



Will you help "Change" the World?

Thousands of breastfeeding families, their supporters, and health care professionals around the world will participate in the annual La Leche League International World Walk for Breastfeeding. Most World Walks will be held in conjunction with World Breastfeeding Week, August 1-7, which was proclaimed by the World Alliance for Breastfeeding Action in conjunction with the World Health Organization and UNICEF. Walkers will be promoting the LLLI goal of increasing the incidence and duration of breastfeeding worldwide.

We need your help! Throughout the month of July, La Leche League of Ohio is asking you to save your change. It is a simple, inexpensive and fun way you and your family can help us to help mothers and babies share the experience of breastfeeding!

At the end of each day, just empty your purse or wallet, pockets, etc... of any change you've collected that day into a container. You'll start out the next day with only bills, so you'll be "breaking" more bills and collecting more change each day. At the end of the month, total up your change and donate the money to La Leche League! It would be simpler for us if you would write a check for the amount you've collected. Checks can be made out to LLL and given to the member of LLL who shared this with you. All donations are tax-deductible.

A fun way to get the whole family involved is in choosing and decorating a container for collecting the change. Even young toddlers can get in on the fun! You might use a jar, box, oatmeal container, etc... We've attached some baby shoes that you and your children can color or paint and put on your container. Other suggestions would be to use crayons, markers, construction paper, stickers, etc... to decorate your container. Then your kids can help you remember to put your change in it each day!

La Leche League International is a nonprofit organization that offers breastfeeding education and encouragement through mother-to-mother support groups, telephone counseling and extensive interaction with physicians and health care providers. More than 300,000 women in 63 countries are assisted by La Leche League programs every month.



