



La Leche League of Northern Anne Arundel

2008 Winter/Spring Series (January-April)

Questions? Contact a Leader:

Suzy - 410-729-2648 or suzylll@hyser.com

Monique – 240-235-1924 or moniquejones@llofmd-de-dc.org

Visit LLL on the web at www.llli.org and www.llofmd-de-dc.org

Winter/Spring 2008 Meetings

Evening meetings are offered on the first and third Monday of each month at 7 pm at Baltimore Washington Medical Center in the Tate Cancer Center, 1st floor conference room. Call a Leader for directions.

January 7 - Mothering Enrichment

January 21 – Advantages of Breastfeeding

February 4 – Mothering Enrichment

February 18 – The Family and The Breastfed Baby

March 3 – Mothering Enrichment

March 17 – The Art of Breastfeeding

April 7 – Mothering Enrichment

April 21 – Nutrition and Weaning

Breastfeeding Cafes are offered on the third Friday of each month at 10 am at the locations below. Call a Leader for directions.

January 18 – North County Library

February 15 – Severna Park Library

March 14 – Severna Park Library

April 18 – North County Library

Babies and toddlers are always welcome at meetings!

Pregnant women are encouraged to attend a full series of meetings before the birth of their child.

Membership is not required to attend La Leche League meetings.

Breastfeeding is a simple and natural process, but you may need support and information on the correct positioning of the baby at the breast, working and breastfeeding, avoiding problems, and overcoming 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 meetings can help you learn more 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 La Leche League can give you the network of support you need.

Membership in La Leche League is just \$40 per year. Members receive a bimonthly journal called NEW BEGINNINGS, filled with warm personal stories from breastfeeding parents along with up-to-date research, book reviews, and much more. To find out about benefits of membership, call a La Leche League Leader above.

US Breastfeeding Hotline
1-877-4LA-LECHE