

La Leche League of Sandy

"Good mothering through breastfeeding"
May - August 2009 Newsletter

Leaders

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Welcome to La Leche League! Our organization was founded in 1956 by seven women who wanted to make nursing easier and more rewarding for mothers and babies. We offer information and encouragement—primarily through personal help—to women who want to breastfeed. Take from our meetings the ideas that will work for you and your family.

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)

La Leche League Series Meetings are open to all interested women and focus on nursing in baby's first year.

The Importance of Breastfeeding May 12

How breastfeeding benefits mother, baby, families, and the world

Baby Arrives: The Family and the Breastfed Baby June 9

Preparing for birth, getting nursing off to a good start, establishing nursing in the early weeks

The Art of Breastfeeding and Avoiding Difficulties . . . July 14

The normal course of breastfeeding and dealing with some of the challenges

Nutrition and Weaning August 11

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

Enrichment Meetings are for LLL members. They are held the *fourth Tuesday of the first three months of our series at 10 a.m.* at Community of Grace Presbyterian Church.

These meetings are often based on books from our library and sometimes focus on extended nursing.

Dr. William Sears' *Attachment Parenting* presented by Erin Hansen May 26

How to Talk So Kids Will Listen and Listen So Kids Will Talk presented by

LLL of Murray Leader Timbra Wiist. June 23

"Natural Family Planning - Might it Work for You?" presented by

LLL of Salt Lake Leader Christy Porucznik July 28

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 our meetings work so well:

Greeter: Jen **Librarian:** Renee
Secretary: Alicia **Treasurer:** Kathy
Sling sales: Jen and Jessica **Blog:** Renee
Newsletter: Kathy **Refreshments:** Julia

And thanks also...to the following women for purchasing LLL memberships during our last series.

Melissa and Alecia

When you pay and renew memberships through our Group, LLL of Sandy gets to keep a portion.

Join **La Leche League** ! ...Annual memberships include many benefits such as six issues of **NEW BEGINNINGS**, our bimonthly magazine filled with practical breastfeeding and parenting information; lending library privileges; and a 10% discount on books and products from LLLI's catalogue. Your membership supports LLL International and LLL of Utah, helps our Group, and encourages nursing mothers around the world. Make your check payable to "LLL of Sandy."

\$40 = Basic annual membership
\$50 = Membership + WAB manual
\$90 = Membership + Maya Wrap
\$100 = Membership + WAB + Maya Wrap

La Leche League philosophy ... is represented by ten concepts and presented by accredited La Leche League Leaders. Other comments and opinions expressed at meetings are as individual as the mothers who attend. Take what fits for you and your family, and leave the rest.

Leaders are unpaid volunteers who are experienced breastfeeding mothers and earn accreditation through La Leche League's training program with reading, writing, and interactive activities. Curious about becoming a Leader? Ask any Leader for details.

Babies are always welcome!

You are invited to bring your baby and other young children who need you to our meetings. Please attend to their needs during our discussion.

Discussion format ... Series Meetings have a four-topic cycle, but you do not have to wait for the first topic to start attending. Leaders present information and encourage participation. We may have 6 to 25 mothers at a meeting, and we'll try to answer your questions regardless of the topic. Meetings typically last about one and a half to two hours.

Individual help—such as with latch-on or positioning—may be available after the meeting or can be arranged for another time. LLL Leaders are also available to answer your questions by phone and e-mail. You can also view our blog at www.LLLofSandy.blogspot.com

Lending library ... LLL members may borrow from our collection of books on nutrition, childbirth, parenting, learning, child development, family health, and breastfeeding.

Sale Items

Books ... Our meetings are based on La Leche League's manual **THE WOMANLY ART OF BREASTFEEDING** which is available for sale by itself for \$15 for LLL members (\$16.25 for non-members) or in our \$50 and \$100 combination packages. We also have other books for sale on breastfeeding, nutrition, childbirth, and parenting.

Baby carriers ... We sell Maya Wrap slings at \$55 to LLL members, \$60 to non-members) and "Maya Ties" at \$72 for members and \$77 for non-members). You can also get a Maya Wrap when you buy a \$90 or a \$100 membership package. Contact Jessica or another Leader for sling wearing and sales information.

For more on breastfeeding, the ten other Utah Groups, online meetings, and more, visit LLL's Web site at lalecheleague.org