

# I Spy a Tongue-Tie

## Zettie Taylor, England

Adapted from a write up of a discussion led by Vicky Jordan at a Spring workshop on 21st March 2015 in Rainham, Kent, England by Zettie Taylor. First published in La Leche League Great Britain's *Feedback* (Leaders' newsletter) reprinted with permission.

*Vicky Jordan, an LLL Leader in Kent, England and vivacious speaker, was initially a nurse by profession and recently certified as an International Board Certified Lactation Consultant. Vicky trained as a tongue-tie practitioner in Southampton, England in 2014. She presented a workshop session about how tongue-tie can affect breastfeeding; and what we can do as Leaders to support mothers and babies who are affected.*

As a National Health Service (NHS) volunteer breastfeeding peer supporter and mother of three children under five who all had a tongue-tie division\* performed in their early days, I was keen to hear what Vicky had to say. So, it seemed, was everyone else. Questions and lively discussion arose from many aspects of Vicky's talk, and she engaged us with her extensive knowledge, experience, enthusiasm and humour. Vicky's memorably named session (modestly attributed to her partner, Graeme) was framed around a game to "spot the symptom" and try to identify the signs of tongue-tie using images on an overhead projector.

## Restricted movements

Vicky discussed how classic signs of restricted movement on and beneath the tongue include:

- a heart shaped, bowl or "stingray" shaped tongue
- a tongue that does not lift well even when a baby cries or
- a tongue that cannot stay flat when it moves from side to side (it twists instead)

It is the ability to *lift* the tongue that is crucial for breastfeeding, while lateral movement tends to be more important for when babies move on to solid food. I discovered that the position of the tongue-tie or where it ties the tongue to the floor of the mouth is not directly related to the severity of the tongue restriction as many factors have to be taken into account.

## Other symptoms

Vicky showed us how many other, seemingly unrelated signs can suggest a problem with tongue mobility. I learned a lot. For example, the shape and behaviour of the mouth can also be indicators that suggest a baby is not latching or cannot latch effectively. Signs to note include:

- a small gape
  - distinctive sucking blister on the middle of the upper lip
1. an exaggerated "Cupid's bow" mouth
  2. a high or bubble palate
  3. persistent nipple damage

## High palate

The palate is formed in utero by the baby's tongue pressed against the roof of the mouth. A high palate formed with either a "plateau" or a "bubble" shape can indicate a tongue with restricted movement. Tongue-tie can also cause vasospasm in mothers (see [Nipple Vasospasm and Breastfeeding](#) for further information).

## White tongue

Perhaps the most salient fact I learned from Vicky's talk was that babies with tongue-tie often have a white patch at the back of the tongue, a harmless milk residue that accumulates because of the tongue's restricted mobility and lack of contact with the breast. This struck a chord with me, since my second child was wrongly diagnosed with thrush in the early weeks.

## Supporting mothers

Although we may notice symptoms of poor tongue function, a Leader's role is not to diagnose a tongue-tie but to suggest who a mother might turn to for assessment or treatment when needed (see [The Role of the LLL Leader in the Breastfeeding Support Landscape](#)). Leaders support mothers and babies. So, most importantly, Vicky's talk moved on from diagnostic symptoms to a discussion of what we can do to *support* mothers and babies when breastfeeding a baby with a tongue-tie or after a frenotomy. Vicky discussed how tongue-tie division itself is only a small part of the answer to many mothers' initial breastfeeding difficulties. These mothers need ongoing support in order to establish and maintain breastfeeding for as long as they choose to do so. She spoke about emotional support, ongoing reassurance and encouraging mothers in building their own support network, as well as use of nipple shields. Ultimately the discussion boiled down to positioning and attachment, certainly the cornerstone of successful breastfeeding. Techniques that can make a difference are laid-back breastfeeding (also known as [biological nurturing](#)), making a "breast sandwich" by compressing the breast with fingers, or tilting the nipple towards the roof of the baby's mouth. It took me five months to establish smooth-running breastfeeding with my tongue-tied firstborn—and it was the support and expertise of people like Vicky who made that possible. Thank you Vicky!

