



# Annual Report

*08'-09'*



**LA LECHE LEAGUE**  
International

# La Leche League International

The leading source of breastfeeding support and information

## From the Chairman of the Board and the Executive Director

La Leche League International is simplifying, streamlining, and refocusing on the core work which has always been the heart of the organization – mother-to-mother support for breastfeeding. Today's world moves quickly, employs complicated technology, and places heightened stress on families. La Leche League International is also moving quickly– delivering the age-old wisdom that has been shared from mother-to-mother for centuries, and delivering that wisdom through methods as diverse as local hospital visits in South Africa, online help forums in Great Britain and at local Group meetings in the United States.

Even as the world around us changes at a rapid pace, the needs of babies remain simple and basic and are met at their mothers' breasts. Volunteer La Leche League Leaders are changing the world every single day, one mother and baby at a time. They do this by providing information for mothers as they make the best choices for their individual families.

During this year, we have begun the revision of our cornerstone publication, *The Womanly Art of Breastfeeding* and broadened our global community support by concentrating on translation projects to reach more mothers and babies. These two projects will increase the world-wide reach of our unique philosophy of mothering through breastfeeding.

As we continue to strengthen the core of the organization, our mother-to-mother support, we do so with a recognition of our 50+ years of helping mothers and babies breastfeed. We will continue to bring the La Leche League International brand to the world through participation in global coalitions of breastfeeding support organization as well as more direct support to our volunteers. We do this while keeping the focus firmly on the breastfeeding dyad as we support mothering through breastfeeding.

Sincerely,

*Jane Tuttle*  
Jane Tuttle, Chairman

*Barbara Emanuel*  
Barbara Emanuel, Executive Director



The primary service of LLLI, mother-to-mother support, is provided at no cost to families.



# Our Mission

To help mothers to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

## Mother-to-Mother Support

- Over 43,000 Leaders have been accredited in the past 50 years.
- Leaders provided support to over 200,000 women worldwide.
- Leaders worldwide hold monthly meetings teaching new breastfeeding mothers how to interact with their infants, and offer support via telephone and internet.

## Global Partnerships

- LLLI maintains consultative status with the United Nations Children's Fund (UNICEF), acts as a registered PVO for the Agency of International Development (USAID), is a member of Child Survival and Collaborations and Resource Group (CORE), and is a founding member of the World Alliance for Breastfeeding Action (WABA).

## Response to Crisis

- During an epidemic, war and natural disasters, La Leche League International Leaders can mobilize quickly and have the practical hands-on information that can help breastfeeding continue during the worst of conditions when the lives of mothers and babies are at risk.

## Health Care and Education

- LLLI is considered a primary resource for breastfeeding information, providing the latest information on breastfeeding research, resources, and best practices to health care professionals via continuing education workshops, and through publications. Top experts also speak on cutting-edge breastfeeding research during LLLI conferences.



La Leche League International continues to offer information and support so that mothers and babies today, and for generations to come, can experience the benefits of the breastfeeding relationship. We are making a difference, one mother and baby at a time.

- Research indicates that breastfeeding contributes to:
  - a lifetime of benefits for babies.
  - a strong bond between mother and baby.
  - protection against diseases and increased intelligence.
  - mothers less likely to develop certain cancers.
  - a reduced risk of fractures and osteoporosis after menopause.
- Human milk requires no resources for packaging, shipping, or disposal. No energy or fuel is wasted producing human milk.

As we look to the future, breastfeeding continues to be an important and profound element in the health of people and the planet.



# Print & Online Support

LLLl extends services globally through printed materials and online community networks that support breastfeeding mothers.

## *The Womanly Art of Breastfeeding*

- compiled research and resource guide for breastfeeding

## Tear-Off Sheets

cover a wide range of topics such as:

- *Are Your Nipples Sore?*
- *Introducing Complementary Foods to Your Breastfed Baby*
- *Is My Breastfed Baby Getting Enough Milk?*
- *Storing Human Milk/Conservación de la Leche Humana* (in English & Spanish)
- *Breastfeeding Tips* (in English & Spanish)

## Breastfeeding Guide: Tips & Products

- includes helpful answers to frequently asked breastfeeding questions plus a section that features books and products

## *Hirkani's Daughters* translated into Spanish

- a compilation of inspirational tales from women around the world who have overcome various obstacles to continue breastfeeding

## *New Beginnings*

- an LLLl magazine dedicated entirely to the breastfeeding family

## *Leaven*

- a journal for La Leche League Leaders with articles about helping mothers breastfeed and other issues of interest to Leaders

## *Breastfeeding Abstracts*

- summaries of breastfeeding research for health care professionals

## LLLl Website Support

- Various Languages
- Online Store
- Online Forums
- 2009 World Breastfeeding Week Materials

## LLLl Online Networking

- LLLl Mother-to-Mother Forums
- LLLl Community Network
- LLLl Facebook
- LLLl Twitter



## Online Resources

- *Leaven*
- *New Beginnings*



# Presence *in* Sixty-Eight Countries Around *the* World

Accredited La Leche League Leaders provide mother-to-mother support in many ways -- local gatherings and meetings, online forums, telephone help, information and materials, parenting conferences and much more.

