

2010

LLL USA

World Breastfeeding Week

theme:

Breastfeeding

The Baby Friendly Way

Breastfeeding is acknowledged as the biological norm for infant feeding

- ❖ Perfect nutrition for baby
- ❖ A lifetime of benefits
- ❖ Decreased health risks for both mother and baby

La Leche League Leaders have breastfed their babies, and are accredited to help a mother overcome uncertainty and prevent difficulties.

La Leche League:
Supporting mothers is
our mission

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Here



Breastfeeding

**The Baby Friendly
Way**



Donation Brochure

Protection, promotion, and support of breastfeeding is

- A mother's right
- A child's right
- A human right

The breastfeeding mother-infant dyad has the best chance of a long, successful breastfeeding experience when she has an optimal birth experience and nursing begins as early as possible.

With your support La Leche League will continue to support, inform and encourage.

YOUR DONATION SUPPORTS:

- LLL Group meetings
- Lending libraries containing books on all parenting topics
- Tear-off sheets on relevant topics
- Phone assistance
- Spanish materials and outreach
- Hospital outreach
- Breastfeeding FAQs available 24/7
- Questions answered daily by email
- Online parenting chats + meetings

La Leche League (LLL) is a nonprofit, volunteer organization that provides information and encouragement to all mothers who want to breastfeed their babies. LLL is recognized as the world's foremost authority on breastfeeding.

- **Breastfeeding results in healthier mothers and babies.**

For baby: Reduces the risk of asthma, obesity, SIDS, type 1 + 2 diabetes, ear infections, childhood leukemia, allergies and lower respiratory tract infections

For mother: Reduces the risk of type 2 diabetes, breast cancer, ovarian cancer, endometrial cancer, rheumatoid arthritis, osteoporosis, anemia and postpartum depression

- **Breastfeeding protects our planet**

Breastmilk is "green!" It's a natural, renewable resource, requiring no packaging, energy to heat or store it, creates no pollution, and best of all it's free!

To donate online visit:
www.Donate2lll.org

Credit your local Group

Or you may send this form with your donation to your local La Leche League Group:

- \$10 \$20 \$25 \$50 \$100 \$300
 other _____
 Matching-gift form enclosed

Method of payment:

- Check payable to La Leche League
 VISA Discover
 MasterCard American Express

Card #: _____

Signature: _____

Exp. Date: _____

Donor's Name: _____

Address: _____

Telephone: _____

E-mail: _____

THANK YOU FOR YOUR SUPPORT!
Your gift is tax-deductible.