

GOT BREASTFEEDING QUESTIONS?

05.03.2021

Find support on your breastfeeding journey
from the comfort of your own home!



LA LECHE LEAGUE OF HALF MOON BAY

A newly founded Chapter of La Lache League by a local parent

Did you know?

Your milk is your baby's normal food

Breastfeeding helps keep you healthy, too!

Breastfeeding deepens your attachment to each other

Breastfeeding is an all-purpose parenting tool

La Leche League

- *has helped millions of parents breastfeed their babies, through one parent helping a parent and that parent helping another
- *is a safe place to complain (!), as well as to ask or celebrate!

**LLL Leaders provide breastfeeding information 7 days a week,
and it's FREE!**

-Email LLLLeaderHMB@gmail.com

-Voice/ Text (650) 402-0022.

-Join **La Leche League of Half Moon Bay FaceBook Group**

-Visit <https://lllleaderhmb.wixsite.com/breastfeedinghelp>