*\* A tongue-tie division is also called a frenotomy, or frenulotomy, and is a minor procedure in which a doctor, dentist or other qualified practitioner snips the tie.*

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**Zettie Taylor has three children under six years of age and teaches at a secondary school. She is an enthusiastic LLL member who hosts meetings and socials for the newly re-formed LLL Chilterns. Zettie trained with the National Health Service (NHS) at Stoke Mandeville hospital as a breastfeeding peer supporter where she volunteered both on the neonatal ward and in the wider community at children's centres.**

**Vicky Jordan has been an LLL Leader since 2010, is a registered nurse, and a tongue-tie Practitioner in private practice working in Kent, Great Britain. In 2016 she became certified as an International Board Certified Lactation Consultant. Vicky works in a National Health Service (NHS) clinic treating babies with tongue-tie in a local Children's Centre. She has two young children, whom she home educates. Contact Vicky at [tonguetieinkent@gmail.com](mailto:tonguetieinkent@gmail.com).**

# Nursing Necklace Fundraiser

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 [leadertoday.breastfeedingtoday-illi.org/nursing-necklace-fundraiser/](http://leadertoday.breastfeedingtoday-illi.org/nursing-necklace-fundraiser/)

10/3/2016

## **Elise Hamel, Whittier, California, USA**

On April 23, 2016 about 15-20 women (including mothers, grandmothers, aunts and sisters) from La Leche League of Whittier (California, USA) gathered together at a teething/nursing necklace fundraiser event. Group mother and social coordinator Melinda Holt and Group Leader Elise Hamel planned and coordinated the event that included a nursing or teething necklace “bead bar,” and snacks and refreshments donated by a local organic grocery store and a local coffeehouse chain. Mothers brought yummy treats, too. We had lots of community fun as women sat and talked as they crafted! The event was held on a Saturday so that working mothers who aren’t able to attend our weekday meetings were able to join us.

Women made necklaces for themselves as well as some to give as gifts for a suggested donation of \$15-20 per necklace. After the event, we sold a few more necklaces at our Series Meetings and at a few of our other community events. We raised over \$150. It was so successful that we hope to hold regular craft fundraiser days in the future, offering a different craft each time. If you are interested in holding a similar event for your Group and would like any further information, contact Elise at [elise.r.hamel@gmail.com](mailto:elise.r.hamel@gmail.com).

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***Elise Hamel is a LLL Leader in Whittier, California USA. She is currently tandem nursing her two-year-old and four-year-old sons. Elise loves helping women achieve their breastfeeding goals, being a mother, planning events and entertaining.***

# Supporting Leader Applicants Through Technology

## Cynthia Mann and Barbarie Palmer, Dartmouth, Nova Scotia, Canada

Cynthia and I fell into LLL leadership and into supporting Leader Applicants in the same way we learned to mother our children—by being thoughtful and flexible, relying on our intuition and seeking out support from each other. Our applications started at a time when the lone Leader for the Dartmouth Group was moving on to a new adventure. Although we had her support, she had little free time and we found working together really helpful. We spent many nights after our children were sleeping, talking about all of the new information and resources we found about breastfeeding.

The things we learned during that time have strongly influenced our approach to supporting other mothers who expressed interest in leadership. In our five short years as Leaders, we have supported five mothers to become accredited and another group of Leader Applicants started this summer. We believe that the most fundamental element of our achievement is the relationships built during the application period.

What we have unwittingly created is a method to mentor Applicants that mirrors how LLL supports mothering. For us, this has included working as a group, using technology, and structuring a flexible schedule that highlights the knowledge and strengths of the individual Applicants to everyone's mutual success.

### General method:

- *LLL Canada Guidebook (Leader's Handbook)*: A Leader facilitates guided discussions and practical exercises on each topic from the Checklist of Topics to Discuss in Preparation for LLL Leadership.
- *Breastfeeding Resource Guide (BRG)*: Applicants take turns researching and presenting topics to each other with a Leader there to guide and address questions.
- *Preview of Mothers' Questions/Problems and Group Dynamics/Management (Preview)*: Helping questions and Group situations are incorporated alongside numerous BRG topics through role-playing and peer discussion.
- *Individual Assessment*: Practicing email and telephone helping calls will allow Leaders to conduct other aspects of the *Preview* and provide the Applicants with individual feedback.

### Working with Leader Applicants in a Group

What we have learned through supporting mothers is that they gravitate to and are nourished by the support of other mothers. We have been fortunate to have a number of mothers interested in leadership at the same time. Working together has yielded the following benefits:

- **More knowledge.** The discussion and questions increase everyone's knowledge.
- **Motivation.** The Applicants motivate each other to keep on track.
- **Learning skills.** Having Leaders and several Applicants together allows for learning Group leadership skills. Role-playing allows Applicants and Leaders to compare approaches to helping mothers.
- **Mother-sized.** Making sure Applicant assignments are mother-sized allows us to remain flexible to the needs of each Applicant.

