



La Leche League Canada

www.LLLC.ca

.....mother-to-mother; generation to generation

In the fall we start to think again about our family traditions. At this time of year, we gather close to support and sustain each other through life's journey.

Are families as important as they once were?

Yes, they are. Although there are more opportunities for work and travel that take our loved ones far from us, many of us create new family traditions by using the Internet to keep in touch or frequent flyer programs to visit more often.

Families and tradition are still important at La Leche League Canada, too. *I recently received a wonderful letter from Tawnya* in which she explains how her mother and sister helped her get breastfeeding off to a good start. This letter made me stop and think just how important families still are in this fast-paced world. Please take a moment to read Tawnya's letter on the reverse of this page.

La Leche League Canada programs and services have changed a lot in the 27 years since Tawnya was a baby. Today, mothers can access our mother-to-mother support for breastfeeding by e-mail or telephone. They visit our website to find contact numbers and information about local support group meetings.

But the basics of mother-to-mother support, like the needs of babies, have not changed. La Leche League Canada is an organization built on traditions and old-fashioned wisdom – as Tawnya describes so well.

Many of the mothers that we help over the years maintain La Leche League Canada traditions in their lives long after their babies are grown. Some remain for 20 years or more as active Leaders, passing on their wisdom to new mothers and new LLLC Leaders. Some, like Tawnya's mother, use the skills they learned in their own families.

How has La Leche League Canada affected your life? Maybe you received help with breastfeeding difficulties. Maybe your grandchild is growing up healthy while your daughter receives the support of a La Leche League Canada group in your community. Maybe you are a retired LLLC volunteer yourself. Whatever your La Leche League Canada tradition, please consider making a donation today to honour your experience and to make sure that the tradition continues.

Please send your gift today! Mothers and babies throughout Canada are counting on you to keep the wisdom of breastfeeding alive.

Wendy Dale
Board of Directors
La Leche League Canada



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P.S. The traditional method of sending a donation cheque by mail still works very well. We've enclosed a pledge form and return envelope for that purpose.

P.P.S. We're also pleased to offer a variety of other convenient donation options. You can donate on-line through Canada Helps at www.canadahelps.org or set up a series of monthly payments by credit card or post-dated cheques to make budgeting easier.

Letter to LLLC from Tawnya

Hello. My name is Tawnya. My mom, Carol, was a LLLC Leader a number of years ago. She began this role in about 1971, continuing until around the year 1989. I remember fondly the many meetings we had in our home, children and babies of all ages filling the house with laughter or running, or taking time out for a little break with mommy.

All three of my sisters breastfed their babies successfully. Not without some tears and long days and nights, but mostly with love and a bond that is indescribable.

My son Caleb was born in October 2008, weighing in at 8 lbs., 6 oz. A beautiful baby boy and the spit image of his daddy!

My mom was at the birth and helped Caleb and me with our very first experience at breastfeeding. With some help and encouragement, Caleb latched on well and nursed for about 30 minutes. The rest of that day, Caleb and I learned how to work together to make breastfeeding a beautiful, positive act of what is so wonderfully natural. My sister, Rochelle, also helped direct me in trying the football hold. Caleb and I both found this position very comfortable. The next few days brought many learning experiences and a few tears of joy!

Today, Caleb and I are still enjoying our quiet and often silly times together. He is growing quickly and is so good-natured and happy. It is with pride that I share these memories and experiences of what I share with my son, my mother and sisters --- the magic and love that unites baby and mother together, that joins women together -- breastfeeding.

In this picture, Caleb is wearing a shirt that I wore when I was a little girl, 27 years ago. The shirt reads "My Mommy LLLoves me". And I absolutely love it on Caleb!



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