



## ***MEDIA RELEASE***

15 July 2015

### **Supporting families from birth**

United Way Glenelg is making a real difference to the lives of people living in the Glenelg Shire.

In partnership with Australian Breastfeeding Association (ABA) Portland Branch, we provided funding to promote the group's Breastfeeding Education Classes (BEC) to pregnant women.

For one mum, Lydia and her daughter, these classes were a life saver.

"The ABA breastfeeding classes were invaluable. The education we received was vital, having both learnt the proper attachment meant we didn't encounter too many problems. It allowed us to practice prevention rather than cure. One of the midwives in hospital said it looked like Sophie and I had been doing it for years. – We put this down to the training we received.

We loved that it involved the Dad's (our own Mother's were also encouraged to attend). Having the Dad's involvement plays a big part. It made me feel that it wasn't the sole responsibility of the Mother and I was going it alone. After you have your baby you are tired and emotional, it helps having your partner there to offer some guidance and suggestions.

She (Sophie) loves to feed and I love feeding her. I love how excited she gets before she latches on and I love that I can have that affect on her. It's something that the two of us share and it's a lovely bond".

Australian Breastfeeding Association (ABA) Portland Branch applied for funds through the United Way Glenelg Community Fund. The Community Fund is supported by the generosity of local people donating a small amount regularly through our Workplace Giving Program.

If you would like to make a regular tax deductible donation through Workplace Giving please contact Nicole Angelino on 0410 513 305 or email [mail@unitedwayglenelg.com.au](mailto:mail@unitedwayglenelg.com.au)

For more information contact Nicole Angelino on 0410 513 305 or via email [mail@unitedwayglenelg.com.au](mailto:mail@unitedwayglenelg.com.au).

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