- **Sharing work, staying on schedule.** Regular meetings allow Leaders to be able to complete shared aspects of the application in a timely way while also giving Applicants time to complete individual learning at their own pace.
- **Long-term support.** The relationships that are formed during the application period provide a support system for Applicants as they become co-Leaders.

## A flexible structure

Most mothers, including Leaders, are juggling many competing demands. We have heard from many Applicants who struggled to finish their applications. We decided to create an approach that was flexible and responsive to each Applicant and Leader but also allowed us to plan our time together. We have found that creating a structure to complete the shared aspects of the application has had many benefits:

- **Time-keeping.** It allows Applicants and Leaders to plan their time and have a general sense of what the time commitment will be. Applicants' ability to maintain the commitment of the regular meetings also helps them problem solve and prepare for the commitments required of a Leader.
- **Support.** Applicants have the opportunity to have regular contact with each other and with other Leaders on all aspects of the application including the individual portions.
- **Connections.** As supporting Leaders we benefited from being more involved in each Applicant's application. This was especially important for the first Applicants we supported. The regular time together provided opportunities to build the relationships that continue on well past the application period.

## The benefits of technology

When we began working with the first group of Applicants, one of us, a military mother, was away on duty for ten months. In order to support everyone fully, we needed to get creative. One of our co-Leaders was very comfortable with Skype (Skype is a software application that allows users to speak and see each other over the Internet in real-time.) and, despite some reservations, we decided to use Skype as one of the ways to meet and include everyone in regular meetings. It proved to have more benefits than we could have anticipated:

- **Face-to-face-time without travelling.** The use of Skype and other technologies provides some face-to-face time with Leaders and Applicants when they are living in isolated areas or if they move to another area.
- **Family friendly.** Many Applicants have appreciated the option to continue to meet while being in their own home, whether it be due to poor weather and driving conditions or being able to stay at home so that their children can be in their own environment. One of the Applicants had a child with a complex medical condition and this flexibility allowed her to meet his needs best while progressing with her application.
- **Challenges can be overcome.** There can be challenges when working with any computer technology. One Applicant who had difficulty with her Internet connections and often joined us on her phone, and at times we had to try multiple attempts to be connected. We were generally surprised by how well Skype worked.
- **Building relationships.** We recognized the need to have some time together, especially in the beginning, in order to build relationships, but it was surprising how close people felt even for those who had never met. When two of the Applicants who had got to know each other well over Skype met in person for the first time, they already felt very well acquainted.

For the Dartmouth Group, the ability to develop as Leaders together and to collectively overcome obstacles has made for a cohesive and adaptive Group with co-Leaders equipped to support mothers in their own breastfeeding journeys.

***Cynthia Mann lives in Dartmouth, Nova Scotia, Canada and has been an LLL Leader since 2011. She works with Applicants as a supporting Leader and as a Leader Accreditation Department representative in Atlantic Canada. She is also a registered nurse and an International Board Certified Lactation Consultant (IBCLC). Cynthia is mother of five breastfed children, William (16), Timmy (14), Mark (10), Katie (8) and Sylvie (5).***

***Barbarie Palmer lives in Dartmouth, Nova Scotia, Canada and has been an LLL Leader since 2011. Barbarie is mother of two breastfed children, Arienne (11) and Ewan (9). In addition to supporting several Applicants, she has had the opportunity to work in partnership with the local children's hospital to support some of the most isolated and vulnerable breastfeeding mothers in her community. Barbarie is an officer in the Canadian Military and holds a special place in her heart for supporting breastfeeding military families.***

# Connections – The LLL Alumnae Association

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 [leadertoday.breastfeedingtoday-illi.org/connections-the-mnae-association/](http://leadertoday.breastfeedingtoday-illi.org/connections-the-mnae-association/)

10/3/2016

## Janet Jendron, Columbia, South Carolina, USA

*The mission of the LLL Alumnae Association is to provide an opportunity for current and former LLL Leaders and members to continue a lifelong connection with one another, extend LLL values and wisdom into all stages of life, and support the mission of La Leche League.*

The LLL Alumnae Association provides a unique and irreplaceable way for older *and* newer Leaders and members to enrich each other in La Leche League activities, professional experiences and personal life. At La Leche League (LLL) conferences and Leader workshops, the perspectives brought by Alumnae speakers and exhibitors always add something special:

*Helping mothers is a process, not one event! The experienced or seasoned Leaders and the newer, excited Leaders balance each other out.*

Naomi Hambleton

In my experience, the wisdom shared works both ways. Connecting with younger parents through local LLL potlucks and meetings has given me compassion and understanding when friends and family make parenting decisions different from my own.

