
LA LECHE LEAGUE HELPS FAMILIES

La Leche League (LLL) is committed to diversity and inclusion.

LLL supports all breastfeeding, chestfeeding, and human milk feeding families, inclusive of their race, ethnicity, immigration status, national origin, creed, age, sexual orientation, gender identity, family structure, primary language, ability, or socio-economic status.



Social Media

- ❖ Public Durham Facebook Group: <https://www.facebook.com/LLLofNCDurham/>
- ❖ Private Durham PM Facebook Group: <https://www.facebook.com/groups/LLLofDurhamPM/>
- ❖ Instagram: @llofdurham ([instagram.com/llofdurham](https://www.instagram.com/llofdurham))

Helpful Hints

- ❖ Whether working or at home with your baby, we can help you to reach your breastfeeding, chestfeeding, and human milk feeding goals.
- ❖ You can breastfeed, even if you plan to go back to work or you have a Cesarean birth or your baby is premature, or you have twins...even triplets!
- ❖ Nurse often. The more your baby nurses, the more milk you will have.
- ❖ Babies nurse for nourishment and so much more. Nursing can soothe pain, calm fears, and comfort babies.
- ❖ Hold your baby skin-to-skin as much as possible.
- ❖ Nap or rest with your baby when you can.
- ❖ Drink plenty of water.
- ❖ Talk with someone who has enjoyed nursing, such as a La Leche League Leader.
- ❖ Start early and continue to build a strong support network.
- ❖ The more you know before you have a baby, the better prepared and more confident you will be!

DURHAM LA LECHE LEAGUE

2024



Nursing Babies, Nurturing Families

Breastfeeding is natural, but it doesn't always come naturally. We offer support to all who want to breastfeed. Whether you are pregnant and have questions; or you are facing a challenge; or breastfeeding is going smoothly and you'd like to help support others...

***Find a meeting that works in
your schedule!***



2024 MEETING SCHEDULE

Meetings are free and led by volunteer Leaders who are experienced with breastfeeding and accredited by La Leche League International. Get support. Ask questions. Share your experiences.

All are Welcome!

WEDNESDAY MORNING GROUP

ONLINE

1ST WEDNESDAY OF EACH MONTH
AT **10:00AM ET**

<https://meet.google.com/rzo-dqdh-gcp>

January 3: Family Nutrition in the New Year
February 7: ABCs of Breastfeeding
March 6: Preparing for Birth and Breastfeeding
April 3: Myths and Facts
May 1: Working and the Nursing Baby
June 5: Benefits of Human Milk
July 3: Getting Nursing Off to a Good Start
August 7: What is "Normal?"
September 4: Weaning: Four Chambers of the Heart
October 2: Coping with Others' Attitudes
November 6: New Nursing Baby in Your Life
December 4: The Art of Avoiding Difficulties

THURSDAY MORNING GROUP

IN-PERSON

3RD THURSDAY OF EACH MONTH
AT **10:30AM ET**

Carolina Birth and Wellness
5850 Fayetteville Road, Suite 202
Durham, NC 27713

January 18: Nighttime Parenting
February 15: Weaning & the 4 Chambers of the Heart
March 21: Coping with Others' Attitudes
April 18: How Do I Cook, Sleep, Clean, Relax?
May 16: What Is "Normal?"
June 20: Working and the Breastfed Baby
July 18: ABCs of Breastfeeding
August 15: Bonding from Pregnant to Baby to Toddler
September 19: The Art of Nursing
October 17: Starting Solids
November 21: Managing Travel and Family
December 19: Family Life and the New Baby

SATURDAY MORNING CAFE

ONLINE

3RD SATURDAY OF EACH MONTH
9:30AM ET

<https://meet.google.com/rzo-dqdh-gcp>

January 20
February 17
March 16
April 20
May 18
June 15
July 20
August 17
September 21
October 19
November 16
December 21

Cafes are more casual gatherings for support and socializing with no specific topics.

Student/Observer? Please send a message if you would like to observe a meeting - <https://www.facebook.com/LLLofNCDurham>

Offering free support between meetings, too!

Call or Text a Leader

Jessalyn – 928-978-3805
Carlita – 912-856-7948
Amber – 919-282-4433
Megan – 336-830-3089
Lauren – 631-521-6181
Jahmekya – 573-397-1101
Love – 919-622-8787
Jennifer – 919-699-1415
Jasmine – 919-357-2193
Sunshine – 919-491-7042
Kathleen – 919-624-0230

Find other La Leche League USA meetings:
<https://www.facebook.com/LaLecheLeagueUSA/events/>

Check out the
Library!

<https://llldurham.org/brochure-resources/>



Consider becoming a member of LLL of Durham. It's \$20 a year. You can pay via PayPal – lll.of.durham@gmail.com. Or mail a check (made out to LLL of Durham) to 6319 Coronado Ln, Durham, NC 27713. Your membership will help LLL of Durham continue to provide support and resources in our community.

Please feel free to copy and distribute this brochure.