



# LA LECHE LEAGUE OF LEWES, DE

Check us out on Facebook! "La Leche League of Salisbury and Lewes"

**We're a new group!**

**Announcing the monthly series of meetings for Breastfeeding Mothers**

## Summer/Fall –2010 Series

### ***The Advantages of Breastfeeding for Mother, the Baby, and the World***

Thursday, August 19, – 10 am (please call to confirm date for August!)

### ***Preparing for Baby, Birth, and Baby's First Few Weeks***

Thursday, September 9, 2010 – 10 am

### ***Avoiding and Overcoming Difficulties***

Thursday, October 7, 2010 – 10 am

### ***Nutrition, Weaning, and Changes as Baby Grows***

Thursday, November 11, 2010- 10 am

***\*If you would like to volunteer to bring refreshments, please call Michelle.\****

---

Location: Lewes, De

Name of facility: Lewes Library

Ph: 302-645-2733 11 Adams Ave.  
Lewes, De

[www.leweslibrary.org](http://www.leweslibrary.org)

**LLL will meet in the upstairs meeting room.  
There is an elevator.**

---

## **Breastfeeding...**

### **It Makes A Difference!**

- ♥ Healthier mothers
- ♥ Healthier babies
- ♥ Cost effective
- ♥ No packaging = Less pollution
- ♥ Recommended by the American Academy of Pediatrics

Breastfeeding is a simple and natural process, but you may need support and information on the correct positioning of the baby at the breast, adjusting to motherhood, 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.

Attending La Leche League (LLL) meetings can help you learn about breastfeeding from other nursing mothers. At these monthly meetings, mothers share not only their questions and concerns, but also the benefits and joys of breastfeeding. Being in touch with LLL can give you the network of support you need.

All women are welcome at LLL Series Meetings. Any woman interested in breastfeeding, whether she is pregnant, nursing, or hopes some day to have a family, may attend. Grandmothers may also attend! Nursing babies and other children are always welcome at our meetings.

LLL Leaders are also available to answer your breastfeeding questions by phone. Unless it is an emergency, please call during normal waking hours.

LLL of Lewes' accredited Leader:

**MICHELLE MCINTIRE of Georgetown**  
**(302) 542-0508**

[Michelle.mcintire@state.de.us](mailto:Michelle.mcintire@state.de.us)

---

La Leche League International (LLL) is a volunteer, non-profit organization offering information to parents who wish to breastfeed their babies. We invite you to join LLL. Membership for one year is \$40.00. Your membership entitles you to an online subscription of "New Beginnings" (LLL's bi-monthly journal, filled with up-to-date research and information, book reviews, warm, personal stories from other breastfeeding mothers and more), use of our lending library, a 10% discount on books (such as *The Womanly Art of Breastfeeding*, LLL's manual for breastfeeding parents), slings, nursing clothes and other items that we sell, discounts on registration fees to LLL conferences and workshops, and more! Most importantly, when you join LLL, you are participating in an international mother-to-mother helping network to assist other mothers just like yourself!