

La Leche League of Sandy

Offering two meetings a month
September – December 2008

Leaders

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For other areas in Utah, call **264-LOVE (5683)**

Founded in 1956 by seven women to make breastfeeding easier and more rewarding for mothers and babies, La Leche League offers information and encouragement to women who want to breastfeed. You care about your baby, and we're here to help you. Take from our meetings the ideas and suggestions that will work for you and your family. **Welcome!**

Series Meetings are held the *second Tuesday of each month* at 10 a.m.

Community of Grace Presbyterian Church, 2015 E. Newcastle Drive (8890 S.), Sandy
(NE corner of Highland Drive and Newcastle Drive)

La Leche League Series Meetings are open to all interested women and focus on nursing during the first year.

The Importance of Breastfeeding September 9

Nursing benefits for baby, mother, father, families, and the world

Baby Arrives: The Family and the Breastfed Baby October 14

Preparing for birth, establishing nursing in the early weeks, and including dad, sibling/s, and grandparents

The Art of Breastfeeding and Avoiding Difficulties November 11

The normal course of breastfeeding, recognizing challenges, caring for yourself, getting support

Nutrition and Weaning December 9

Starting solids, family nutrition, extended nursing, approaches to weaning, loving guidance

Enrichment Meetings are held the *fourth Tuesday of the first three months of our series*

(September, October, and November) at 10 a.m. at Community of Grace Presbyterian Church. Offered to LLL members, Enrichment Meetings are often based on books from our lending library.

Vegetarianism and the Breastfeeding Mother September 23

How to Talk So Kids Will Listen and Listen So Kids Will Talk October 28

Conversation with Vicki Brunstetter, University Hospital NICU nurse . . November 25

THERE IS NO ENRICHMENT MEETING IN DECEMBER

La Leche League is an international nonprofit, nonsectarian organization dedicated to providing information, support, encouragement, and education to women who want to breastfeed.

Our heartfelt thanks

... to our Group workers for helping LLL of Sandy function so well.

Librarian: Renee & Elizabeth **Greeter:** Jen
Secretary: Timbra **Treasurer:** Kathy
Sling Sales: Jen & Jessica **Newsletter:** Kathy

And thanks also

... to the following women who purchased annual memberships during our last series of meetings.

Erin, Ginger, Jennifer, Chris, and Alicia

When you join La Leche League

... you get six bimonthly issues of NEW BEGINNINGS—a magazine filled with practical breastfeeding and parenting information, lending library privileges, and a 10% discount on books and products from LLLI's catalogue. Memberships help our Group and LLL support mothers worldwide.

\$40 = Basic annual membership
\$50 = Membership + WAB manual
\$74 = Membership + baby sling carrier
\$84 = Membership + WAB + baby sling carrier

Sale Items

Books ... We have books for sale that provide helpful information on childbirth, breastfeeding, and parenting. LLL's 2004 manual, THE WOMANLY ART OF BREASTFEEDING, sells at \$15.25 for LLL members, \$16.95 for non-members, or in combination packages (above).

Baby slings ... We sell "Over-the-Shoulder Babyholder" and "Maya wrap" slings for \$40 to LLL members, \$48 to non-members, and in \$74 or \$84 membership packages. Contact Jen or Jessica for sling-wearing tips and sales information. Make your check out to "LLL of Sandy."

La Leche League philosophy

... is represented by the following concepts presented by accredited LLL Leaders. Other comments and opinions expressed at meetings are as individual as the mothers who attend. La Leche League's concepts are:

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.
- Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.
- In the early years the baby has an intense need to be with his mother which is as intense as his need for food.
- Breast milk is the superior infant food.
- For the healthy, full-term baby, breast milk is the only food necessary until the baby shows signs of needing solids, about the middle of the first year after birth.
- Ideally the breastfeeding relationship will continue until the baby outgrows the need.
- Active, alert participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
- Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby's father.
- A father's unique relationship with his baby is an important element in the child's development from early infancy.
- Good nutrition means eating a well-balanced and varied diet of foods as close to their natural state as possible.
- From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.

Babies are always welcome

... You are invited to bring your baby and other young children who need you.

For more information on breastfeeding, other Utah Groups, online meetings, LLL conferences, and more, visit LLLI's Web site at

<http://www.llli.org/>