## Argentina

The Argentinian Congress passed a law in Buenos Aires, requiring all public offices provide a special pumping room for breastfeeding mothers. Monica Tesone, an LLL Argentina Leader had a crucial role in passing this law.

## Dominican Republic

Thirteen countries attended the Latin American Conference, *Mother Support: Going for the Gold* held August 15-17, 2008. International presenters spoke on a variety of breastfeeding topics from human milk for premature babies to breastfeeding and work.

“What we can learn through the gentle wisdom of another mother—a La Leche League Leader—is invaluable.”

Susan Stockwell, Poole, United Kingdom

## Germany

In Spring of 2009, LLL Germany held a one-day campaign called, *It's a Matter of Honour — How People Commit Themselves to the Society They Live In*. All LLL groups united around the campaign, “I take a stand on breastfeeding”, collecting footprints of every breastfed baby in their group, and offering special group meetings, picnics, and open houses.

## Great Britain

LLL Great Britain received funding from the Department of Health to help expand their Local Groups network in England to give more mothers LLL support. They surpassed their goal of accrediting at least ten new Leaders in places that currently do not have an LLL Group and ended the year with a record total of 25 newly accredited Leaders.

## Hong Kong

LLL Asia and Middle East held its first conference titled, *Breastfeeding: Traditional Food and the Natural Way in Hong Kong* on February, 5 & 6, 2009. International breastfeeding experts covered topics including healthy eating, child development, childbirth, and parenting.

## Japan

LLL Japan's Area Conference drew around 600 attendees, August 2008. Key presenters included Jack Newman, MD, LLLI co-Founder Mary Ann Kerwin, and Japanese pediatricians. Presentations were translated into Japanese. A bilingual audio speech was made of Mary Ann Kerwin's session titled, *Breastfeeding: Love That Lasts a Lifetime* and is available on LLL Japan's website.



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## South Africa

Across the Eastern and Western Capes La Leche League Leaders volunteered multiple times per week at their local hospitals and breastfeeding clinics where they provided breastfeeding information and support to new mothers.



## Spain

LLL Catalonia received UNICEF's National Prize of Volunteerism for their work in promoting breastfeeding through the formation of mother support groups and contributing to a cultural change about breastfeeding. The award was presented by the royal highness Mrs. Margarita de Borbón, Duchess of Soria and President of Honor of the Autonomous Committee of UNICEF - Madrid, October 3, 2008.



## Switzerland

LLL Swiss Leaders did a German translation and layout of a book by Gale Pryor and Kathleen Huggins. It is titled, *Stillen, Job und Family (Nursing Mother, Working Mother)* which has been made available to LLL Germany and Austria in addition to the public. The book has been well received.



