

La Leche League of Minnesota and the Dakotas



La Leche League has been supporting breastfeeding families for more than 50 years. We understand that while breastfeeding is natural, it doesn't always come easily.

Around the globe, mothers find vital support from La Leche League's volunteer Leaders on the phone, through email, and during monthly Group Meetings.



Visit our website to learn more about who we are, our mission, diversity statement, and philosophy



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La Leche League supports parents through

- Preparing during pregnancy
- Breastfeeding during babyhood and beyond
- Transitioning back to work
- Overcome obstacles
- Understand babies' changing needs
- Navigating weaning
- Finding encouraging community

Attending meetings and contacting
Leaders is always free.

Experience, Support, Education, Resources

www.llofmdas.org



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