



DISCUSSION GROUP TOPIC SCHEDULE



**La Leche League
of Topeka**

July 14, 2025: What a deal! - The selling points of breastfeeding

August 4, 2025: World Breastfeeding Week celebration

August 25, 2025: A parent's diary: a year in the life of the nursing baby

September 22, 2025: Parenting with loving guidance: establishing boundaries as your baby grows

October 27, 2025: Tricks and Treats of Breastfeeding

November 17, 2025: Holiday stress? Tips for parenting your breastfed baby during this busy season

December 15, 2025: 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.