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Paper

# Breast fed is best fed

A SPECIAL mums and bubs morning tea was held on Wednesday to celebrate and raise awareness of World Breastfeeding Week.

The event was hosted by Community Midwifery WA, which offers breastfeeding workshops as part of its six-week childbirth preparation program.

CMWA manager Pip Brennan said many couples and new families chose to attend the workshops, which were a way of connecting with other new parents, as well as learning about breastfeeding.

"We enjoy working with local communities, as it is so rewarding to support new mothers and families as they learn how to breastfeed and cope with the early days of parenting with confidence," Ms Brennan said.

"Mothers who come to us enjoy the support and benefits that come from our midwives, as well as other mothers they meet at our workshops and mums and bubs mornings."



**Mesha Rogers and her son Flynn with community midwife Marilyn Allen and some novelty nipple cupcakes.**

Picture: Martin Kennealey

[www.communitypix.com.au](http://www.communitypix.com.au) d560648

She said the morning tea was a "beautiful celebration" attended by about 20 mothers and their children, with guests enjoying a sumptuous feast.

CMWA is a not-for-profit organisation that provides ex-

pert care and advice to support new parents during pregnancy and beyond.

A regular mums and bubs session is held on the first Wednesday of every month.

Call 9430 6882 or visit [cmwa.net.au](http://cmwa.net.au).

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Midwives Emma Garwood, Gaynor Ward, Heather Clare and Angela Jordan with community birth babies.

Pictures: Emma Reeves

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# Breast best for bubs

MOTHERS and their babies got together in Joondalup on Wednesday last week to celebrate World Breastfeeding week.

Community Midwifery WA (CMWA) hosted a mums and bubs morning tea to mark the event.

CMWA manager Pip Brennan said breastfeeding was beneficial for babies and mothers.

"For many women, breastfeeding is a lovely way to bond with your new baby," she said.

"In our breastfeeding classes we explain that breast milk is liquid gold. It gives your baby everything she needs to thrive for the first six months of her life."

CMWA provides a range of pregnancy workshops, resources and midwifery advice to inspire and inform parents.

Choices in Childbirth is the next free workshop the organi-



Mums and bubs: Jess Leiper, Toni Stanley, Tracy Maxwell, Michelle Adamson and Kathrine Ohara.

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sation will hold in Joondalup.

"We provide parents with up-to-date, evidence-based information to help them make informed choices about pregnancy, birth and beyond," Ms Brennan said.

The next Choices workshop will begin on August 20 at 10am.

To book a place or find out more, contact CMWA on 9430 6882 or visit [www.cmwa.net.au](http://www.cmwa.net.au).

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## Mums and bubs get special tea

WORLD Breastfeeding Week was celebrated at Kalamunda Hospital with Community Midwifery WA (CMWA) hosting a special mums and bubs morning tea on August 2.

CMWA offers breastfeeding workshops as stand-alone sessions and as part of its six-week Preparation for Childbirth program.

It also has low-cost lactation consultations for new mothers to assist them in the early weeks or at any time when breastfeeding problems arise.

Pip Brennan, CMWA manager, said it was rewarding to support new mothers and families.

"Mothers who come to us enjoy the support and benefits that comes from our midwives as well as other mothers they meet at our workshops and mums and bubs mornings," she said.



**Cheryl Sharland and Riley Douglas, Llanda Gibson and daughter Piper and Joanna Dale with son Harry celebrating World Breastfeeding Week. Picture: Matthew Poon**

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