*The Alumnae organization is very special to me because it keeps all of us in touch with a great group of friends who share a common bond. We can all be proud of the work we did together over the years and the hundreds of thousands of babies who were breastfed because of our dedication and love.*

Judy Torgus

*I enjoy going to LLL (International, Area, state) conferences because there always seems to be the understanding that even the Leader Applicants and new Leaders have valuable experiences to share. Cultivating that kind of sharing, regardless of how many years' experience or whether your name is well known, helps build confidence and community within the organization. LLL Leaders, young and old, have helped us with our knowledge about breastfeeding and how it fits into real life.*

Melissa Clark Vickers

## Alumnae events

The LLL Alumnae Association Council spent over a year planning the 2015 trip to Charleston, South Carolina, USA. Living close to Charleston gave me the chance to re-connect with active Charleston Leaders. We visited sites together; ate at potential restaurants together, discussed possible trip activities and deepened our personal friendships at the same time. When LLL members gather there seems to be an immediate connection and lovely

positive energy. I love the activities of the Alumnae Association because we're able to take time to "be." To talk, to sit with others, to be "fully present" to each other. I believe we bring this gift to every La Leche League gathering we attend.

At the Sunday evening dinner, local active and former Leaders were able to join the Alums for a truly memorable moment in time.

*The trip to Charleston was definitely a wonderful experience in every way possible! Thinking about it brings to my mind an array of lovely memories. Among my favorite events was having our last dinner with a number of the current South Carolina Leaders along with Jerry McManus, one of the 'founders' of LLL of South Carolina, for whom I feel special gratitude. Marian Tompson and I had the pleasure of sitting with Jerry and her daughter, Caroline, who followed in Jerry's footsteps. I felt honored to sit with them during that special dinner along with other South Carolina Leaders. It was delightful to talk with each one of the Leaders and observe their enthusiasm for our mission.*

Mary Ann Kerwin, LLL co-Founder

I deeply appreciate how the Alumnae Association promotes reverence and respect for the wisdom of those who have "gone before us." I believe that appreciation is becoming rare in our culture. By helping "younger Leaders" keep in touch with "older Leaders," we create opportunities, online and in person, for open discussions about how our changing culture and world affect our ability to promote the LLLI mission. We can all learn from each other!

LLL Groups, Areas and other entities are welcome to invite Alumnae Association members to be a part of ongoing activities, planning and enrichment. The possibilities are endless and the benefits are profound!

#### **To join:**

- Online, go to [lllumnae.org/](http://lllalumnae.org/)
- To [join online](#), use the form at the end of the Join page. Or go to "Join by Mail" on the Join page and click on [PDF Membership Form](#).

Membership is \$36 per year in the USA and \$44 outside the USA. The LLL Alumnae Association is open to current and former LLL Leaders, former LLL members and interested friends of Leaders/members.

#### **Benefits of membership**

- Members receive a printed copy of the Alumnae newsletter *Continuum*, mailed three times a year. Past issues are available at [lllumnae.org/Publications](http://lllumnae.org/Publications)
- Each issue contains a variety of articles—members' personal growth and challenges, grandparenting, book reviews, local Alumnae gatherings, biennial sightseeing trips, and women's challenges beyond the breastfeeding years. About 55% of members are active Leaders and 45% are former Leaders, former LLL members, or friends of Leaders.
- A portion of the membership fee currently goes toward the support of the LLL Breastfeeding Helpline-US, donations to the LLLI 60th Anniversary DVD, and other La Leche League projects.
- In the spring, check the website for registration details for the October 19-23, 2017 sightseeing trip to San Diego, California USA.

