



LA LECHE LEAGUE

nantucket



Our Mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

La Leche League of Nantucket is a member of La Leche League International, a worldwide, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. All breastfeeding mothers and their babies, as well as future breastfeeding mothers, are welcome to come to our meetings or call our Leaders for breastfeeding help.

Attending LLL meetings can help you learn about breastfeeding from other nursing mothers. At these monthly meetings, mothers share not only their questions and concerns, but also the benefits and joys of breastfeeding. You may start with any meeting and come as often as you like.

Series Meetings are informal discussions based on the following topics:

1. THE ADVANTAGES OF BREASTFEEDING

Thursday, September 15, 2016

2. AT HOME WITH YOUR NEW BABY

Thursday, October 20, 2016

3. OVERCOMING COMMON DIFFICULTIES

Thursday, November 17, 2016

4. INTRODUCING SOLIDS, NUTRITION, & WEANING

Thursday, December 15, 2016

Meetings are held at 9:00 am the third Thursday of every month at the Early Childhood Center, located in Candlewick Corner, 128 Old South Rd.

Leaders are available for phone help at any time during the month. For phone help or group information please call Sunny at 508-333-7105. We are also on the web at www.lalecheleague.org