

LLL Membership Form  
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.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

25% of your dues stay with the LLL Group to help support breastfeeding mothers in the Hillsborough/Pasco Area.

Please make checks payable to "La Leche League." Thank you!!!

For the phone numbers of other Tampa Area La Leche League Leaders call:

932-3664

OR

Visit La Leche League Online:

[www.lalecheleague.org](http://www.lalecheleague.org)  
[www.llusa.org/FL/index.html](http://www.llusa.org/FL/index.html)

*La Leche League was founded to give information and encouragement, mainly through personal help, to all mothers who want to breastfeed their babies. While complementing the care of the physician and other health care professionals, it recognizes the unique importance of one mother helping another to perceive the needs of her child and to learn the best means of fulfilling those needs.*

*LLL believes that breastfeeding, with its many important physical and psychological advantages, is best for baby and mother and is the ideal way to initiate good parent-child relationships. The loving help and support of the father enables the mother to focus on mothering so that together the parents develop close relationships, which strengthen the family and thus the whole fabric of society.*

*LLL further believes that mothering through breastfeeding deepens a mother's understanding and acceptance of the responsibilities and rewards of her special role in the family. As a woman grows in mothering she grows as a human being, and every other role she may fill in her lifetime is enriched by the insights and humanity she brings to it from her experiences as a mother.*

*The League's purpose is distinct. This singleness of purpose does not prevent interaction with other organizations with compatible purposes, but La Leche League will carefully guard against allying itself with another cause, however worthwhile that cause may be.*

## Mothering Meetings



**La Leche League International Mission Statement** To help mothers worldwide to breastfeed through mother- to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

# PHILOSOPHY OF LA LECHE LEAGUE

*The basic philosophy of La Leche League is summarized in the following statements:*

- 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.

## Mothering Meetings

January 16 **Mommy, Can You Hear Me?**  
Understanding and accepting your child's feelings

February 20 **Mommy and Daddy**  
Recognizing the commonalities and differences in a family

March 20 **I'm Awake...You're Awake...**  
The challenges of nighttime parenting

April 17 **The Kids Are At It Again**  
How to cultivate sibling relationships

May 15 **Without Spanking or Spoiling**  
Handling challenge while guiding your child

June 19 **Yummy Yummy in the Tummy**  
Understanding eating habits and making wholesome food

July 17 **Everyday Blessings**  
The inner work of mindful parenting

August 21 **HELP WANTED**  
Coping with the many responsibilities of motherhood

September 18 **But All My Friends Can**  
Helping your children make friends and maintain your family values

October 16 **Surviving the First Year, Again**  
Taking care of the new baby AND continuing to nurture the older ones

November 20 **Playful Learning**  
Identifying learning opportunities throughout the day

December 18 **Handling Criticism**  
Standing up for what you believe in

We meet at 10:00 am on the third Tuesday  
of the month at a Leader's home-

1614 Weaver Drive Lutz, FL.

For information and directions please  
call:

Michelle 961-9236

Tammy 909-2674

The Group is for mothers who are parenting beyond the first year. We encourage you to come, talk, learn, and enjoy the company of other mothers who embrace the philosophy of gentle parenting. Each month our meeting will be centered on a particular topic.

You and your children are welcome at meetings. Please remember to provide for your children's needs. You are welcome to bring handy snacks. Due to food allergies, we ask you not to share snacks with others without parental permission. Please remember to clean up after your children.

