

## La Leche League

### A Mother-to-Mother Support Group

Breastfeeding is a simple and natural process. While complementing the care of the physician and other health care professionals, La Leche League recognizes the unique importance of one mother helping another mother to perceive the needs of her child and to learn the best means of fulfilling those needs. You may need support and information on the correct positioning of the baby at the breast, working and breastfeeding, avoiding problems, and overcoming any difficulties that may occur. Knowing other women who have breastfed their babies can be helpful and reassuring. Having accurate, up to date information is also important in meeting your breastfeeding goal. Being in touch with La Leche League can give you the network of support you need.

*The American Academy of Pediatrics recommends babies should be breastfed exclusively for the first six months and continue to breastfeed for a minimum of one year.*

***La Leche League can help you meet these goals.***

#### La Leche League offers:

- The latest breastfeeding information
- Leaders accredited by La Leche League International
- 24 hour a day phone help
- Monthly meetings
- Educational opportunities in breastfeeding and parenting
- A Lending Library

## La Leche League Philosophy

Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.

Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.

In the early years the baby has an intense need to be with his mother which is as basic as his need for food.

Breast milk is the superior infant food. For the healthy, full-term baby, breast milk is the only food necessary until the baby shows signs of needing solids, about the middle of the first year after birth.

Ideally the breastfeeding relationship will continue until the baby outgrows the need.

Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.

Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby's father. A father's unique relationship with his baby is an important element in the child's development from early infancy.

Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.

From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.

## LA LECHE LEAGUE



LA LECHE LEAGUE is an International, non-profit, non-sectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

# LEE COUNTY

## La Leche League Meetings

The meetings feature open-ended discussions about the practical, physical, and psychological aspects of breastfeeding and related aspects of parenting.

La Leche League holds a series of meetings based on four topics. The series is repeated three times annually, but the discussions are never the same. The general topics include:

- The Advantages of Breastfeeding
- The Baby Arrives/The First Weeks
- The Art of Breastfeeding/Avoiding Difficulties
- Nutrition and Weaning

Meetings can be a great time to get out with your baby and other young children. Healthy children are always welcome!



La Leche League Leaders are fully accredited volunteers who are experienced breastfeeding mothers trained to provide mother-to-mother breastfeeding support, information, encouragement, and education.

**Meetings and phone help are free of charge.**

**Meeting locations and times are subject to change.**

**Please contact a Leader to confirm.**

# COLLIER COUNTY

## NAPLES

Second Friday, 10:00 a.m.  
Center Point Community Church  
6590 Golden Gate Parkway  
Corner of 66<sup>th</sup> St and  
Golden Gate Parkway

Laurie 239-775-6067 or  
laurielll@aol.com

Valerie 239-353-2353 or  
divmercy@comcast.net

## MARCO ISLAND

Second Thursday, 10:00 a.m.  
Marco Presbyterian Church Nursery  
875 West Elkcam Circle

Kathleen kirsta@earthlink.net  
Peggy 239-642-4504

## My Notes

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<b>FORT MYERS - AM</b>
Second Tuesday, 10:00 a.m. Summit Church, Activity Room 19601 Ben Hill Griffin Blvd.
Michelle 239-498-3095

<b>FORT MYERS – PM</b>
First Thursday, 7:00 p.m. St Hilary's Episcopal Church Corner of Colonial and McGregor
Jerri 239-454-1350 Kathy 239-851-1074

<b>CAPE CORAL</b>
Meeting days and times TBA.
Phone calls only.
Betsey 239-481-8730

<b>LEHIGH</b>
Third Saturday, 10 a.m. East Lee County Library 881 Gunnery Road
Maria 239-823-8219 or krmathman@embarqmail.com