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, LLLL Policy and Standing Rules (PSR), November 2004

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.