



Image Source: United States Breastfeeding Committee

WHAT HAPPENS AT A MEETING

Many people may be nervous to attend their first La Leche League meeting. Who will be there? Will I have to talk? Can I bring my baby?

Do I have to be a member to attend? We hope this information clears it up for you!

- Meetings are FREE with no membership required.
- Meetings are run by Leaders, volunteers who have breastfed their own children
- Leaders are trained and accredited by La Leche League International.
- Each parent is able to ask questions and contribute to discussion.
- Attendees may also sit and listen if they prefer.
- Babies are always welcome.
- Expectant parents are encouraged to attend to help get off to a good start.
- Take the information that works for you, and leave the rest behind.
- Still feeling unsure? Don't hesitate to reach out to the local Leader before the meeting to find out more specifics!



Find your local group at
llusa.org/locator/