, Nicola 8, Matthew 5, Samuel 3 and Jessica 6 months.



**MOTHERMe** is a group of mothers who meet together with a common goal of supporting each other through their experiences with breastfeeding and feeding a little one. There are two ways to get involved.

Come along to a fortnightly social group with support for breastfeeding. A lactation consultant comes once a month so there is professional help available at no cost. The group aims to nurture the whole mother and try to meet those needs that are forgotten when you are a mum.

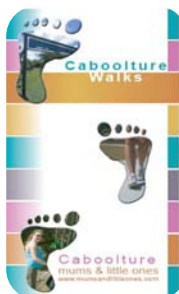
You can become a Community Mother to support other women during their pregnancy and until their little one is 6 months old. This can include phone calls, the social fortnightly meetings or home visits. A free **MOTHERMe** training program is provided to give you the confidence you might need. You'll realize the value of skills that you have learnt through the experience of having a baby. There are monthly get togethers where Community Mothers support each other.

For more information phone Sarah Black on 54280513 or email [jamesandsarah1@bigpond.com](mailto:jamesandsarah1@bigpond.com).



**Are you pregnant?  
Do you have a friend who is expecting a little one soon?**

Ask for your Pregnancy Pocketbook when you visit the Caboolture Hospital antenatal clinic. Every woman gets one at her first antenatal clinic visit. The Pregnancy Pocketbook is your one-stop-shop for up-to date pregnancy information. It has who to contact for more information during pregnancy, lists of tests, and somewhere to track changes that happen to you during pregnancy, like changes in weight, eating, and exercise.



**Caboolture Walks**

The CABOOLTURE mums & little ones Caboolture WALKS brochure is packed with details of local walks and sights to see along the way. Take the kids and a picnic for a fun filled day. To get your copy in the mail, text your name, address and the word 'WALK' to 0402 791 315 or call us today.



**Have you visited the CABOOLTURE mums and little ones website lately?**

The website was developed just for Caboolture mums. It is updated regularly. New sections include: Losing weight after the birth of your child; Support after the birth of your child; Your baby's feet: the first steps to foot health; and Weight gain during pregnancy. For these articles and more, go to [www.mumsandlittleones.com](http://www.mumsandlittleones.com)

## A new service for families with young children

The Gowrie Early Years Centre is **a great place for anyone with young children!**

It's an ideal place for meeting new friends, mixing with others raising young children, learning new parenting ideas, learning new skills and just having fun with your children.

It is one of four new integrated child and family services being established in Queensland. This new service is for parents and anyone else raising children pre-birth to 8 years of age. The idea is to bring together a range of services for young children and families under one roof. At the Early Years Centre, early childhood educators, family support, indigenous liaison and health professionals are available to assist parents and carers of young children.

The centre is open from 8.30 – 5.00pm weekdays with some services and activities available during evenings and Saturdays. The centre provides services at Caboolture, Morayfield and surrounding areas such as Narangba, Woodford, Deception Bay and Bribie Island.

There are lots of interesting activities that are free or low cost that you can bring children to. Some of the activities beginning in April are exercise classes, cooking on a budget classes, drop in early years groups, Murrindi time for Indigenous families and a dads' support group. During 2008 the centre will also be hosting family picnics in the park.

Staff of the centre are keen to hear your ideas about what you would find useful to know more about and what you or your whole family might enjoy attending.

So please **call or email us to share your ideas, or to find out where and when activities are being held on 5428 1477 or email us at [officeeyc@ladygowrie.com.au](mailto:officeeyc@ladygowrie.com.au)**



**Telephone or SMS:** 0402 791 315



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**Queensland Government**  
Queensland Health

