

- Are you looking for information about how to start breastfeeding?
- Do you have questions about how often or how long babies nurse?
- Do you wonder whether your baby is getting enough milk?
- Do you have concerns about managing household tasks with a new baby, or helping baby's father to bond with baby?
- Are you thinking about returning to work and wonder if it's still possible to breastfeed?
- Would you like information on the latest medical research on breastfeeding?
- Are you interested in hearing the personal experiences of other mothers?

La Leche League provides information, support and encouragement to breastfeeding families. Pregnant women are urged to attend meetings and learn how to get breastfeeding off to a good start. Nursing mothers enjoy meetings as a place to socialize, share mothering experiences and have questions answered.



For further information or to locate a Group near you, check this web site:
www.lllflorida.com

Frequently Asked Questions
 about Breastfeeding:
<http://www.llli.org/FAQ/faq.html>

Local Leaders

Serving the Ft. Myers & Cape Coral

Michelle498-3095
 Kathy834-8390

FREE Casual Mothering Meetings
 currently held 3rd Wed of every
 month at Cape Coral Hospital In
 Women's center 2nd floor
 in family waiting room.



**La Leche
 League of
 Cape Coral &
 Ft. Myers**

**Did you know
 breastfeeding
 challenges can be
 overcome with
 proper assistance?**



La Leche League
 provides FREE information,
 encouragement & support
 to breastfeeding mothers.



*Any time is the right time
 to attend a meeting!*

La Leche League (LLL) is an international, nonprofit, nonsectarian organization helping women worldwide to breastfeed through mother-to-mother, encouragement, information and education.

LLL promotes breastfeeding as an important element in the healthy development of babies.



Exclusive breastfeeding for the first six months gives babies the best start in life.

The American Academy of Pediatrics and the World Health Organization recommended babies be breastfed exclusively for the first six months and continue to breastfeed for a minimum of one year.

Exclusive breastfeeding for the first six months is the ideal way of providing young infants with the nutrients they need for healthy growth and development. LLL helps women to meet these goals.

Skilled, trained, experienced and accredited Leaders lead monthly Series Meetings open to pregnant women, new and experienced mothers and their babies.

Series Meeting Topics:

- The Benefits of Breastfeeding to Mothers and Babies
- Baby Arrives-The Family and the Breastfed Baby
- The Art of Breastfeeding and Overcoming Difficulties
- Nutrition and Weaning

For further information and to locate a Group in your area, see our Web site: www.lllflorida.com

