

# 2011

LLL USA

World Breastfeeding Week

theme:

***Breastfeeding =  
Communication***

Breastfeeding is acknowledged as the biological norm for infant feeding

- ❖ Perfect nutrition for baby
- ❖ A lifetime of benefits
- ❖ Decreased health risks for both mother and baby

La Leche League Leaders have breastfed their babies, and are accredited to help a mother overcome uncertainty and prevent difficulties.

**La Leche League:  
Supporting mothers  
is our mission**



Place  
Postage  
Here

# Breastfeeding

=

# Communication



**Donation Brochure**

## Protection, promotion, and support of breastfeeding is

- A mother's right
- A child's right
- A human right

The breastfeeding mother-infant dyad has the best chance of a long, successful breastfeeding experience when she has an optimal birth experience and nursing begins as early as possible.

With your support La Leche League will continue to support, inform and encourage.

## YOUR DONATION SUPPORTS:

- LLL Group meetings
- Lending libraries containing books on all parenting topics
- Tear-off sheets on relevant topics
- Phone assistance
- Spanish materials and outreach
- Hospital outreach
- Breastfeeding FAQs available 24/7
- Questions answered daily by email
- Online parenting chats + meetings

**La Leche League (LLL) is a nonprofit, volunteer organization that provides information and encouragement to all mothers who want to breastfeed their babies. LLL is recognized as the world's foremost authority on breastfeeding.**

## Breastfeeding results in healthier mothers and babies.

**For baby:** Reduces the risk of asthma, obesity, SIDS, type 1 + 2 diabetes, ear infections, childhood leukemia, allergies and lower respiratory tract infections

**For mother:** Reduces the risk of type 2 diabetes, breast cancer, ovarian cancer, endometrial cancer, rheumatoid arthritis, osteoporosis, anemia and postpartum depression

## Breastfeeding protects our planet

Breastmilk is "green!" It's a natural, renewable resource, requiring no packaging, energy to heat or store it, creates no pollution, and best of all it's free!

**To donate online visit:  
[www.Donate2lll.org](http://www.Donate2lll.org)**

## Credit your local Group

**Or you may send this form with your donation to your local La Leche League Group:**

\$10  \$20  \$25  \$50  \$100  \$300

other \_\_\_\_\_

Matching-gift form enclosed

Method of payment:

Check payable to La Leche League

VISA  Discover

MasterCard  American Express

Card #: \_\_\_\_\_

Signature: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Donor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**THANK YOU FOR YOUR SUPPORT!**

Your gift is tax-deductible.