#### **Online**



- Join the ALLLumnae Yahoo! Online Discussion Group, available to current Alumnae members and an opportunity for members to connect with each other. To join, send a request to Sara at [saradfurr@gmail.com](mailto:saradfurr@gmail.com) and indicate you are a current member.
- Go to [facebook.com/groups/109172860448/](https://facebook.com/groups/109172860448/) to join the Facebook discussion for current and former LLL Leaders and members who wish to share stories or photos of breastfeeding in the news or one's family, current breastfeeding research, grandchildren's comments about breastfeeding, how to contact a local LLL Leader or LLL Group, recommend a book, share LLL memorabilia, connect with other Leaders, and more.
- Go to [facebook.com/LLLAlumnaeAssociation](https://facebook.com/LLLAlumnaeAssociation) to join over 900 people on the Alumnae Facebook page and receive daily posts, breastfeeding news, and links to current LLL journals.

#### **“We Remember” names of deceased Leaders**

*“So as we live, they too shall live...for they are now a part of us, as we remember them.”*

The Alums maintain a list of deceased Leaders at [lllumnae.org/We-Remember](http://lllumnae.org/We-Remember). Help us keep the list up-to-date. If you know of a Leader who passed away in a current or past year, go to [lllumnae.org/We-Remember](http://lllumnae.org/We-Remember) to view names already recorded. To add a name, click the link “send us the information.” At [lllumnae.org/node/add/we-remember](http://lllumnae.org/node/add/we-remember) enter the required information: Leader's name, state/country where she was active as a Leader, year of death, and obituary link, if available.

**For more information about “We Remember,”** contact Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net)

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***Janet Jendron is a Member-at-Large with the La Leche League Alumnae Association Council. She has been a Leader for over 25 years, a former LLL of South Carolina, USA Area Coordinator of Leaders, Area Conference Supervisor, and frequent speaker at Area Conferences. She also helped coordinate LLL Alumnae Teas held at LLLI Conferences. Janet was a member of the La Leche League International Board of Directors for 11 years. Recently retired, Janet has four adult children and three grandchildren.***

# Group Meetings Twice a Month

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 [leadertoday.breastfeedingtoday-illi.org/group-meetings-twice-a-month/](http://leadertoday.breastfeedingtoday-illi.org/group-meetings-twice-a-month/)

10/3/2016

## Annette Green, Modi'in, Israel

In 1956, the seven Founders of La Leche League began helping mothers through monthly meetings. La Leche League and Series Meetings were born. When I became a Leader in Israel in 2003, monthly Group meetings were still going strong and attendance was good. However, several years ago, participation rates for monthly meetings fell and a local Leader decided to offer an additional meeting each month. Her rationale was simple: we can meet mothers more often. Paid maternity leave in Israel was only 12 weeks at the time (it has since been increased to 14 weeks) so the opportunities for mothers to attend meetings before returning to work were limited. Immediately after birth many women weren't up to attending a meeting until their baby was several weeks old, and in their last month before returning to work they were already preparing mentally and physically for their return to the workforce. That left a very short span of time when mothers could potentially attend LLL meetings.

If a mother was seeking support for an acute breastfeeding issue, waiting three weeks or more because she had just missed the monthly meeting was also a challenge and a missed opportunity for us to provide the mother-to-mother support for which we are well known.

## Benefits of meetings twice a month

- **Follow-up with mothers became easier** when meetings were offered more often. When a mother was struggling with a particularly challenging issue, she was able to return after two weeks to get further support and encouragement.
- When mothers met more frequently at meetings they had **more opportunity to create social and support networks that extended above and beyond the Group**. Even those mothers who didn't connect outside of the Group recognised each other when they returned which led to better Group cohesiveness and interaction.
- As Leaders, more frequent meetings led to **increased confidence in skills** to plan and run Group meetings successfully and to deal with tricky situations. Newer Leaders were able to practice their communication skills and share breastfeeding information often and gained confidence quickly.

## Increase in attendees

Following the benefits of meeting twice a month, many other Groups in Israel followed suit and began to offer the same. Almost every Group had an increase in attendees. Frequency of meeting is not the only factor that helped increase membership. Ironically, a very active Facebook group run by Israeli LLL Leaders improved our reach and encouraged mothers to close down their computers and ignore their cellphones (mobile phones) for two hours and attend real face-to-face La Leche League meetings. But there is no doubt that meeting twice a month has had a significant impact.

