

# 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: <https://www.facebook.com/LLLofNCDurham/>
- ❖ Private Durham Facebook: <https://www.facebook.com/groups/LLLofDurhamPM/>
- ❖ Durham Meetups: <https://www.meetup.com/Durham-La-Leche-League-Breastfeeding-Support-and-Info/events/>
- ❖ South Durham: <https://groups.google.com/forum/#!forum/lll-durham-south/join>
- ❖ Central Durham: <https://groups.google.com/forum/#!forum/lll-central-durham/join>



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# DURHAM LA LECHE LEAGUE

2020



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 or facing a challenge; breastfeeding is going smoothly; or you'd like to help support others...

*Find a meeting near you today*



# DURHAM LA LECHE LEAGUE 2020

Meetings provide a safe place for breastfeeding support in a friendly, accepting atmosphere. These free meetings are led by volunteer Leaders, who are experienced with breastfeeding and are accredited by La Leche League International. Children are welcome. Bring your questions and experiences.



## DURHAM EVENING GROUP

2ND MONDAY OF EACH MONTH

**AT 6:30 P.M.**

Durham Friends Meeting House  
404 Alexander Avenue  
Durham NC 27705

*January 13: The Importance of Breastfeeding*  
*February 10: The Baby Arrives: The Family and the Breastfed Baby*  
*March 9: The Art of Breastfeeding and Avoiding Difficulties*  
*April 13: Nutrition and Weaning*  
*May 11: The Importance of Breastfeeding*  
*June 8: The Baby Arrives: The Family and the Breastfed Baby*  
*July 13: The Art of Breastfeeding and Avoiding Difficulties*  
*August 10: Nutrition and Weaning*  
*September 14: The Importance of Breastfeeding*  
*October 12: The Baby Arrives: The Family and the Breastfed Baby*  
*November 9: The Art of Breastfeeding and Avoiding Difficulties*  
*December 14: Nutrition and Weaning*

## CENTRAL DURHAM GROUP

1ST WEDNESDAY OF EACH MONTH

**AT 10:00 A.M.**

Welcome Baby, Cooperative Ext. Building  
721 Foster Street  
Durham, NC 27701

*Thursday, January 9: Family Nutrition in the New Year*  
*February 5: Preparing for Birth and Breastfeeding*  
*March 4: Working and the Breastfed Baby*  
*April 1: Breastfeeding Myths and Facts*  
*May 6: Starting Solids*  
*June 3: Getting Breastfeeding Off to a Good Start*  
*July No Meeting: Please, check out another area meeting*  
*August 5: Breastfeeding: What Is "Normal?"*  
*September 2: Weaning: Four Chambers of the Heart*  
*October 7: ABC's of Breastfeeding*  
*November 4: New Breastfed Baby in Your Life*  
*December 2: The Art of Avoiding Difficulties*

## SOUTH DURHAM GROUP

3RD THURSDAY OF EACH MONTH

**AT 10:30 A.M.**

Eno River Unitarian Universalist Fellowship  
4907 Garrett Road  
Durham, NC 27707

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

## Helpful Hints

- ❖ Whether working or at home with your baby, we can help you to reach your breastfeeding goals.
- ❖ You can breastfeed, even if you plan to go back to work, you have a Cesarean birth, your baby is premature, or you have twins...even triplets!
- ❖ The more your baby nurses, the more milk you will have.
- ❖ Newborns may nurse 10-14 times in a 24 hour period, although many **babies require even more.**
- ❖ Babies nurse for nourishment and also for many other important reasons.
- ❖ 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.
- ❖ The more you know about nursing before you have a baby, the better prepared and more confident you will be!
- ❖ Start early and continue to build a strong support network.

Offering support between meetings

**Call or Text a Leader**

Jasmine	919-357-2193
Jennifer	919-321-8407
Kathleen	919-624-0230
Lauren	631-521-6181
Love	919-622-8787
Sunshine	919-491-7042
Jahmekya	jahmekya.hall@gmail.com

Find another area meeting:  
<http://www.lllofnc.org/groups/>  
<https://llusa.org/locator/>

Please feel free to copy and distribute this brochure.