“Happy mothers, breastfed babies” is the motto for La Leche League, an international breastfeeding support organization. A local La Leche League group is starting in Haxtun with their first meeting scheduled for Feb. 21 at 10 a.m. at Haxtun Community Childcare Center.

The group will meet monthly on the third Tuesday.

“The keys to successful breastfeeding are information and support,” said Susan Pfaltzgraff, the accredited leader for the Haxtun group. She explained that the group provides a safe and informal place for mothers to help one another in their breastfeeding journey. Pfaltzgraff will provide accurate information on breastfeeding and lead discussions among the mothers. According to Pfaltzgraff, the real value in the meetings is the mothers’ opportunity to learn from each other.

The group will meet monthly and cover a series of topics including the art of breastfeeding, troubleshooting, family dynamics, nutrition and weaning. Pregnant women are encouraged to attend the meetings, as well as breastfeeding mothers with their babies.

Pfaltzgraff will also be available by phone to provide free help to mothers with specific questions or immediate problems. She will never offer medical advice, but she has access to a network of breastfeeding experts (including medical professionals) and current breastfeeding research. The group will offer a library of books on breastfeeding, parenting and related topics.

“Sometimes mothers just need someone to listen to them and I’m here for that, too,” Pfaltzgraff said.

Breastfeeding is a special relationship with long-term health and bonding benefits. The American Academy of Pediatrics recommends that babies are exclusively breastfed for the first six months of life and that breastfeeding continue until they are 12 months old and thereafter for as long as the mother and baby desire. The World Health Organization recommends continued breastfeeding up to 2 years of age or beyond. La Leche League believes that a mother and baby should breastfeed as long as they wish.

For questions contact Pfaltzgraff at 970-520-7554, susan.pfz@gmail.com or visit llusa.org/COWY/HaxtunCO.html

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