## Morning or afternoon?

I experimented this year with offering one morning and one afternoon meeting per month (instead of my previous two morning meetings per month). I wanted to have a meeting that was at a suitable time of day for working mothers. Looking back over the past year, I feel the Group was not as socially cohesive as the previous year when there was a large core of regular mothers who would continue the meeting at the local coffee shop once I had officially closed the meeting.

## Sharing the work

If you are thinking of offering meetings more frequently, you will want to consider whether you have the resources to hold meetings twice per month. In addition to the actual meeting time, Group meetings require advertising, preparation and follow-up dealing with donations, memberships and new attendees' contact details. When you offer meetings twice a month, you will need to do all of these more often.

If several Leaders are sharing Group responsibilities, this may not be a big factor. Finding a regular Group attendee or Leader Applicant who can help with advertising your Group can also relieve the pressure. Setting up posters that can be reused before each meeting (with new dates!) and keeping lists and links of where to post on social media saves time. Every time I send a reminder to my past attendees, I ask them to feel free to share meeting details with friends, family and of course, on social media.

In a Group with more than one Leader, adopting a twice a month meeting schedule can feel less intense because you can choose to alternate attending and/or leading meetings between Leaders. While this approach works for some, bear in mind there is less continuity for Leaders and mothers when the same Leaders do not attend every meeting. However, it is a good way to offer more frequent meetings and can prevent Leader burnout. Good communication between co-Leaders is essential if you take turns attending and leading meetings.

*The change to meeting twice a month gave our Group a feeling of continuity. Mothers returned after two weeks and we could follow up with them on their individual breastfeeding experiences. The number of returning mothers increased drastically. Our Group tripled in size and easily half of the mothers currently attending the Group are regular attendees.*

*The mothers also felt a difference. Prior to the change the meetings felt like a group of women who weren't connected to each other but afterwards the mothers were part of an active group process. We could see the babies growing from meeting to meeting and hear and see the mother's increased confidence from their experience with breastfeeding and parenthood.*

## Sivan Ben-Orr, Or Yeduda, Israel

*Having meetings every two weeks really helped create a strong Group. Before that, the Group was very small and inconsistent. I liked the fact that I could get to know the mothers better. Some women go back to work after three months. So if she comes to every meeting I get to see her six times instead of three!*

*The frequency of Group meetings also helped me as a Leader. I feel more connected to the Group and feel that it improves my leadership skills.*

## Melissa Bar Ilan, Tel Aviv, Israel

*Our monthly Group had dwindled to one or two mothers, with too many meetings where no mothers came at all. When we changed to two meetings a month, we started getting three to six mothers at a meeting. Most are not repeat attendees, although a few are.*

*I think the biggest difference has been that it prompts us to keep on top of publicizing the meetings. When it was once a month it was easy to forget about the meeting until it was on top of us. Now, in*

*any given week, we're generally either dealing with this week's meeting or planning next week's meeting (who leads, publicity, etc.). The other advantage of more frequent meetings is that it involved a Leader who hadn't led meetings in a long time, because we really needed her!*

Ilana Sobel, Jerusalem, Israel

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**Annette Green was born and raised in Australia but moved to Israel 20 years ago. She has two daughters and has been a Leader since 2004. Currently, she is a lone Leader of a Group in Modi'in, Israel. She is the co-Associate Area Coordinator of Leaders (AACL) in Israel and a member of the GLC (Global Leader Committee). Annette has her own holistic health clinic helping women with fertility, pregnancy and menopause challenges.**

# 60th Anniversary Projects and Events

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 [leadertoday.breastfeedingtoday-llli.org/60th-anniversaryprojects-and-events/](http://leadertoday.breastfeedingtoday-llli.org/60th-anniversaryprojects-and-events/)

9/30/2016

## Anniversary year: October 1, 2016 to September 30, 2017

La Leche League International celebrates their 60th year with a programme of events with the theme of *Building a Legacy*. Leaders around the world are invited to join in the celebrations. From souvenirs to a conference, from competitions to new projects, there is something for everyone.

