

# Do you want to know more about breastfeeding?

## We are here for you!



Borstvoedingorganisatie  
La Leche League

BORSTVOEDINGORGANISATIE LA LECHE LEAGUE

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## **Breastfeeding is something you can learn!**

Breastfeeding is natural, but it is not always straightforward. Do you want to know how it works and what awaits you? Correct information and support are the key! It's fun and worthwhile to prepare yourself for this special period with your baby. Reading, taking a course or getting in touch with others who enjoy breastfeeding will increase your chances of success.

## **Who we are**

We are Breastfeeding Organisation La Leche League, the Dutch division of La Leche League International and we have been active in the Netherlands for over 40 years. We are all volunteers with extensive personal experience in breastfeeding. We have received a thorough education and are constantly educating ourselves. We know what it's like; what it feels like, how beautiful, but also how hard it can be. We love helping you meet your own breastfeeding goal!

## **What we do**

You can contact us for support and information, in the way that suits you best:

### *Personal contact*

Throughout the country, we organize courses, meetings, walk-in mornings and baby cafes for (expectant) parents. We regularly schedule training days if you want to learn and know even more!

### *Phone and e-mail*

If you have questions about breastfeeding or you would like to discuss a specific situation, go to [www.borstvoedingstelefoon.nl](http://www.borstvoedingstelefoon.nl) and find the phone number of the volunteer on call. You can also approach a volunteer in your own region. Or send an e-mail to: [vragen@lalecheleague.nl](mailto:vragen@lalecheleague.nl).

### *Social media*

There are a lot of parents just like you! You can connect in a safe and relaxed setting on our Facebookgroup: [facebook.com/groups/lalecheleague.nl](https://www.facebook.com/groups/lalecheleague.nl) (Dutch) [facebook.com/groups/LLLbreastfeedingSupportNetherlands](https://www.facebook.com/groups/LLLbreastfeedingSupportNetherlands) (English)

### *Online information*

On our website there is a lot of information on breastfeeding and parenthood. [www.borstvoedingabc.nl](http://www.borstvoedingabc.nl) (Dutch) If you prefer reading in English, you can visit: [www.laleche.org.uk](http://www.laleche.org.uk) [www.lllusa.org](http://www.lllusa.org) [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz) [www.llli.org/breastfeeding-info](http://www.llli.org/breastfeeding-info)

### *Webshop*

We have a webshop where we offer written materials, like books and brochures. They are mainly in Dutch. There are a few translated English materials, most of them downloadable for free in PDF. [www.lalecheleague.nl/webwinkel](http://www.lalecheleague.nl/webwinkel)