

Contact: Monica Walk, Leader, La Leche League of Fond du Lac

(920) 922-3526; monicawalk@hotmail.com

DATE: Feb. 10, 2005

FOR IMMEDIATE RELEASE

### **La Leche League announces new meetings in Fond du Lac**

Whether breastfeeding a baby for six days, six weeks, six months or longer, mothers will find La Leche League meetings supportive and informative. La Leche League, a world-wide, non-profit organization supporting breastfeeding, now has a local Group meeting monthly in Fond du Lac.

Mother-to-mother support is the heart of La Leche League. No book on breastfeeding can equal talking with experienced nursing mothers. At La Leche League meetings, mothers find a continuing source of information, inspiration and support. Pregnant women, mothers with new babies, and mothers continuing to breastfeed are invited to gather to learn more about the advantages of breastfeeding, to borrow books on breastfeeding and parenting, and to meet other area mothers.

La Leche League Leaders guide discussions at the meetings and answer questions from the group or individually. Meetings regularly cover such topics as the health benefits of nursing for mother and baby; how to start breastfeeding; returning to work and continuing to nurse; avoiding breastfeeding difficulties; and nutrition and weaning. Mothers are encouraged to bring their questions and concerns to the meetings.

General series meetings, geared toward expectant and nursing mothers, will be held by La Leche League of Fond du Lac the fourth Wednesday of the month at 10 a.m.

The current four-month Series Meeting schedule features:

Feb. 23: The Advantages of Breastfeeding

March 23: At Home with Baby

La Leche League of Fond du Lac/2

April 27: Avoiding Common Breastfeeding Difficulties

May 25: Baby's Changing Needs

Meetings are free and children are welcome to attend.

For directions to meetings, help with a breastfeeding concern, or additional information about La

Leche League in Fond du Lac, contact accredited La Leche League Leader Monica at (920) 922-

3526. For additional meetings in the Fox Valley area, call 1-877-MOM-MILK, toll-free. For complete details about La Leche League International, including links to chapters around the globe, see [www.lalecheleague.org](http://www.lalecheleague.org).

###