*By breastfeeding our children we lay the foundations of a legacy for good health; the work we do as Leaders builds a legacy of breastfeeding knowledge in our communities and the families we work alongside; La Leche League as an organisation has been building a legacy for future generations; and the Founders have built La Leche League to stand as their legacy to the world.*

### 24-hour global meeting

Helping mothers to breastfeed is the heart of our mission, so we begin our anniversary year on October 1, 2016, with a 24-hour online meeting, celebrating our international organization with a fully global version of what we do best. We will hold a Facebook meeting for mothers, rotating every hour to different Leaders around the world in their own languages. A schedule will be published soon to show who is hosting each hour, and in what language. Leaders, save this date to attend the first ever round-the-world meeting, and invite the mothers from your Groups to attend. Facebook has a translation tool, so come and meet some mothers who speak a language different to your own! Check the [LLLl website](#) and the [LLLl 60th Anniversary Facebook group](#) for further details and go to [LLLl 24 Hour Global Online Meeting](#) (Facebook) for the schedule.

### A day of education and festivities in Chicago

On Saturday, October 15, 2016, LLLI will host a special one-day event at The Westin River North in Chicago, Illinois, USA. This will be a great opportunity to reconnect with old friends, celebrate our accomplishments, and look forward to pioneering new frontiers together. The event includes:

- Speaker lineup: Professor James McKenna, Diana Cassar-Uhl, Patricia Diaz Dennis, Catherine Watson Genna, Linda J. Smith, Trevor MacDonald, Amy Shaw.
- Three educational conference sessions including a review of LLLI's history with a panel of representatives from our six decades, a presentation on the long-term benefits of mother-infant bonding, and an update on LLLI's worldwide breastfeeding support effort.
- Evening festivities which will begin with a cocktail reception followed by a gala dinner.
- A chance to award and thank Founders Mary Ann Kerwin and Marian Tompson, and to recognize the contributions of all seven extraordinary founding women of La Leche League International.

### Booking information

There is still time to purchase your ticket for this day of education and festivities! Visit us at [LLLl60.eventbrite.com](http://LLLl60.eventbrite.com) for the schedule of speakers and ticket options. You can also contact us by email at [events@LLLl.org](mailto:events@LLLl.org) or by phone at 1-877-452-5324 for more information.

### 60th Anniversary Video

A beautiful 30 minute video capturing LLLI's 60-year legacy has been made and is undergoing final edits. The video will be available for use at all LLLI Conferences between 1 Oct 2016 – 30 September 2017. Further details will be available once the video editing is complete. The video will be made available for individuals to download in spring of 2017.

## **Online conference with international speakers, April 3-7, 2017**

We look forward to an online conference celebrating the foundations of LLLI with sessions based around the ten concepts, the LLL mission statement, Series Meeting topics, and LLL Leader responsibilities. Sessions will be available live and for download. The conference will also showcase the new LLLI DVD celebrating our foundations. Further details to follow – keep an eye on the LLLI website and social media. Conference coordinator: Lydia de Raad [lydiaderaad@zeelandnet.nl](mailto:lydiaderaad@zeelandnet.nl)

## **Souvenirs**

### **Milkdrop necklace**

To celebrate the 60th Anniversary of LLLI, Family Tree Glass has created an exclusive souvenir necklace. Each droplet pendant is individually hand crafted by a breastfeeding mother and glass artist, and is meant to symbolize mothers' milk. They come strung on your choice of an adjustable length black necklace cord (18-20.5 inches/46-52 cm, \$US 20), or an 18" (46 cm \$US 35) sterling silver box chain. Every necklace also comes with a sterling silver tag at the clasp, engraved with the words "LLLI 60." This unique jewelry can be worn as is, or can be used as a "starter kit" from which you can build your 60th anniversary necklace. The glass droplet pendants are made of strong, crack-resistant glass measuring 1.25 in/3 cm long and 0.5 in/1.25 cm wide and come wrapped in a gift box. 25% of each sale of each necklace goes back to LLLI.

### **To order necklaces**

Visit [www.FamilyTreeGlass.com](http://www.FamilyTreeGlass.com) and click on the LLLI banner at the top of the home page. Additional fees for shipping will be added.

### **Build your necklace**

The 60th Anniversary Committee are encouraging all Groups and Areas to design their own bead that mothers can purchase to add to their starter milk drop necklace. Groups or Areas can find a local jewelry designer or even a group of local women to design and make beads. In order to fit the starter kit necklace beads should have a hole size of approximately 5mm in order to easily slide on and off when building the necklace. The focal pendant is approximately 1.25 in/3 cm long.

If you have a bead to sell please email us at [cmbwhite@gmail.com](mailto:cmbwhite@gmail.com) with a description of your bead, your contact information for ordering and a photograph and we will place it on our webpage so Groups and Areas can order directly from you.

