
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/](https://www.facebook.com/LLLofNCDurham/)
- ❖ Private Durham Facebook: [https://
www.facebook.com/groups/
LLLofDurhamPM/](https://www.facebook.com/groups/LLLofDurhamPM/)

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!
- ❖ 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 about nursing before you have a baby, the better prepared and more confident you will be!

DURHAM LA LECHE LEAGUE

2022



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 that works in
your schedule today!***



2022 MEETING SCHEDULE

These free meetings are led by volunteer Leaders, who are experienced with chest/breastfeeding and accredited by La Leche League International. Children are welcome. Bring your questions and experiences.

DURHAM CENTRAL GROUP

1ST WEDNESDAY OF EACH MONTH
AT 10:00 A.M.

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

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

DURHAM EVENING GROUP

2ND MONDAY OF EACH MONTH
AT 6:30 P.M.

<https://uso2web.zoom.us/j/79745914178>

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

SOUTH DURHAM GROUP

3RD THURSDAY OF EACH MONTH
AT 10:30 A.M.

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

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

DURHAM SATURDAY GROUP

3RD SATURDAY OF EACH MONTH
AT 10:00 A.M.

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

January 2022: Meetings begin in February
February 19: The Art of Nursing and Avoiding Difficulties
March 19: Nutrition and Weaning
April 16: The Importance of Chest/Breastfeeding
May 21: The Baby Arrives, the Family & the Nursing Baby
June 18: The Art of Nursing and Avoiding Difficulties
July 16: Nutrition and Weaning
August 20: The Importance of Chest/Breastfeeding
September 17: The Baby Arrives, the Family & the Nursing Baby
October 15: The Art of Nursing and Avoiding Difficulties
November 19: Nutrition and Weaning
December 17: The Importance of Chest/Breastfeeding

Offering support between meetings!

Call or Text a Leader

Jamie – 419-573-9245
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 Area Meetings:

<https://llusa.org/locator/>

La Leche League USA Events:

<https://www.facebook.com/LaLecheLeagueUSA/events/>

[LaLecheLeagueUSA/events/](https://www.facebook.com/LaLecheLeagueUSA/events/)

Check out our
library!

[https://llldurham.org/
brochure-resources/](https://llldurham.org/brochure-resources/)



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