What is La Leche League?
LLL publishes books
LLL has a website
LLL supports World Breastfeeding Week

Long Beach LLL at Long Beach Memorial WBW Celebration, 2007
LLL is mother to mother support
The heart of LLL is its Leaders

- Leaders focus on the mother’s feelings
- Leaders use active listening skills
- Leaders provide information not advice
- Leaders empower mothers to practice good mothering through breastfeeding
How mothers become Leaders

- All Leaders are experienced breastfeeding mothers
- Mentoring process to accreditation
  - Applicants are mentored, at their own pace, in their own learning style through the accreditation process
  - Applicants become familiar with breastfeeding resources
  - Bias exercise is a key activity for Applicants
LLL Concepts are guiding principles

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.
- Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.
- In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.
LLL Concepts are guiding principles

- Breast milk is the superior infant food.
- For the healthy, full-term baby, breast milk is the only food necessary until baby shows signs of needing solids, about the middle of the first year after birth.
- Ideally, the breastfeeding relationship will continue until the baby outgrows the need.
- Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
LLL Concepts are guiding principles

- Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby’s father. A father’s unique relationship with his baby is an important element in the child’s development from early infancy.
- Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.
- From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.
LLL in Redondo Beach

- Meetings are listed on the LLL website
- Day and evening meetings monthly
- Park Days weekly
- Yahoo Group has 150+ members
- Facebook
- Baby wearing gatherings
- Text, email and phone support from 5 local Leaders
Outcomes of LLL

- Babies breastfeed
- Mothers make friends
- Group mothers help Leaders
- Some mothers become Leaders
- More babies breastfeed
Q & A

- Based on what you have heard, what is becoming clear about our work?
- As you look ahead, what is going to be important to consider?
- What action steps will you take in the next three months to increase mother to mother support in your community?