

- 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](http://www.lllflorida.com)

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

**Local Leaders**

Michelle .(parla Italiano) .239-498-3095  
 Kathy .....239-834-8390  
 Rosy ..(habla espanol).....754-779-2647

**\*FREE\*** Casual Mother 2 Mother Meetings currently held **3rd Saturday of every month** at 9:30 a.m. at Lakes Park. 7330 Gladiolus Drive, Ft. Myers, FL 33908 Near the train playground.

Please join us!



**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 (WHO) 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](http://www.lllflorida.com)

