



# La Leche League Purpose, Mission, Philosophy

## LLL Purpose

### General Purpose

To help the mother learn to breastfeed her baby. To encourage good mothering through breastfeeding. To promote a better understanding of breastfeeding and related subjects.

### Vision Purpose

To realize, deepen, and share the love and wisdom found in the breastfeeding relationship.

Purpose and Principles Reference Set, *LLLI Policy and Standing Rules (PSR)*, November 2004

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## LLL Mission

Our mission is to help mothers worldwide 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.

Mission Statement (PSR) May 1989; rev April 1993

## **LLL Philosophy**

The practical principles of mothering which are the foundation of LLL beliefs are developed in *The Womanly Art of Breastfeeding*. This book has provided answers and inspiration for the rewarding and challenging job of parenting to several generations of mothers.

LLL philosophy is summarized in the following ten concepts:

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.
- Human milk is the natural food for babies, uniquely meeting their changing needs.
- Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
- Mother and baby need to be together early and often to establish a satisfying breastfeeding relationship and reliable milk production.
- Breastfeeding is enhanced by the loving support of the baby's father, a co-parent, a partner, and/or close family members who value the breastfeeding relationship.
- In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.
- For the healthy, full-term baby, human milk is the only food necessary until the baby shows signs of readiness for complementary foods, about the middle of the first year after birth.
- Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.
- Ideally the breastfeeding relationship will continue until the child outgrows the need.
- From infancy on, children need loving guidance, which reflects acceptance of their capabilities and sensitivity to their feelings.