

La Leche League of Wisconsin

Whether you are pregnant and considering breastfeeding, or you are already a breastfeeding mother, La Leche League is here for you and your baby!

Wisconsin has over 100 accredited volunteer Leaders active in more than 40 La Leche League Groups. These Leaders are qualified to conduct monthly discussion meetings about all aspects of breastfeeding and related subjects. Leaders also offer support on a one-to-one basis, often by telephone.

Each Group offers a lending library of books which reflect La Leche League philosophy on breastfeeding, childbirth, nutrition and weaning, child development, and parenting.

La Leche League's book, THE WOMANLY ART OF BREASTFEEDING, is a comprehensive guide to nursing a baby. It combines the personal wisdom and experience of breastfeeding mothers with references to scientific literature about breastfeeding and breast milk.

See the back of this brochure for the phone number of an accredited La Leche League Leader near you!

La Leche League of Wisconsin is part of La Leche League International, which is incorporated in Illinois, USA, as a not-for-profit organization. It has been determined to be federally tax exempt under US 501(c)(3) status and all contributions are tax deductible to the extent allowed by law.

Wisconsin La Leche League Groups:

Appleton	920-993-1030
Ashland	715-685-0132
Brookfield PM	262-782-6814
Brookfield/Elm Grove AM	262-781-0527
Delavan	815-943-1506
Dodge County	920-356-8797
Eau Claire	715-552-3281
Fond du Lac	920-922-3526
Germantown/Men. Falls	262-677-9114
Grant County	608-732-4519
Green Bay PM	920-338-0857
Green Bay Tri-County	920-430-8776
Jefferson County	262-593-2740
Kenosha	262-654-1512
Madison Area	608-827-5530
Manitowoc	920-683-9605
Menomonie	715-552-3281
Mequon/Ozaukee County	262-377-6194
Milwaukee Metro	414-297-9595
Neenah-Menasha	920-730-8671
New London	920-982-4914
Northwoods	715-369-2946
Oshkosh	920-232-9869
Plymouth	920-565-3874
Racine	262-598-9416
Rock County	608-359-9409
Sauk Prairie	608-355-2830
Sheboygan	920-451-7110
Stevens Point	715-341-6378
Verona	608-469-6477
Viroqua	608-637-3074
Waukesha	262-965-5671
Wausau	715-359-4329
West Bend	262-335-0971
Wisconsin Rapids	715-423-1283

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*La Leche League
of
Wisconsin*



La Leche League of Wisconsin is part of La Leche League International, a non-profit organization dedicated to providing support, education, information, and encouragement to women who want to breastfeed.

La Leche League of Wisconsin offers

Breastfeeding and Parenting Conferences—

A statewide conference is held for Leaders, professionals, and parents in even-numbered years. The conference features recognized experts on breastfeeding and parenting, as well as La Leche League Leaders and members speaking on a variety of topics of interest to parents and families.

Continuing Education for Professionals—A symposium offering continuing education credits is held each year in the fall.

Speakers—Many La Leche League Leaders provide outreach by speaking to professional, parent, student, and community organizations.

Toddler Meetings—Some La Leche League Groups offer special meetings for parents of toddlers.

Couples/Family Meetings—Some La Leche League Groups offer special meetings for couples and families.

For more information on La Leche League of Wisconsin's activities, visit our website at

www.lllofwi.org

My local La Leche League contact is

Breastfeeding: Best for Baby-Best for You

Benefits to Baby

- Superior nutrition
- Easily digestible
- Reduces incidence of allergies
- Protects against certain infections and chronic illnesses
- Stimulates baby's own immunological development
- Promotes jaw, tooth, and speech development

Benefits to mother

- Reduces pre-menopausal breast cancer incidence
- Reduces chance of osteoporosis
- Promotes maternal-infant bonding
- Economical, convenient, and enjoyable
- Postpones fertility return

LLL Membership Benefits

- Receive breastfeeding information and support
- Share companionship with other mothers of babies and young children
- Become part of an international network of nursing mothers
- Receive the bi-monthly journal *New Beginnings*, La Leche League International's magazine filled with practical breastfeeding and parenting information.

La Leche League International

La Leche League International was founded by seven breastfeeding mothers in 1956. Today, La Leche League's message of support for breastfeeding mothers and their babies has grown to include the following:

Services Provided

8,000 accredited Leaders who reach more than 10,000 mothers a month in 60 countries.

World's largest English language collection of professional research articles on breastfeeding
Breastfeeding Abstracts, a collection of abstracts from scientific journals

Annual seminar for physicians

Conferences for La Leche League Leaders and parents.

Lactation Consultant workshops

Professional Advisory Board

Peer Counselor Program to help meet the needs of breastfeeding mothers from within their own communities

Cooperative Action

Founding member of the World Alliance for Breastfeeding Action (WABA)

Accredited member of the US Healthy Mothers/Healthy Babies Coalition

Consultative status with UNICEF

Official working relations with the World Health Organization.

Visit La Leche League International's web site for additional information at

www.lalecheleague.org

