



## About La Leche League

From its humble origin of two friends breastfeeding at a picnic in 1956, La Leche League has grown into an international, non-profit organization whose primary focus has remained on the personal one-to-one sharing of information and encouragement that provides a new parent with the confidence they need to breastfeed their baby.

## La Leche League Leaders

LLL Leaders are volunteer breastfeeding counselors, accredited by La Leche League International (LLI), who have nursed their own babies, and are trained in the normal course of breastfeeding. They lead monthly meetings and are available to provide free one-to-one support.

## Monthly Meetings

Parent-to-parent support is the focus of La Leche League meetings, with tips and techniques shared by parents who have enjoyed a successful nursing relationship. Whether you are pregnant or have just begun nursing or are beginning to wean, you will find La Leche League meetings supportive and informative. Meetings rotate through four general topics: *Advantages of Breastfeeding, Preparing for Baby, Childbirth, and the New Baby at Home, The Art of Breastfeeding: Avoiding and Overcoming Difficulties, Nutrition and Weaning*

## What Happens at an LLL Meeting?

You may be nervous to attend your first La Leche League meeting. *Who will be there? Will I have to talk? Can I bring my baby? Do I have to be a member to attend?* We hope this information helps.

- Meetings are FREE with no membership required.
- Each parent can ask questions or contribute to discussion as they choose.
- Attendees may also sit and listen if they prefer.
- Babies are always welcome.
- Expectant parents are encouraged to attend to help get off to a good start.
- Take the information that works for you and leave the rest behind.

## What About Virtual Meetings?

Many La Leche League Groups offer online meetings. While they look a little different, the spirit and information shared, are the same! Meetings are free and run by LLL Leaders. Each parent is encouraged to ask questions and share from their experience. Children will often drop in or be nursing throughout the meeting. Expectant parents are always welcome.