



Discussion group topic schedule

January 26, 2026:

Getting breastfeeding off to a good start

July 27, 2026: The first year in the life of the breastfed baby - the journey from newborn to solids & weaning

February 23, 2026:

What I ♥ about breastfeeding

August 24, 2026:

What a deal - selling points of breastfeeding

March 30, 2026:

Changing needs of your breastfed baby-starting solids, weaning, & loving discipline

September 28, 2026:

Parenting through breastfeeding - reading your baby's cues

April 27, 2026:

Don't be fooled - breastfeeding facts or fiction

October 26, 2026:

Surviving flu and cold season with your breastfed baby

May 18, 2026:

Breastfeeding - everybody's doing it!

November 16, 2026:

Holiday stress? Tips for parenting your breastfed baby during this busy season

June 22, 2026:

Thriving not just surviving - navigating life with a breastfed baby

December 14, 2026:

Gifts that Last a Lifetime - Long term benefits of breastfeeding

All discussion groups meet 6:30 - 7:30PM at the Topeka Shawnee Co. Public Library. Find us on FaceBook or email us to get added to our distribution list for future topics.

● LLTopeka@gmail.com ● Facebook page: "La Leche League of Topeka"

● Hotline: 785-256-0260

La Leche League is an international, nonsectarian service organization dedicated to providing support, education, information and encouragement to women who choose to breastfeed. Pronounced la-lay-chay, La Leche means "the milk" in Spanish.