

Who We Are

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. We also provide health care professionals with continuing education opportunities and access to the latest research on lactation management.

Finding Breastfeeding Help

All breastfeeding mothers and pregnant women interested in breastfeeding are welcome to come to our meetings or call our Leaders for breastfeeding help.

Find a LLL Leader near you (<http://www.lllvawv.org/groups.html>)

LLL Meetings

La Leche League meetings cover many aspects of breastfeeding. As we meet the needs of mothers expecting their first child, and the needs of mothers nursing their babies, we find a wealth of information to share and discuss. Since we are all expanding our knowledge of mothering, child development, and family life, no two series of meetings are exactly alike. Please join us for more than one series.

These are the usual meeting topics at LLL meetings. Titles may vary with some Groups.

- The Advantages of Breastfeeding to Mother and Baby
- The Baby Arrives: The Family and the Breastfed Baby
- The Art of Breastfeeding and Avoiding Difficulties
- Nutrition and Weaning

Supporting LLL

Membership in La Leche League is \$40 for one year. The membership fee helps support local Groups, the Virginia Area and the international organization. Membership benefits include a one year subscription to *New Beginnings* magazine. Please contact a LLL Leader near you to become a member of La Leche League.

This web site is maintained by **Karen** for La Leche League of Virginia Area. Feedback is welcome.

For breastfeeding questions please contact a Leader near you or use LLLI's **Online Help Form**

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