

## 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.

<b>CLEARWATER</b>	
1st Tuesday of each month at 10:00 am AND 3rd Wednesday of each month at 7:00 pm Church of the Good Shepherd Nursery 639 Edgewater Drive, Dunedin	
Sara	251-4786 <a href="mailto:sara@saranorine.com">sara@saranorine.com</a>
Susan	727-467-9559 <a href="mailto:subiewon@tampabay.rr.com">subiewon@tampabay.rr.com</a>
Heidi	727-787-5517
<b>MID PINELLAS</b>	
3rd Thursday of each month at 6:00 pm Pinellas Park Library 7770 52nd Street, Pinellas Park	
Wanda	727-544-7091 <a href="mailto:MidPinellasLLL@gmail.com">MidPinellasLLL@gmail.com</a>
<b>CENTRAL PASCO</b>	
3rd Thursday of each month at 10:00 am Land O'Lakes Library 2818 Collier Parkway AND 4th Tuesday of each month at 6:30 pm New Tampa Regional Library 10001 Cross Creek Blvd, Tampa	
Rachel	813-994-7390
Elizabeth	813-994-3992 <a href="mailto:Ellizabeth.LLL@gmail.com">Ellizabeth.LLL@gmail.com</a>
Vanessa	813-788-7965
<b>HERNANDO COUNTY</b>	
Meetings will Reopen 2009-Please call to confirm	
Elizabeth	813-994-3992 <a href="mailto:EllizabethLLL@gmail.com">EllizabethLLL@gmail.com</a>
<b>WEST PASCO</b>	
2nd Thursday of each month at 10:30 am Conference room at All Children's Specialty Care of Pasco County, 4443 Rowan Road, New Port Richey, FL 34653.	
Carmen	727-267-7218 <a href="mailto:Carmengoldstein@hotmail.com">Carmengoldstein@hotmail.com</a>
Jennifer	813-383-8458

## 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.

<b>NORTHWEST TAMPA</b>	
1st Friday of each month at 10:00 am Austin Davis Library 17808 Wayne Road, Odessa AND 3rd Tuesday of each month at 7:00 pm Upper Tampa Bay Library 11211 Countryway Boulevard	
Jane	727-417-0827
Lorinda	813-265-8441 <a href="mailto:llorinda@yahoo.com">llorinda@yahoo.com</a>
Tina	813-817-8462
Michelle	813-961-9236
Elaine	813-926-5884
<b>NORTHEAST TAMPA</b>	
1st Thursday of each month at 10:00 am Call for Leader for current location	
Susan	813-237-6827 <a href="mailto:sovertol1@tampabay.rr.com">sovertol1@tampabay.rr.com</a>
Laura	813-232-0306 <a href="mailto:lauraj2@verizon.net">lauraj2@verizon.net</a>
Suzann	813-785-5707
<b>BRANDON</b>	
3rd Wednesday of each month at 10:00 am St. Andrew's Church 3315 Bryan Road, Brandon	
Katherine	813-671-5307
Sylvia	813-982-0777
Susan	813-685-1096
<b>EAST HILLSBOROUGH</b>	
2nd Wednesday of each month at 7:00 pm Oakfield Medical Plaza Suite 262, Brandon	
Kecia	813-661-0798 <a href="mailto:kecia404@aol.com">kecia404@aol.com</a>
Sharon	813-672-5119
Heather	813-684-9384 <a href="mailto:lll_heather@yahoo.com">lll_heather@yahoo.com</a>