

Babies and children, mothers-to-be, and any other woman interested in breastfeeding are always welcome at our meetings.

La Leche League offers breastfeeding support and information through:

- Monthly meetings.
- Telephone help from experienced Leaders.
- Lending library with books on breastfeeding, childbirth, parenting, and nutrition.
- LLL breastfeeding information sheets and pamphlets.
- Books for sale, including our book, *THE WOMANLY ART OF BREASTFEEDING*. This book offers practical help, such as how often to nurse, how long at each feeding, and how to increase milk supply.
- More than 50 years experience providing mother-to-mother help
- NEW BEGINNINGS, a bimonthly journal for parents.

Visit La Leche League Online:

www.lalecheleague.org

www.lllflorida.com

Breastfeeding or Considering It?



NorthWest Tampa

La Leche League

“As U.S. Surgeon General, as a pediatrician and as a woman, I wholeheartedly endorse breastfeeding... The many benefits of breastfeeding to infants and mothers are well-documented. La Leche League’s history of support to mothers is commendable and most valuable.”

Antonia C Novello, MD, MPH
Former U.S. Surgeon General

La Leche League
A Loving Way of Life

Breastfeeding is nature's way of nourishing your new baby. Mother's milk provides all the nutrition babies need in the first months of life. It protects them from infections, allergies and upset stomachs. Breastmilk is the perfect food for babies.

Breastfeeding has other benefits, too. Babies thrive on loving contact. Each time you snuggle your hungry baby to your breast to nurse, you assure him or her of your loving presence. Through breastfeeding, babies learn about love, trust, warmth and security.

For information or help call:
LEADER Lorinda 265-8441

LEADER Tina 817-8462

LEADER Christy 960-3611

LEADER Elaine 926-5884

LEADER Michelle 961-9236

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

(813) 932-3664

For more information about La Leche League:
www.lalecheleague.org

"The newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence.
Breastfeeding satisfies all three." Dr. Grantly Dick-Read

Northwest Tampa LLL offers two informational meetings a month. The morning meeting is held the first Friday of each month at 10:00 am at Austin Davis Library.

The evening meeting is held the third Tuesday of each month at 7:00 pm at the Upper Tampa Bay Library.

Our monthly meetings discuss:

- Advantages of Breastfeeding
- The Baby Arrives
- Overcoming Obstacles
- Nutrition and Weaning

LLLI 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_____

One-year membership is \$40.00

25% of your dues stay with the Northwest Tampa LLL Group to help support breastfeeding mothers in the Tampa Area.

Please make checks payable to "La Leche League of NW Tampa"

Thank you!!!