

- 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 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 breastfeed?
- Would you like information on the latest medical research on breastfeeding?
- Are you interested in hearing the personal experiences of other mothers?

La Leche League provides information, support and encouragement to breastfeeding families. Pregnant women are urged to attend meetings and learn how to get breastfeeding off to a good start. Nursing mothers enjoy meetings as a place to socialize, share mothering experiences and have questions answered.



*Any time is the right time
to attend a meeting!*



For further information or to locate a Group near you, check this web site:
www.lllflorida.com

Frequently Asked Questions
about Breastfeeding:
<http://www.llli.org/FAQ/faq.html>

Local Leaders

Michelle .(parla Italiano) .239-498-3095
Kathy239-834-8390
Jordan630-341-2786

***FREE* Casual** Mother-to-Mother Support Meetings currently held **3rd Saturday of every month** at 9:30 a.m. at **Anthem Church, 13545 American Colony Blvd., Fort Myers, FL 33912.**

Please join us! Bring a friend.

Check out our local La Leche League of Fort Myers [Facebook](#) page.



**La Leche
League
of
Fort Myers &
Cape Coral Area**

**Did you know
breastfeeding
challenges can be over-
come with
proper assistance?**



La Leche League
provides **FREE** information,
encouragement & support
to breastfeeding mothers.

La Leche League (LLL) is an international, nonprofit, nonsectarian organization helping women worldwide to breastfeed through mother-to-mother, encouragement, information and education.

LLL promotes breastfeeding as an important element in the healthy development of babies.



Exclusive breastfeeding for the first six months gives babies the best start in life.

The American Academy of Pediatrics and the World Health Organization (WHO) recommended babies be breastfed exclusively for the first year and continue to breastfeed for a minimum of two years.

Exclusive breastfeeding for the first six months to a year is the ideal way of providing young infants with the nutrients they need for healthy growth and development. LLL helps women to meet these goals.

Skilled, trained, experienced and accredited Leaders lead monthly Series Meetings open to pregnant women, new and experienced mothers and their babies.

Series Meeting Topics:

- The Benefits of Breastfeeding to Mothers and Babies
- Baby Arrives-The Family and the Breastfed Baby
- The Art of Breastfeeding and Overcoming Difficulties
- Nutrition and Weaning

For further information and to locate a Group in your area, see our Web site: www.lllflorida.com

