

BREASTFEEDING? CONSIDERING IT?



La Leche League of Delaware County / Main Line

Breastfeeding Support and Information

Meeting Schedule • July – December 2004

These informal meetings are free. Children are welcome and pregnant women are encouraged to attend. La Leche League meetings provide breastfeeding information and support, as well as opportunities for meeting breastfeeding mothers and babies. Each group also has a lending library of books on breastfeeding, childbirth, parenting and nutrition. You are welcome to come to any meeting that is convenient. The accredited Leaders listed below are available by phone for breastfeeding help or for more information about the meetings.

<p>HAVERTOWN/UPPER DARBY MORNING GROUP</p> <p>10 a.m. 1st Thursday of each month at Everybody's Chiropractic Center, 115 E. Township Line Road (near the Llanerch Diner and West Chester Pike).</p> <p>Lisa 610-789-7554 • Stacey 610-667-9997 • Cathy 610-896-3170</p> <p>July 1 Advantages of Breastfeeding Aug. 5 Preparing for Birth and Breastfeeding Sept. 2 Avoiding Breastfeeding Difficulties Oct. 7 Weaning: A New Chapter Nov. 4 How Breastfeeding Affects Mothering Dec. 2 Getting Breastfeeding Off to a Good Start</p>	<p>SPRINGFIELD EVENING GROUP</p> <p>7:15 p.m. 2nd Tuesday of each month at Princeton Presbyterian Church, 933 Baltimore Pike.</p> <p>Connie 610-328-3475 • Joan 610-325-3173</p> <p>July 13 Breastfeeding through the Summer Aug. 10 Summer Nutrition Strategies Sept. 14 Go for the Gold - Advantages of Breastfeeding Oct. 12 New Baby in Your Life - Making the Adjustment Nov. 9 The Art of Breastfeeding - Expectation vs. Reality Dec. 14 The Myths of Weaning</p>
<p>MERION TODDLER GROUP</p> <p><i>Topics of interest to mothers nursing beyond a year.</i></p> <p>10 a.m. 3rd Thursday <i>every other month</i> in a member's home in Merion. Please call for directions.</p> <p>Stacey 610-667-9997 • Cathy 610-896-3170 • Lisa 610-789-7554</p> <p>July 15 Breastfeeding Your Toddler Sept. 16 Coping with Outside Pressure Nov. 18 Nighttime Toddlers</p> <p>Enrichment meetings on a variety of parenting topics will be held the 3rd Thursday of Aug., Oct., and Dec. Call a Leader for topics and location.</p>	<p>MEDIA MORNING GROUP</p> <p>10 a.m. 4th Wednesday of each month (3rd Wed. in Nov. and Dec.) at Media Presbyterian Church, 30 E. Baltimore Ave. (park behind the church and come in the back entrance). Accessible by Bus #110 or Trolley #101.</p> <p>Barb 610-892-9787 • Theresa 484-461-9199</p> <p>July 28 Weaning Aug. 25 The Benefits of Breastfeeding Sept. 22 At Home with Your New Baby Oct. 27 Mothering Through Breastfeeding Nov. 17 Family Nutrition Dec. 15 Breastfeeding – The Best Investment</p>
<p>Parenting Conference: "READY, SET, GROW!"</p> <p>October 22-24, 2004, at the Eden Resort in Lancaster, PA www.llofeastempa.org for more details</p> <p>La Leche League Groups meet all over the world. To find your local Group in the greater Philadelphia area, call our BREASTFEEDING HELPLINE 610-666-0359</p> <p>Or contact La Leche League International 1-800-LA-LECHE or www.lalecheleague.org</p>	<p>SWARTHMORE TODDLER GROUP</p> <p><i>Topics of interest to mothers nursing beyond a year.</i></p> <p>10 a.m. 2nd Wednesday of each month at Swarthmore United Methodist Church, 129 Park Ave. (next to the Library).</p> <p>Theresa 484-461-9199 • Barb 610-892-9787</p> <p>July 14 Out and About with Your Nursing Toddler Aug. 11 What's for Dinner? (share your ideas & recipes!) Sept. 8 Why Nurse Beyond a Year? Oct. 13 Toddler Milestones Nov. 10 Choices and Challenges of Nursing a Toddler Dec. 8 Your Toddler's Changing Needs</p>

