

**La Leche League** hosts monthly discussion groups to facilitate community for **pregnant and breastfeeding mothers** and parents in the Topeka area. We highly encourage you to start attending our meetings while you are pregnant to learn about getting breastfeeding off to a good start and meet other breastfeeding parents. The more you know about breastfeeding, the more confident you'll be and it's never too early or too late to start attending!

**Come this month!**

**Discussion topics include:**

- Practical tips for breastfeeding
- Overcoming breastfeeding difficulties
- Starting Solids & Weaning
- Combining Working & Parenting
- Nighttime Parenting & Gentle Discipline

Questions are always welcome.

Whether you are pregnant, breastfeeding, or an experienced parent, our discussion groups are a great place to connect with others.

**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.

Revised 10/27/25

**Free**

**Breastfeeding Information & Support**

La Leche League Leaders are always available to answer your breastfeeding questions.

---

**Hotline:**  
**785-256-0260**  
**LLLTopeka@gmail.com**

**Discussion Groups:**  
**Time: 6:30—7:30 PM**

**Location: Topeka Shawnee County Public Library**

**November 17, 2025**  
**December 15, 2025**

**2026 Dates:**

<b>January 26</b>	<b>July 27</b>
<b>February 23</b>	<b>August 24</b>
<b>March 30</b>	<b>September 28</b>
<b>April 27</b>	<b>October 26</b>
<b>May 18</b>	<b>November 16</b>
<b>June 22</b>	<b>December 14</b>

**Follow us on Facebook:**  
La Leche League of Topeka

**Sign up for e-mail reminders:**  
**LLLTopeka@gmail.com**

**Our services are entirely free** to all parents! Toddlers and babies are always welcome.



Keep up with all of our events on Facebook!



## **La Leche League of Topeka**



**Free Breastfeeding Information & Support**



**La Leche League of Topeka**

Photo by Colin MacMillan

I'm  
pregnant.  
Now  
what?

Congratulations! In addition to your partner, family, and friends, you can find support and information through La Leche League International. A La Leche League (LLL) Leader is an accredited volunteer who is there to help in person, over the phone, or online. It's a good idea to talk with an LLL Leader and attend LLL meetings, while you're pregnant to learn about breastfeeding.

Healthy, full-term babies breastfeed as often as every hour or as infrequently as every three hours and thrive. This means you'll be feeding your baby ten to 12 times every 24 hours. Keep in mind that some babies "cluster nurse," which means they nurse often for a few hours and then sleep for several hours. The number of feedings in a 24-hour period is more important than the spacing of feedings. The best advice is to watch your baby for signs of hunger, not the clock. Signs of hunger include:

- Rooting reflex (when baby opens his mouth and moves his head from side to side).
- Chewing or sucking on hands or fingers.
- Don't wait for baby to cry to let you know he is hungry. Crying is a very late hunger cue.
- A sleepy baby may need to be wakened every two to three hours to feed,

## How often will my baby nurse?

# Breastfeeding Tips

particularly if he has jaundice.

### Your newborn needs frequent feedings:

- For adequate nourishment and hydration. Your milk was designed for baby, and his body will digest it quickly and easily. Small amounts of colostrum, the first milk being made in the breasts at birth, are perfect for baby's tiny stomach.
- To ensure that your breasts are stimulated enough to establish a full milk supply. The more milk that is removed from your breasts, the more milk your body will produce.
- Because the security of your arms helps your baby as he transitions to life outside the womb.

You can tell baby is getting enough by keeping track of wet and dirty diapers, weight gain, and overall appearance.

- Right after birth your baby is receiving colostrum at the breast. He will wet one to two diapers a day.
- Once your milk "comes in" between the second and sixth day, baby should have five to six wet disposable diapers (six to eight wet cloth diapers) daily.
- Most young babies will have at least two to five bowel movements every 24 hours for the first several months. Some babies switch to less frequent but large bowel movements at about six weeks.
- Baby should gain at least four to six ounces per week after the fourth day of life.

If baby is not gaining well, or if he is losing weight after the first few days:

- A newborn should nurse at least ten to 12 times in a 24-

hour period.

- Nurse often for as long as baby will nurse.
- Slow weight gain may rarely indicate a serious health problem. In addition, contact an LLL Leader for tips on increasing baby's intake.
- Offer both breasts at each feeding. This will ensure that baby gets all the milk available and that both breasts are stimulated frequently.
- Be sure that baby is positioned correctly and latched on well. If you're unsure, ask an LLL Leader for help.
- Have a breastfeeding session observed by an experienced LLL Leader or lactation consultant.

Breastfeeding is not supposed to hurt. If you feel more than some tenderness or slight soreness as baby latches on during the first week or so, ask for help with your baby's latch-on. If your baby is poorly latched on, remove him from the breast by inserting the tip of your finger over your nipple to break the suction, and re-latch.

- La Leche League Leaders are trained to recognize proper latch and common latch problems. Call a Leader if breastfeeding is uncomfortable.
- Proper latch is hard to describe in words but easy to learn by seeing. There are many great videos and pictures online.
- See [www.LLLI.org](http://www.LLLI.org) & [www.globalhealthmedia.org](http://www.globalhealthmedia.org) for more info.

## Does breast-feeding hurt?

For answers & discussion about other topics such as starting solids, weaning, low milk supply, medications and breastfeeding, engorgement or combining working and breastfeeding, call a Leader or come to our Discussion Group!