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FOR IMMEDIATE RELEASE

### **La Leche League of Delaware County/Main Line announces new meeting schedule**

Whether nursing a baby for six days, six weeks or six months, mothers will find La Leche League meetings supportive and informative. La Leche League is a world-wide, non-profit organization providing mother-to-mother support of breastfeeding. Nursing mothers in the Delaware County and Main Line area can choose from five monthly meeting locations, which include meetings structured for mothers of babies and for mothers of toddlers. Meetings are free and children are welcome to attend.

#### ***Havertown/Upper Darby Morning Group***

General series meetings, geared toward expectant mothers and mothers with nursing babies, are held at 10 a.m. on the first Thursday of each month at Everybody's Chiropractic Center, 115 E. Township Line Road, Upper Darby/Havertown (near Llanerch Diner and West Chester Pike). For more information, contact accredited Leaders Lisa (610) 789-7554 or Stacey (610) 667-9997.

The current six-month Series Meeting schedule features:

- July 1: Advantages of Breastfeeding
- Aug. 5: Preparing for Birth and Breastfeeding
- Sept. 2: Avoiding Breastfeeding Difficulties
- Oct. 7: Weaning: A New Chapter
- Nov. 4: How Breastfeeding Affects Mothering
- Dec. 2: Getting Breastfeeding Off to a Good Start

#### ***Merion Toddler Group***

Featuring topics of interest to mothers nursing beyond a year, this Toddler Group meets the third Thursday of every other month at 10 a.m. in a member's home in Merion. Enrichment meetings on a variety of parenting topics will be held on the alternate months. Call a Leader for directions to meeting locations: Lisa (610) 789-7554 or Stacey (610) 667-9997.

The current six-month Toddler Meeting schedule features:

- July 15: Breastfeeding Your Toddler
- Sept 16: Coping with Outside Pressure
- Nov. 18: Nighttime Toddlers

### ***Springfield Evening Group***

General Series meetings, geared toward expectant mothers and mothers with nursing babies, are held at 7:15 p.m. on the second Tuesday of each month at Princeton Presbyterian Church, 933 Baltimore Pike, Springfield. For more information, contact accredited Leaders Connie (610) 328-3475 or Joan (610) 325-3173.

The current six-month Series Meeting schedule features:

July 13: Breastfeeding through the Summer

Aug. 10: Summer Nutrition Strategies

Sept. 14: Go for the Gold—Advantages of Breastfeeding

Oct. 12: New Baby in Your Life—Making the Adjustment

Nov. 9: The Art of Breastfeeding—Expectations vs. Reality

Dec. 14: The Myths of Weaning

### ***Media Morning Group***

General Series meetings, geared toward expectant mothers and mothers with nursing babies, are held at 10 a.m. on the fourth Wednesday of each month (third Wednesday in November and December) at Media Presbyterian Church, 30 E. Baltimore Ave. Accessible by Bus #110 or Trolley #101, or park behind the church and enter through the rear. For more information, contact accredited Leaders Barb (610) 892-9787 or Theresa (484) 461-9199.

The current six-month Series Meeting schedule features:

July 28: Weaning

Aug. 25: The Benefits of Breastfeeding

Sept 22: At Home with Your News Baby

Oct. 27: Mothering Through Breastfeeding

Nov. 17: Family Nutrition

Dec. 15: Breastfeeding—the Best Investment

### ***Swarthmore Toddler Group***

Featuring topics of interest to mothers nursing beyond a year, this Toddler Group meets at 10 a.m. on the second Wednesday of each month at Swarthmore United Methodist Church, 129 Park Ave. (next to the public library). For more information, contact accredited Leaders Barb (610) 892-9787 or Theresa (484) 461-9199.

The current six-month Toddler Meeting schedule features:

July 14: Out and About with Your Nursing Toddler

Aug. 11: What's for Dinner? (Share ideas and recipes)

Sept. 8: Why Nurse Beyond a Year?

Oct. 13: Toddler Milestones

Nov. 10: Choices and Challenges of Nursing a Toddler

Dec. 8: Your Toddler's Changing Needs

For complete details about La Leche League International, including links to local and world-wide chapters, see [www.lalecheleague.org](http://www.lalecheleague.org). Mothers with urgent breastfeeding questions can call the local LLL helpline, (610) 666-0359.

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