

La Leche League GB SHOP

We offer a comprehensive range of books, leaflets, magazines and other parenting products of interest to parents and to health professionals involved in their care. Our breastfeeding and parenting books include:

- *The Womanly Art of Breastfeeding*
- *What Mothers Do*
- *Helping Your Baby to Sleep*
- *Baby-led Weaning*
- *My Child Won't Eat*



And for health professionals:

- *Breastfeeding Answers Made Simple*
- *Supporting Sucking Skills*
- *Tongue-tie: Morphogenesis, Impact, Assessment and Treatment*

As the trading arm of La Leche League GB, our profits go direct to the charity. By choosing to buy from LLLGB SHOP you can have the satisfaction of helping to support breastfeeding mothers.



Helpline: 0845 120 2918
Website: www.laleche.org.uk

Local Group Details:



LLLGB is a voluntary organisation providing breastfeeding information & support.

Breastfeeding help & local groups Helpline 0845 120 2918

Membership & general information

LLLGB, PO Box 29, West Bridgford, Nottingham NG2 7NP;
0845 456 1855, (+44 115 981 5108) enquiries@laleche.org.uk

La Leche League Great Britain (an affiliate of La Leche League International) is a charity and company limited by guarantee registered in England. Registered office: 129a Middleton Boulevard, Wollaton Park, Nottingham NG8 1FW. Company number: 01566925. Registered charity number: 283771.

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www.laleche.org.uk

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- **Breastfeeding help**
- **Books & resources**
- **Membership**

To order, or request a Mini Catalogue:
www.laleche.org.uk and click on SHOP



books@laleche.org.uk
0845 456 1866 (0115 981 5599)

La Leche League

La Leche League (pronounced la lay-chay) is an international charitable organisation founded to give information and encouragement, mainly through mother-to-mother support, to all women who want to breastfeed their babies.

La Leche League Leaders

La Leche League Leaders are mothers who have breastfed their own babies and are trained to provide breastfeeding help. As volunteers they provide information and support by telephone and email, and lead local support meetings for mothers.

La Leche League GB provides:

- A Breastfeeding Helpline (0845 120 2918).
- Online Helpforms (visit www.laleche.org.uk).
- Local support groups and meetings.
- Opportunities to share experiences with other breastfeeding mums.
- Local libraries of books and leaflets on breastfeeding and parenting.
- An online shop.
- Information and publications for health professionals.

Finding your nearest Leader and group

Visit our website www.laleche.org.uk to find details of your nearest Leader and Group, or call our Breastfeeding Helpline.



Breastfeeding Support

La Leche League can help you when you:

- Are expecting a baby and want to know more about how to breastfeed.
- Are already breastfeeding and want help with particular challenges.
- Need information on starting solids or weaning
- Want to meet other breastfeeding mums and share experiences.
- Want to read more about breastfeeding, birth and parenting.
- Are a health professional or breastfeeding supporter who wants to know more.

La Leche League Meetings

Local groups hold meetings for interested women and their babies. Informal discussions cover a wide range of breastfeeding related topics including:

- Why breastfeeding is good for mothers, babies and society.
- Preparation and expectations.
- Getting breastfeeding off to a good start.
- Overcoming or avoiding challenges and difficulties.
- Family life with a baby.
- Night-time parenting and infant sleep.
- Returning to work.
- Starting solids and weaning.

Groups may also offer toddler meetings, couples meetings, antenatal classes and café-style coffee mornings.



Membership



Family/Unwaged Family Membership

You don't have to be a member to call us or come to a meeting. By joining us, you will be helping LLL provide mother-to-mother support for other breastfeeding mums. Member benefits include:

- Our bimonthly members' magazine, *Breastfeeding Matters*, full of articles, mothers' stories and breastfeeding news.
- Full access to LLL group libraries.

Health Professional members

- Receive *Breastfeeding Matters* magazine.
- Receive a voucher redeemable at LLLGB SHOP.
- Access the LLLGB Panel of Professional Advisors.
- Receive information about our latest publications and training opportunities.

Supporting Members

You choose the amount you want to give. We send you our annual review plus details of conferences and events.

You can join online through our website www.laleche.org.uk or via your local group.