## United States

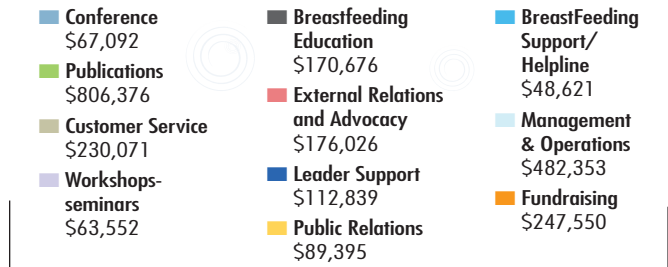
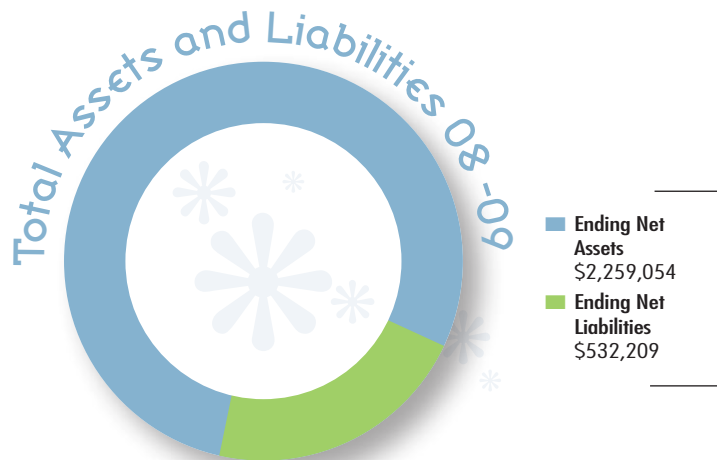
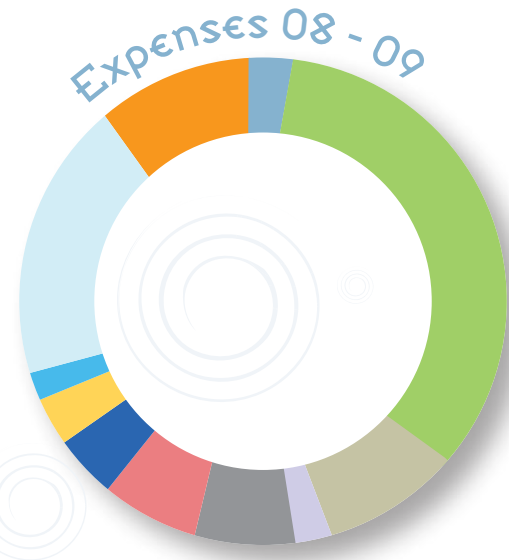
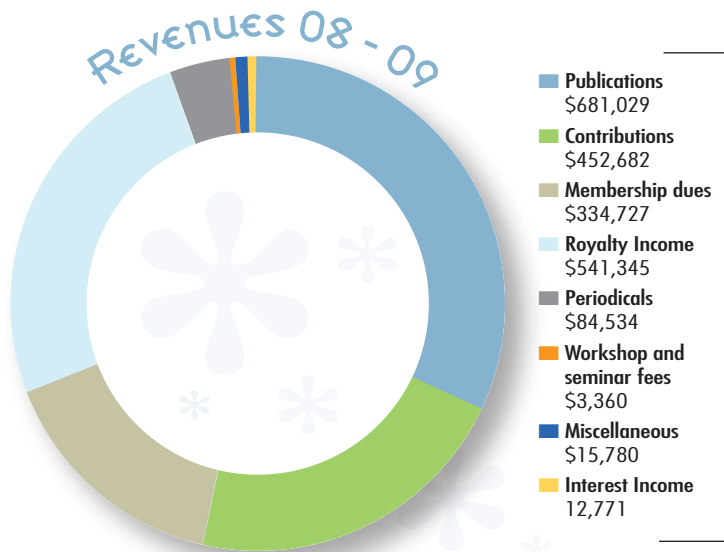
LLL groups around the United States provide breastfeeding support to families in their communities via group meetings, home visits, phone calls and by participating in outreach activities such as the Bristol Baby to Family Expo and Kidfest. This breastfeeding-friendly event, presented by La Leche League of Bristol, Tennessee/Virginia in partnership with the YWCA of Bristol, provides helpful information for expectant parents and families of children from infancy to pre-school age.

At the Colorado State Fair, La Leche League Leaders offered services to expectant and breastfeeding mothers and their babies that included a "Rock-N-Rest" booth with rocking chairs, a breastfeeding area and diaper changing table. Leaders also answered questions about breastfeeding and provided LLLI published materials on breastfeeding.

“During the most difficult period of my life when I was diagnosed with breast cancer, I found myself happy and it was all because of La Leche League. I am happy that I am a member of LLLI and one of you.”

Maya Sartania, Tbilisi, Georgia

# Financials for 2008-2009



“We would like to extend a note of appreciation and congratulations for the tremendous job the staff and management of La Leche League International did in preparing for the fiscal year 2009 audit. Thank you for your hard work and extraordinary effort”

“From our perspective, there is a greater awareness by all managers of the Organization’s resources and the cost of utilizing its revenues. We extend our kudos to the entire management team.”

Desmond & Ahern, Ltd., Certified Public Accountants and Consultants

The above is an excerpt from the communication letter issued by our auditors to the Board of Directors, which is dated June 29, 2009.

# Donor Listing *for* 2008 - 2009

Thank you LLLI donors for your support. You enable us to continue our services to mothers and babies worldwide!

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# Donor Listing *for* 2008 - 2009

Thank you LLLI donors for your support. You enable us to continue our services to mothers and babies worldwide!

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**(04/08—03/09)**

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## Support the LLLI mission in a variety of ways

- Make a pledge and set a schedule of giving—on a monthly, quarterly, or yearly basis—that works for you!
- Match your gift through your employer if possible.
- Donate stock.
- Include LLLI in your estate plans.
- Honor or memorialize someone with a tribute gift.

If you have questions or would like to share additional ideas for supporting our mission, please contact the Development Department at [fdassociate@llli.org](mailto:fdassociate@llli.org) or (847) 519-7730, ext. 240.

Thank you to the La Leche League International Board of Directors for their 100% participation in giving during this fiscal year.



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LA LECHE LEAGUE  
International

"I'll forever be grateful that I attended my first La Leche League meeting. The wonderful moms in this group were a constant support. We shared many mothering and lifestyle tips that were so valuable to my life and created lifelong friendships. I went from a new mother that felt awkward and



unsure of myself, to a woman who felt confident and wise regarding many of my mothering choices. I still have an incredible bond with my children and know without a shadow of a doubt, that those women all helped to make my life so very rich."

Teri Endres, Sarasota, FL, USA