La Leche League International was founded in 1956 by seven women who were dedicated to providing information and encouragement to breastfeeding mothers. It has grown into a worldwide organisation with over 3,000 Groups and 8,000 Leaders in 66 countries. In Ireland La Leche League has 103 accredited Leaders and 39 active Groups.

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Conference Information and Registration Forms
Acceptance of advertising does not constitute LLL of Ireland endorsement.
Breastfeeding leaves NO carbon footprint. Environmentally friendly since time began.

INTERESTED IN BREASTFEEDING?
For help and information, all expectant and breastfeeding mothers and their babies are welcome to attend La Leche League local monthly meetings.

See our website www.lalecheleagueireland.com for further information

La Leche League of Ireland
BREASTFEEDING HELP & INFORMATION
La Leche League Philosophy

We Believe:

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.

- Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.

- In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.

- Human milk is the natural food for babies uniquely meeting their changing needs.

- For the healthy, full-term baby, breast milk is the only food necessary until baby shows signs of needing solids, about the middle of the first year after birth.

- Ideally, the breastfeeding relationship will continue until the baby outgrows the need.

- Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.

- Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby’s father. A father’s unique relationship with his baby is an important element in the child’s development from early infancy.

- Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.

- From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.
Mother to Mother Support

In 2015 thirty-six La Leche League Groups in Ireland held regular monthly mother-to-mother support meetings. Many Groups also hosted Coffee Mornings. Some provided meetings on topics including ‘Nursing a Toddler’ and ‘Working and Breastfeeding’ and held social gatherings such as picnics during the summer months. Altogether over 600 meetings were facilitated by La Leche League leaders during the year, reaching over 6,000 mothers.

Individual Help

In addition to facilitating information and support meetings, LLL Leaders responded to 8,529 calls and contacts from breastfeeding mothers and made 326 home visits during 2015. Leaders had over 40,580 contacts with mothers by text, email, and Facebook.

Conference & Seminars for Health Care Professionals

In March 2016 La Leche League of Ireland celebrated its 50th Anniversary in Sligo at the annual two-day Conference. Among the speakers were Marion Tompson, one of the founders of LLL International; Nils Bergman, MD, MPH, PhD and Nancy Mohrbacher, IBCLC, FILCA. The Conference sessions can be downloaded from www.lalecheleagueireland.com

Nils Bergman and Nancy Mohrbacher also addressed Health Care Professional Seminars in Dublin and Sligo.
PROPOSED PROGRAMME

The conference sessions start on Saturday 4th March 2017 at 9.15am and finish at approx. 4.00 pm on Sunday 5th March. A timetable/conference update will be available on our website: www.lalecheleagueireland.com

Keynote Address
Dr. Gro Nylander, author, breastfeeding advocate, and mother, hales from Norway and has played a role in the resurgence of breastfeeding there. Her video, Breast is Best, has been translated into 30 languages and is used by health practitioners worldwide.

Proposed Sessions
WHO Code Ethical Marketing of Formula
Staying Home
Fertility/PCOS/Supply Issues
Book Club – Reviews
Childbirth
Fathering

Workshops:
1) Breastfeeding Twins / Multiples
2) Getting Off to a Good Start

Further sessions to be confirmed
La Leche League of Ireland

Fri 3rd, Sat 4th, Sun 5th March, Treacy’s West County Hotel, Ennis.

REGISTRATION FEES:

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<tr>
<th></th>
<th>Full Weekend</th>
<th>One Day Only</th>
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<tr>
<td></td>
<td>Couple</td>
<td>Single</td>
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<tr>
<td>Standard Reg.</td>
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<td>* Early Bird Reg.</td>
<td>€55</td>
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<td>LLL member Reg.</td>
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<td>* LLL Leader Early Bird Reg.</td>
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<td>Unwaged Family</td>
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<td>Student</td>
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Weekend fees include sessions, keynote address, children’s refreshments and coffee. Day fees include events of the day, children’s refreshments and coffee.

* Early Bird Discounts apply to those registrations received by 1st February, 2017, no exceptions. Final date for receipt of postal and online registration is 25th February, 2017.

La Leche League of Ireland fully supports the WHO International Code of Marketing of Breast Milk Substitutes.
La Leche League of Ireland
Fri 3rd, Sat 4th, Sun 5th March, Treacy’s West County Hotel, Ennis.

