



Membership Matters

What matters most to you as a mother?

Your baby's healthy development and well-being.

What matters most to La Leche League?

Your baby's healthy development and well-being.

What Matters to You Matters to La Leche League.

For over 50 years, La Leche League has been helping mothers like you to breastfeed their babies and give them the best start in life.

In 66 countries throughout the world, our 8,000 specially trained La Leche League leaders are dedicated to offering mother-to-mother support and information to each and every mother who contacts them for help. La Leche League Leaders are mothers who have breastfed their own babies and have been specially trained to help other mothers with breastfeeding questions or problems.

Your Leader has given you this membership form so you can join La Leche League. Membership matters to both you and La Leche League. Your giving ensures that the next generation of mothers and babies can have La Leche League available to them, and you will be saying "Thank You" to your Leader and to La Leche League International for the gift of breastfeeding help you and your baby have received.

Why join La Leche League?

When you join LLL, you participate in a 50-year-old, international mother-to-mother network, an invaluable resource for breastfeeding help. Your membership supports the local Hong Kong activities, including monthly group meetings, and also La Leche League International. Becoming a member brings you the benefits explained below:

- Receive three issues of *Close to the Heart* - La Leche League Asia's journal for breastfeeding parents. This magazine is filled with inspiration, practical hints, photos, book reviews, and breastfeeding information.
- Enjoy a discount of 10% to 15% on purchases from LLL-HK.
- Share the companionship of other mothers of babies and young children at our regular meetings. These meetings focus on specific topics related to breastfeeding and parenting. Details are advised in our monthly meeting notices.
- Learn more about your children's development from the carefully selected books in our library. We have approximately 200 books on subjects ranging from childbirth and breastfeeding to child-care and cookery.

Please join us today

Belonging to La Leche League means a healthy start for your baby, the support of like-minded mothers, lifelong friendships and the knowledge that you are directly contributing to the continued work of La Leche League. Together, we can make sure that mothers and babies everywhere know the wonder and benefits of breastfeeding.



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Membership Categories

Book Membership – HK\$360

(Includes magazine and a choice of books at a huge discount:
either LLLI's classic, *The Womanly Art of Breastfeeding*,
or, for mothers of older babies, *Mothering your Nursing Toddler* by Norma Jane Bumgarner)

Membership – HK\$200

How can you join La Leche League?

Please return this form with payment to:

Sonja Wiederhofer, Flat 10E, Celestial Mansion, Siena 2, Discovery Bay, Hong Kong.

Book Membership A
(HK\$360)

includes 3 issues of the Asia Newsletter,
Close to the Heart, plus *The Womanly Art of Breastfeeding*

Book Membership B
(HK\$360)

includes 3 issues of the Asia Newsletter,
Close to the Heart, plus *Mothering your Nursing Toddler*

Membership
(HK\$200)

includes 3 issues of the Asia Newsletter,
Close to the Heart

For Book Memberships only: I'll pick up the book at the next meeting Please mail the book to me
(additional \$20 enclosed)

_____ Donation (All donations over HK\$100 are tax deductible)

_____ Total Amount Enclosed (Please make cheque payable to **La Leche League – Hong Kong**)

Name _____

Address _____

Telephone _____ Fax _____ e-mail _____

Would you prefer to be contacted by e-mail or regular mail? _____

Children's names and ages or due date: _____

Nationality: _____

Languages Spoken: _____

Languages Written: _____

Where did you first hear of LLL? _____

La Leche League – Hong Kong is part of La Leche League International, an international, non-profit, non-sectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed. All breastfeeding mothers, as well as future breastfeeding mothers, are welcome to come to our meetings or call our Leaders for breastfeeding help.

Website: www.lllhk.org