

La Leche League

Meetings in Chester County



April 2011 – March 2012
Scheduled meetings on
BREASTFEEDING YOUR BABY

TOPICS INCLUDE:

1. THE ADVANTAGES OF BREASTFEEDING
2. THE BABY ARRIVES: THE FAMILY AND THE BREASTFED BABY
3. THE ART OF BREASTFEEDING AND AVOIDING DIFFICULTIES
4. NUTRITION AND WEANING
- T. EXTENDED NURSING, TODDLER SAFETY, LOVING GUIDANCE, & TIPS



La Leche League International: <http://www.llli.org>
Local Web site: <http://www.beanmom.com/laleche>

Groups & Meeting Dates

Women, nursing babies and non-separating toddlers are always welcome at our meetings!

D = Dads welcome T = Toddler Meeting

DOWNINGTOWN: **Messiah Lutheran Church;**
46 W. Lancaster Ave., Downingtown (Rt. 30 west of Rt. 322, across from Priori's Mattress)
Judy 610-363-6206 & Kerri 610-585-5541.

7:30 pm -- Tuesdays:

4 Apr 26, 2011	2-D Oct 25, 2011
1 May 24, 2011	3 Nov 15, 2011
2-D June 28, 2011	4 Dec 13, 2011
3 July 26, 2011	1 Jan 24, 2012
4 Aug 23, 2011	2-D Feb 28, 2012
1 Sept 27, 2011	3 Mar 27, 2012

EXTON-LIONVILLE: **Exton Community Baptist Church;** 114 E. Swedesford Rd, Exton (between K-Mart & Post Office driveways)
Office house across the parking lot from church.
Kerri 610-585-5541 & Judy 610-363-6206.

7:30 pm -- Wednesdays (NEW DAY):**

3 Apr 13, 2011	1 Oct 12, 2011
4 May 11, 2011	2 Nov 09, 2011
1 June 08, 2011	3 Dec 14, 2011
2 July 13, 2011	4 Jan 11, 2012
3 Aug 10, 2011	1 Feb 08, 2012
4 Sept 14, 2011	2 Mar 14, 2012

GLENMOORE-ELVERSON: **Forks of the Brandywine Presbyterian Church;** around back, 1648 Horseshoe Pike, Glenmoore (Rt. 322 west of Downingtown, east of Rt. 82).
Jennifer 610-942-7045, Kristina 610-321-0319

10:00 am -- Mondays:

1 Apr 18, 2011	3 Oct 17, 2011
2 May 16, 2011	4 Nov 21, 2011
3 June 20, 2011	1 Dec 19, 2011
4 July 18, 2011	2 Jan 16, 2012
1 Aug 15, 2011	3 Feb 20, 2012
2 Sept 19, 2011	4 Mar 19, 2012

KIMBERTON: **Centennial Evangelical Lutheran Church;** 1330 Hares Hill Rd, corner of Coldstream Rd., Kimberton (both off of Rt. 113)
Kristina 610-321-0319 & Jennifer 610-942-7045.
T = Toddler Meeting.

9:30 am -- Tuesdays:

3 Apr 05, 2011	4 Oct 04, 2011
4 May 03, 2011	T Nov 01, 2011
T June 07, 2011	1 Dec 06, 2011
1 July 05, 2011	2 Jan 03, 2012
2 Aug 02, 2011	3 Feb 07, 2012
3 Sept 06, 2011	4 Mar 06, 2012

WEST CHESTER: **West Chester Municipal Bldg.;** 401 E. Gay St, West Chester. Room # 240
Shelly 484-883-0572 & Barbara 610-399-3311

9:30 am -- Wednesdays:

2 Apr 20, 2011	4 Oct 19, 2011
3 May 18, 2011	1 Nov 16, 2011
4 June 15, 2011	2 Dec 21, 2011
1 July 20, 2011	3 Jan 18, 2012
2 Aug 17, 2011	4 Feb 15, 2012
3 Sept 21, 2011	1 Mar 21, 2012

La Leche League - All Women are Welcome!

You need not be pregnant or have a child to attend. Our discussion style meetings feature information based on La Leche League International book [\$19, includes tax]

The Womanly Art of Breastfeeding.

Our Leaders, experienced nursing mothers, are well prepared to answer your questions. Leaders are accredited by La Leche League International.

You can select from a variety of books in the loan library and pamphlets on childbirth, breastfeeding, parenting and nutrition.

LLL Memberships: \$25, \$40, \$100 / year


www.lllofeasternpa.org/membership.php

- ❖ Receive discount on registration for LLL E PA Parenting Conference.
- ❖ Support your local Group as well as La Leche League USA.
- ❖ Join a worldwide parent support network.

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Shelley C. Snyder, AAHCC

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Chester County, PA 1 407 341-0624



For LLL in other areas call:

5 County Philadelphia Area Helpline.....610 666-0359
 Boyertown610 944-6379
 Ephrata.....717 336-3418
 Lancaster East.....717 569-5556
 Reading610 796-2526

Elsewhere in USA: <http://www.llli.org/WebUS.html>

Upcoming Events

Spring Sling Flings
 April 20, 2011: 9:30 am
 April 25, 2011: 7:30 pm

World Breastfeeding Week
 August 1-7, 2011

LLL Parenting/Breastfeeding Conference
 October 22, 2011, Embassy Suites, Wayne, PA

Call for more information- 610 363-6206

Our mission is to help mothers worldwide to breastfeed through mother-to-mother support, education, information, and encouragement and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

MotherBorn Dana L. Ehman
 BA, IBCLC, RLC

When a Child is Born, a Mother is Born


Breastfeeding Education 610 299-1038
 Lactation Consulting dana@motherborn.com
 Breast Pump Rentals & Sales www.motherborn.com
 Parenting Products & Resources
 Small Business & Corporate Lactation Programs

MotherBorn is committed to providing compassionate, non-judgmental support, to ensure that mothers achieve their breastfeeding and parenting goals.

Kate Aseron, CPM
 midwife
www.risingmoonmidwifery.com

Rising Moon Midwifery
 office 610 469-4905
hmebrth@aol.com

4 Springwood Lane fax 484 985-8061
 Chester Springs, PA 19425 cell 267 471-5569



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Our mission is to help mothers worldwide to breastfeed through mother-to-mother support, education, information, and encouragement and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.


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Robin B. Frees
 BA, CHt, IBCLC
610 644-1379




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