### **Alumnae pin**

[The LLL Alumnae Association](http://lllialumnae.org/content/leader-recognition-60th-anniversary-pins) has produced a 60th Anniversary pin for sale. A three mm clear stone is embedded in the Cloisonné pin. Order these lovely recognition pins for a mentor, Area Leaders or yourself at <http://lllialumnae.org/content/leader-recognition-60th-anniversary-pins>

## **Anniversary souvenirs**

If LLL Areas or Groups have anniversary souvenirs to sell, the anniversary workgroup would love to hear from you. Post on the [LLLI 60th Anniversary](#) Facebook group or drop Carolyn and Sheri an email at [carolllyndb@hotmail.com](mailto:carolllyndb@hotmail.com) or [sheralyn.parpia@gmail.com](mailto:sheralyn.parpia@gmail.com)

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60th Anniversary Pin    Build Your Necklace

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## Calling new Groups in 2016-2017

Can we establish 60 new Groups in our 60th anniversary year? If you are a new Group established during the calendar years 2016 or 2017, then we want to hear your story. Already we have welcomed the first Korean-speaking Group in South Korea and a rural Group in New Zealand. Where in the world next? Please enter the details of your new Group using the [New Groups form](#) on the LLLI website, save and send to [alisonstanton@me.com](mailto:alisonstanton@me.com), with a photo if possible.

## Sister Groups

Are you an established Group willing to extend a hand of friendship to assist a new Group, an isolated Group or a Group needing support? With your help we can strengthen our ability to reach more mothers and babies around the world. Or are you a new Group, or an isolated Group needing support? Would you value having a sister Group at your side? Register for a Sister Group by completing the [Sister Group form](#) on the LLLI website and email [alisonstanton@me.com](mailto:alisonstanton@me.com). Together we can build a legacy of LLL Groups around the globe.

## Introducing Ayu a travelling breastfeeding doll!

On October 1, 2016, Ayu and her baby Paco will begin a journey around the world, visiting LLL Groups wherever someone would like to host her! She will start by visiting the LLL New Zealand Conference on October 1. If you would like to host Ayu, please contact Ruth at [ruth.brodbeck@lalecheleague.ch](mailto:ruth.brodbeck@lalecheleague.ch). You can keep up with Ayu's travels on the [LLLI 60th Anniversary](#) Facebook group in the Ayu album.

## Photography contest

We have two photography initiatives coming up.

- We will announce the details of a **photography contest** soon with a planned start date in October 2016. See the [LLLI 60th Anniversary](#) Facebook group for more information.
- We hope to collect **photographs of "Leaders in Action"** from all over the world. These could be pictures of LLL meetings, District meetings, outreach/events, and any images of Leaders helping mothers in general. This is not a competition, but a way of sharing our resources.. Please send your photos of Leaders in action to [photos@lilli.org](mailto:photos@lilli.org). We ask that emailed images be no larger than 250 KB and jpeg format is preferred.

## Meme contest

There were some wonderful memes submitted for the anniversary contest. Have a look at them in the Meme album on the [LLLI 60th Anniversary](#) Facebook group. They are available for use by LLL entities, so you may freely use them to advertise the anniversary or your own events.

## Recognizing unsung heroes

Who was a breastfeeding pioneer in your part of the world? Would you like to share a bit about their positive impact

on breastfeeding? We are looking for unsung heroes who have left a legacy in their own special way. If you would like to nominate a hero, you can share their story on our 60th Anniversary Facebook page or email your nomination to [sheralyn.parpia@gmail.com](mailto:sheralyn.parpia@gmail.com).

## **Tributes**

The LLL Alumnae Association has a wall to recognize Leaders who have passed away, and is encouraging Leaders to send in names over the course of the year. You can find the current listing at [llalumnae.org/We-Remember](http://llalumnae.org/We-Remember). If you have a name to submit, please complete [this form](#) so we can recognize them.

## **Other projects**

Please share any projects that your Area or Group is planning to celebrate the anniversary. Post on the [LLLI 60th Anniversary](#) Facebook group or drop Carolyn and Sheri an email at [carollyn@hotmail.com](mailto:carollyn@hotmail.com) or [sheralyn.parpia@gmail.com](mailto:sheralyn.parpia@gmail.com)

## **More information**

[LLLI website](#); [LLLI 60th Anniversary](#) Facebook group; Twitter hashtag #LLLI60

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