

What mothers say about LLL North Bucks

"I found breastfeeding a struggle at first, partly due to physical complications but also due to common misunderstandings about what is normal behaviour for a newborn. Talking with the local LLL leader and other mothers helped me establish reasonable expectations and rebuilt my confidence in my body's ability to nourish my daughter.

Caroline - Alicia 8 months

LLL helped me to work through some of the emotional issues that I felt in relation to my painful experiences of breastfeeding Amelie (my first who was breastfed for 6 weeks). The meetings have helped me to feel really happy about my parenting experiences since Amelie was born. I gave birth to Daisy in October and I definitely would not still be breastfeeding Daisy if it were not for LLL and I love the meetings.

Jessica - Amelie 2, Daisy 2 months

LLL meetings have not only given me the confidence to continue breastfeeding my toddler but the reassurance i've needed to continue with my decision to tandem nurse. I've met loads of lovely ladies who share the same baby led parenting style as myself and I feel this has really helped me to settle into being a more confident mother.

J'Nel - Gracie 2 & Bump due any day

For me being a first time mother I struggled to know whether to listen to my instincts or the advice given by everyone else. Going to LLL and listening to the experiences of other mums and discussing any concerns with my leader really helps me to feel confident about the way I feed and care for my beautiful baby.

Katherine - Alice 8 months

La Leche League is an international, non-profit organisation dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

LLL Membership

La Leche League services are free. We offer membership to support LLL activities such as community outreach programmes, books for Group libraries, leaflets to send to mothers who call for support & telephone help lines. Family membership costs £25 per year; or £16 per year for an unwaged family. Members receive bi-monthly members' magazine, *Breastfeeding Matters*, a magazine filled with articles, letters, reviews and news on breastfeeding and family life.

LLL North Bucks offers support and information through:

- Monthly Baby Meetings in MK and Aylesbury, where you can receive help and reassurance from LLL Leaders and meet other breastfeeding mothers with young babies.
- Monthly Toddler Meetings for encouragement and support of women nursing older babies and toddlers.
- Telephone help from your local accredited LLL Leader.
- Lending library with books on childbirth, breastfeeding, and related subjects.

All breastfeeding mothers and pregnant women interested in breastfeeding are welcome to come to our meetings or can ring a Leader for breastfeeding help. Babies and young children are always welcome

La Leche League North Bucks



Mother-to-Mother Support for
Breastfeeding

Winter/Spring 2012

**For breastfeeding questions
or information about our
meetings, please contact:
Amanda: 01525 240351
lllnorthbucks@yahoo.co.uk**

www.lllnorthbucks.weebly.co.uk

www.laleche.org.uk
www.lalecheleague.org

La Leche League Great Britain is a company limited by guarantee, registered in England number: 01566925
Registered Office: 129a, Middleton Boulevard, Woolaton Park, Nottingham NG8 1FW, Registered Charity Number: 283771

Baby Meetings

Out and about with your breastfed baby

Monday 23rd January 10am-12pm

27 Ramworth Way, Aylesbury, HP21 7EX
01296 415614

Friday 27th January 10am to 12pm

Heelands Robins Childrens Centre,
Glovers Lane, Heelands, Milton Keynes, MK13 7QL
01908 318758

Got Milk? - The Mysteries of Milk Supply

Monday 20th February 10am to 12pm

27 Ramworth Way, Aylesbury, HP21 7EX
01296 415614

Friday 24th February 10am to 12pm

Heelands Robins Childrens Centre,
Glovers Lane, Heelands, Milton Keynes, MK13 7QL
01908 318758

How Birth affects Breastfeeding

Monday 26th March 10am to 12pm

27 Ramworth Way, Aylesbury, HP21 7EX
01296 415614

Friday 30th March 10am to 12pm

Heelands Robins Children's Centre,
Glovers Lane, Heelands, Milton Keynes, MK13 7QL
01908 318758

Nighttime Parenting - Need sleep anyone?

Monday 23rd April 10am to 12pm

27 Ramworth Way, Aylesbury, HP21 7EX
01296 415614

Friday 27th April 10am to 12pm

Heelands Robins Children's Centre,
Glovers Lane, Heelands, Milton Keynes, MK13 7QL
01908 318758

There is always an opportunity to talk with a LLL Leader after the meeting, to borrow books from the library or to buy items from our store.

Toddler Meetings

I want Mimi! - The ups and downs of toddler nursing!

Thursday 26th January 10am to 12pm The

Legion Hall, Oving Road, Whitchurch,
Aylesbury, HP22 4JF
01525 240351

When only Mummy will do. Coping with high needs phases.

Thursday 23rd February 10am to 12pm

The Legion Hall, Oving Road, Whitchurch,
Aylesbury, HP22 4JF
01525 240351

Are you STILL breastfeeding?

Thursday 29th March 10am to 12pm The

Legion Hall, Oving Road, Whitchurch,
Aylesbury, HP22 4JF
01525 240351

Tantrums and Toy Squabbles - Gentle Discipline

Thursday 26th April 10am to 12pm The

Legion Hall, Oving Road, Whitchurch,
Aylesbury, HP22 4JF
01525 240351

These meetings are for any woman who is breastfeeding a toddler, or is open to doing so. Each month our meeting will be centered around a particular topic, however, we invite all questions regarding the parenting of your nursing toddler.

Healthy snacks to share are always welcome!

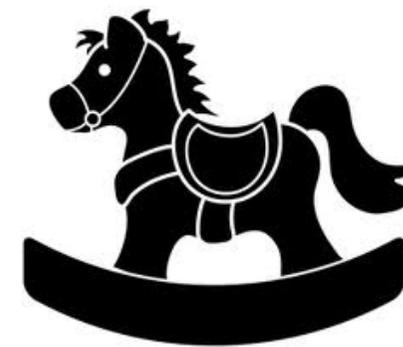
And more!

Toy and Cake Sale

Saturday 17th March

10am - 12pm

Whitchurch Legion Hall



Buy 'nearly new' toys, maternity clothes and baby equipment at great prices.

Enjoy a slice of cake and a cup of tea and chat with other mothers in the 'cafe' area.

All proceeds go to LLL N Bucks to pay for new library books and resources
50p entry fee

Maternity Clothes Library

LLL North Bucks runs a *Maternity Clothes Library* – where maternity and breastfeeding clothes can be hired for a small fee.

www.lllnorthbucks.weebly.co.uk
01525 240351