

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

Local LLL GROUPS & LEADERS

East AM group, every 2nd Wednesday at 10 am

Jeannie	839-5821
Lindsay	230-6644
Melanie	236-0875

East PM group, every 3rd Monday at 6:30 pm

Laurel	226-0856
Adria	278-8879

West AM group, every 3rd Tuesday at 10 am

Adria	278-8879
Fran	441-0119

West PM group, every 4th Tuesday at 7 pm

Sue	221-2141
Deb	824-8822

Verona, every 2nd Thursday at 5:30 pm

Fran	441-0119
Heather	845-1328

Multiples, various Fridays at 10:45 am

For women pregnant with or mothers of multiples.

Kay	258-8368
Anne	238-0864

Belleville / New Glarus

Call for time and directions

Renee	424-0296
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Visit our webpage for current dates and locations:

WWW.LLLMADISON.ORG

Breastfeeding?

Or considering it?



LA LECHE LEAGUE

Breastfeeding Information and Support

HELPLINE at 827-5530

7 days a week

www.LLLMadison.org





La Leche* League (LLL)

... a nonprofit, nonsectarian organization founded for the purpose of giving information, 'mother to mother' support, and encouragement to all mothers who want to breastfeed.

La Leche League offers breastfeeding support and information through:

- 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 your partner with bonding?
- Are you thinking about returning to work and wonder how you can continue breastfeeding?
- Would you like information on the latest medical research on breastfeeding?
- Are you interested in hearing the personal experiences of other mothers?
- Would you like to be part of a support network of breastfeeding families?

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

Our monthly gatherings discuss:

- Breastfeeding: The Healthy Choice
- At Home With Your New Baby
- Art of Breastfeeding & Avoiding Difficulties
- Nutrition & Weaning

Our Leaders are:

- Mothers just like you
- Experienced in breastfeeding
- Accredited by LLL International
- Trained to answer any questions or concerns about breastfeeding
- Available for free telephone help every day
- Looking forward to hearing from you

- Monthly gatherings.
- 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.
- LLL International's award-winning informational website. www.llli.org

Thank you to our supporters:

Breastfeeding Madison

Happy Bambino, Lactation Assistance Services

21st Century Lingerie

La Leche League is a nonprofit, nonsectarian organization entirely supported by donations, memberships, and sales of materials.

All donations to LLL are 100% TAX deductible.

* Pronounced "la LAY-chay"