ANNUAL CONFERENCE 2017
REGISTRATION FORM
Registration & Payment on line: www.lalecheleagueireland.com

Name: ..................................................................................................................................................

Address: ..............................................................................................................................................

Email: ..................................................................................................................................................

Date: ........................ Ph on e no: ........................................ M obile ..................................................

Name of spouse/partner (if attending sessions): .................................................................

No. of children attending: .................. Ages: .................................................................

LLL Leader □ LLL Leader Applicant □ LLL Member □ IBCLC No. ........

Cuidiú Counsellor □ Health Professional □ Other □

If paid up LLL member, give the Group name: .................................................................

ATTENDING: Full Weekend □ Saturday Only □ Sunday Only □

Is this your first LLL conference? □ Yes □ No

Are you staying at the conference hotel? □ Yes □ No

Will you be at the Friday night get-together? □ Yes □ No

ALL UNDER 18s ATTENDING CONFERENCE MUST BE LISTED BELOW FOR INSURANCE PURPOSES.

CHILDREN’S REGISTRATION FORM
The relevant wristbands for the different age groups will be waiting for you at the registration desk when you arrive at the conference.

Children can of course still be registered at the conference, but it is advisable to register in advance.

If registering for children’s activities the cost per child is €10 or €20 per family. Cost per teenager is €8.

Please tick box for those children being registered for activities.

Name ..........................................................................................................................................

Age ..........................................................................................................................................

..........................................................................................................................................

..........................................................................................................................................

..........................................................................................................................................

..........................................................................................................................................

Cheque payable to La Leche League of Ireland enclosed € ..........................................

This completed form to be sent to: Aileen Howell, Old Coach Road, Stonehouse, Dunleer, Co. Louth.
Tel: 087-8174714 Email: aileenhowell@gmail.com
La Leche League of Ireland
Fri 3rd, Sat 4th, Sun 5th March, Treacy’s West County Hotel, Ennis.

ACCOMMODATION BOOKING REQUEST FORM

The hotel requests that before sending in your booking form that you contact the reservation office on 065 6869600 or email info@treacyswestcounty.com to confirm room availability.

Name: ...............................................................................................................................................

Address: ........................................................................................................................................

Phone No: ..........................................................

Sharing with (if relevant): ..............................................................................................................

No. of Adults: ................................................ No. of Children: ..........................................

Ages of children on 3rd March, 2017: ................................................................................................

Room Type:     Single   /   Double   /   Twin   /   Family

Arrival Date: ......................  Time ......................  Departure Date: ..............................

Please refer to the Hotel Information page for accommodation rates for adults & children

These completed forms to be sent with deposit (cheques payable to Clarion Hotel) or credit card details provided to Treacy’s West County Hotel, Ennis, Co. Clare.

Credit card No

Exp. Date

Please state your special requests, if any, and we will do our utmost to accommodate them. (e.g. Cot, etc.)
La Leche League of Ireland

MEALS BOOKING FORM

Name: ..................................................................................................................................................

Address: .............................................................................................................................................

Email: ..............................................................................................................................................

Phone No: ..........................................................................................................................................

Please indicate if D/F (dairy free) is required also.

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<tr>
<th>Saturday 4th March 2017 (all prices per person)</th>
<th>Meat</th>
<th>D/F</th>
<th>Veg D/F</th>
<th>Total</th>
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<tr>
<td>Soup &amp; Sandwiches with Tea/Coffee €9.95</td>
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<td>or Nuggets / Sausages &amp; Chips €5</td>
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<td>*Dinner (pre-booked) €20</td>
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<td>Childs Dinner €10</td>
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</table>

TOTAL ENCLOSED €_____________________

These completed forms to be sent to Treacy’s West County Hotel, Clare Road, Ennis, Co. Clare.

*This must be pre-booked when the accommodation is being booked. The dinner reservation will be taken on check in. Otherwise, the full dinner menu price (€24.95) will be charged on the night.
La Leche League of Ireland

Fri 3rd, Sat 4th, Sun 5th March, Treacy’s West County Hotel, Ennis.

HOTEL INFORMATION

Treacy’s West County Hotel is well regarded not just for its hospitality but also as a base from which to do business and explore all that Clare has to offer. A Treacy family hotel, it boasts 150 ensuite bedrooms including executive and family rooms. The health and leisure facilities extend to three indoor pools, gym, sauna, Jacuzzi, solarium, aerobics studio, massage and beauty salon.

