



La Leche League of Central Vermont

La Leche League
of Central Vermont
offers:

- ❖ Breastfeeding
Information and
Support
- ❖ Lending Library
and Information
Sheets
- ❖ Telephone Help
From
Experienced
Leaders
- ❖ Over 30 Years
of Experience in
Central Vermont

Please call for
information:

Melissa: 244-1254
Cindy: 223-5738

Visit La Leche League
online at:
www.lalecheleague.org

To locate other
Vermont leaders, call
the VT Referral Line
(802) 879-3000

2014 Meeting Schedule

Date & Topic:

01/16	Advantages of Breastfeeding to Mother and Baby
02/20	Father and Siblings of the Breastfed Baby
03/20	Avoiding Common Difficulties
04/17	Weaning Gradually and with Love
05/15	Breastfeeding: The Healthy Choice
06/19	The Family and the Breastfed Baby
07/17	* Adjusting to Parenthood *
08/21	Breastfeeding and Beyond (Starting Solids)
09/18	How Breastfeeding Affects Mothering
10/16	From a Couple to a Family
11/20	Working and Breastfeeding
12/18	* Discipline is Loving Guidance *

*Pregnant and nursing mothers together with their babies
and toddlers are welcome.*

All questions addressed at every meeting!

** Fathers are especially welcome to attend these meetings **

Time: Every third Thursday **from 9:30 -11:30 AM**

Location: Good Beginnings Nest, 174 River Street, Montpelier, VT
(parking available on both sides of building; meeting space is upstairs)

Donate to and attend our Annual "BABY SALE"

Stay tuned for the September 2014 date!

Bethany Church, Montpelier