

LLL GROUPS & LEADERS

Jupiter

3rd Friday of each month - 10:30 am
Jupiter Medical Center

<i>Kara</i>	799-5921
<i>Jody</i>	741-3568
<i>Jen</i>	844-5624
<i>Lani</i>	352-6137

West Palm Beach

1st Thursday of each month - 6:45 pm
St. Mary's Medical Center, WPB

<i>Sara</i>	630-7687
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Lake Worth/Boynton Beach

1st Saturday of each month - 10 am
Faith United Methodist Church, BB

<i>Kim</i>	964-1249
<i>Wynna</i>	649-8938

Wellington

1st Monday of each month - 7 pm
Wellington Regional Medical Center
<http://www.lllwellington.org>

<i>Jana</i>	798-0922
<i>Delainey</i>	963-9020
<i>Sarah</i>	784-9125
<i>Socorro</i>	357-3024 <i>Eng/Sp</i>

Boca Raton

1st Wednesday of each month - 8 pm
Call for location

<i>Amy</i>	279-2664
<i>Dana</i>	756-6590 <i>Eng/Sp</i>

Meetings subject to change. Please call to confirm.

Revised APRIL 2009



BREASTFEEDING INFORMATION



La Leche League

***Breastfeeding
Information and Support***

Palm Beach County, Florida

La Leche* League (LLL) is...

...a non-profit, non-sectarian organization founded for the purpose of giving information, support, and encouragement to all pregnant or postpartum mothers who are interested in learning more about breastfeeding.

- **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 spoiling your baby, 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 nurse?**
- **Would you like information on the latest medical research on breastfeeding?**
- **Are you interested in hearing the personal experiences of other mothers?**

Learn more about these issues and the breastfeeding family at a La Leche League meeting.

Whether you breastfeed your baby six days, six weeks, six months, a year, or longer, you'll find La Leche League meetings supportive and informative.

* Pronounced "la LAY-chay"

www.lalecheleague.org
www.lllusa.org/FL/index.html

Our monthly meetings discuss

- **Advantages of breastfeeding**
- **Childbirth and the new baby at home**
- **The art of breastfeeding and overcoming difficulties**
- **Nutrition and weaning**

Leaders are experienced breastfeeding mothers, accredited by La Leche League International. They are trained to answer questions or concerns you may have about breastfeeding.

Leaders are available for free telephone counseling every day.

We look forward to hearing from you!

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

All La Leche League written materials are approved by a Medical Advisory Board.

La Leche League is a non-profit, non-sectarian organization entirely supported by donations, memberships, and sales of materials.

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. (Going electronic.)
- LLL International's award-winning informational website.

"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