The hotel rates are as follows:

1 night - €49 Double/Twin Bed & Breakfast, per person sharing.
2 nights - €118.00 Double/Twin Bed & Breakfast & 1 Evening Meal, per person sharing.

Child under 12 stays free based on 2 adults sharing otherwise a single supplement applies to the adult. €5.00 – Breakfast. €10.00 – Dinner

Child over 12 years when sharing with an adult Bed & Breakfast - €20.00 per child per night; €10 – Dinner.

Single supplement per adult €15 per adult per night.

Adult Dinner - €20 Evening Meal

This must be pre booked when the accommodation is being booked. The dinner reservation will be taken on check in. Otherwise, the full dinner menu price (€24.95) will be charged on the night.

Booking your accommodation and Evening Meal:
Accommodation can be booked Treacy’s West County Hotel, Ennis: 065 6869600

Treacy’s West County Hotel requests that before sending in your booking form that you contact the reservations office on 065 6869600.

Please fill out the relevant sections and post with deposit.
Treacy’s West County Conference & Leisure Hotel
The Wild Atlantic Way Gateway.

We flourish on our reputation for great food, long serving friendly staff offering 152 quality refurbished en suite single, double or family bedrooms while our swimming pool & wellness centre offers the perfect antidote to your daily adventures.

Web: treacyswestcounty.com  Phone: 065 6869600
Email: res@treacyswestcounty.com
Fri 3rd, Sat 4th, Sun 5th March, Treacy’s West County Hotel, Ennis.

www.lalecheleagueireland.com

On our website you can:

- Find answers to your breastfeeding questions
- Find out more about LLL of Ireland
- Locate your nearest Group
- Download LLL of Ireland breastfeeding leaflets
- Keep up to date with upcoming LLL of Ireland events
- Register for Conference or Medical Seminar
BREAST MILK CAN HELP SAVE PREMATURE BABIES LIVES TO BECOME A DONOR

Contact
Human Milk Bank (028) 686 28333 (U.K.) (048) 686 28333 (Eire)
Acceptance of advertising does not constitute LLL of Ireland endorsement.
Have a question about breastfeeding?

Visit www.breastfeeding.ie for professional information and support.
**Friday Entertainment:** We will maintain the tradition of an informal Friday evening get-together (8-10pm).

**Requirements for children:** Swimming caps for the pool. Soft soled shoes to reduce noise level at sessions. Light-weight clothing as the hotel may be warm. Books and soft toys (labelled) for toddlers attending sessions. No noisy toys please! Bring baby sling if required.

**Playgroup facilities:** Playgroup facilities and other entertainment will be provided for children during conference sessions. Please remember that these should not be treated as crèche facilities and that children under four years of age who are not school going may participate only if accompanied by a parent or guardian. There will be a charge of €10 per child or €20 per family to cover children’s activities for the whole weekend and only those children registered for entertainment may participate. You may pre-register for the children’s activities.

**At the conference:** As is usual at LLL functions, your children are welcome to accompany you to sessions, meals, and all Conference areas. Ordinary baby sounds or gleeful toddler noises will not distract speakers or delegates. A crying baby, however, may be distracting to others and may be upsetting for the baby. You may have to miss part of the session, but listening to your child so that you can tend to his/her needs is the most important thing you can do. For health and safety reasons, please do not use prams or buggies inside the hotel. Only parents with a specific need should use buggies inside the hotel (for example -parents of twins, if pregnant and with a toddler, disabled parent/child, etc.)

**LLL Bookstall:** A fully stocked LLL Bookstall will be open at specific times over the weekend.

**Audio Download:** An Audio Download of most conference sessions will become available post Conference.

**Teenagers (13yrs+):** will have access to a Teen Room with activities available at designated times throughout the weekend. Teens are welcome to attend conference sessions. Teen Registration €8.

For General Conference Information: www.lalecheleagueireland.com

*For further information contact:*
Deirdre McDonnell, 12 Butterfield Grove, Rathfarnham, Dublin 14. Ph: 01 4947316
Email: deemcdee@gmail.com

*Local Conference Organiser:*
Gemma Sydney, Ph: 087 6616632. Email: gemma_sidney@yahoo.co.uk.