

January – April 2012 Meeting Notice

Groups and Leaders

Welcome!

Attending La Leche League meetings can help you learn about breastfeeding from other nursing mothers. At our 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 a network of support you need.

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 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.

Pregnant women, mothers, babies and children are always welcome!



LA LECHE LEAGUE

San Jose Meeting
1st Thursday of every month, 10:30 AM

Date	Topic	For more information:
January 5	4	April (408) 289-9188
February 2	1	Sandy (408) 728-2387
March 1	2	Michele (408) 265-4834
April 5	3	

Email: lll_campbell@yahoo.com

Location: **Rose Garden Branch Library Community Room – 1580 Naglee Avenue, San Jose.**
From 17, take the Stevens Creek Blvd Exit, head east toward San Carlos St. Turn left on N. Bascom Ave. Make slight right onto Naglee Ave. The library is on the right.

- No need to call ahead or reserve a spot, nor do you need to be a member to come to a meeting. Drop-ins are welcome.
- Its ok to come late or leave early, we are here to meet your needs.
- Pregnant woman, nursing moms, and moms with older children are all welcome. Feel free to bring your babies and children with you as well.
- All meetings are free. Donations gladly accepted.

***La Leche League** is an international non-profit, non-sectarian organization dedicated to providing information, support, encouragement, and education to women who want to breastfeed.*

***La Leche League Leaders** are volunteers who have happily breastfed their own children. They are accredited by La Leche League International and offer practical information and moral support to breastfeeding mothers through monthly meetings and telephone counseling*

To download a current meeting notice, visit our webpage:
www.llnocal.org/groups/SanJoseCA.html

24-hour helpline: 1-(877)-4-LALECHE—1-877-452-5324

Topics: Monthly meetings are based on a series of four topics with an informal and discussion-based format. At each meeting, we also address your specific questions and concerns.

1. **BREASTFEEDING: The Importance of Breastfeeding to Mother and Baby, The Healthy Choice, The Benefits of Human Milk**
2. **BABY ARRIVES: The Family and the Breastfed Baby, The Birth of Your Baby and Baby's First Weeks, At Home With Your New Baby**
3. **ART OF BREASTFEEDING and Avoiding Difficulties: The "How To's" of Breastfeeding, The Myths and Truths of Breastfeeding**
4. **NUTRITION AND WEANING: Baby's First Foods, Baby's Changing Needs, Nutrition for the Whole Family, Beyond Breastfeeding**