

Preview of Helping Questions and Group Management

Welcome to the *Preview*! This exercise gives you and your Leader(s) an opportunity to practice and assess your readiness to assume basic Leader responsibilities. With your Leader Accreditation Department (LAD) representative and supporting Leader(s), you can decide how you would like to work on the *Preview*:

- throughout the application time, as part of your regular meetings with your supporting Leader(s) to discuss topics and practice skills;
- at the end of the application, as a review and formal practice of skills;
- in combination, with some during the application and some at the end.

The topics of the *Preview* are divided into two sections: “Helping Questions” and “Group Management.” In all, you are asked to cover **at least five topics from “Helping Questions” and three from “Group Management.”**

As you prepare for *Preview* situations, you will find it helpful to review *The Womanly Art of Breastfeeding*, *Leader’s Handbook*, and other pertinent LLL publications.

If you and your Leader(s) decide to use the *Preview* as a review only:

Your LAD representative may choose five topics from “Helping Questions” and three situations from “Group Management” for you to practice, or you and your supporting Leader may decide which topics and situations to cover. Under each selected topic from “Helping Questions,” choose at least one specific question to prepare. Be sure to let your Leader know which topics and situations you will do so the Leader can be ready to add a different perspective as well as broaden and expand the discussion. As you desire or see a need, feel free to add topics or situations of your own.

When you are ready, contact your Leader(s) to plan the logistics. Some Applicants enjoy having more than one Leader participate in the *Preview*, while others feel more comfortable with only one. The decision is yours. You are welcome to have notes, written resources and website access available for the *Preview* meeting. You may prefer to have more than one session to allow time to reflect on the discussion and apply suggestions, as well as to accommodate your family’s needs and schedules. For any sessions, choose role-play, discussion, or a combination of formats. To simulate an actual helping call, consider role-playing at least one of the questions from “Helping Questions.” Your supporting Leader could call at an unscheduled time just like a real helping call or you could sit back-to-back when together to practice answering questions without body language to help you. Complete a Leader’s log page for the call. It is also recommended that you practice responding to one or two helping questions by emails. Consult the *Leader’s Handbook* (Chapter 4) for additional suggestions.

***Preview* evaluation:**

You are expected to report your *Preview* practice to your corresponding LAD representative, whether you use it throughout your application or at the end as a formal review. Please read [Preview Evaluation Questions](#) at the end of this exercise before you have a practice session.

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* Each title is hyperlinked.

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Group Management

Preview Evaluation Questions

Helping Questions

A. NIPPLE ISSUES

I am 30 weeks pregnant and want to breastfeed. I have inverted nipples and heard that my baby might not be able to attach to my breast.

My nipples are cracked and bleeding. I've been expressing milk and giving it in bottles until they heal.

My baby is six weeks old, and my nipples are still sore. I'm certain I'm positioning him correctly.

Yesterday, my nipples suddenly got very sore and itchy. My baby is 9 months old.

B. BREAST INFECTION/PLUGGED DUCTS/SURGERY

I have a breast infection. My doctor is advising me to wean.

I've had three breast infections on the left side in four months. That side often feels hard in one spot, like it isn't draining.

I have a sore, red area on my breast. My baby is four months old.

I had breast reduction surgery when I was younger and am worried that I will not be able to breastfeed my baby.

C. REFUSING THE BREAST/NURSING STRIKE

My one-week-old baby received bottles and a pacifier in the hospital. Now he seems hungry all the time, but he will not nurse.

My baby is two months old. He arches and screams when I try to nurse him.

My three-month-old daughter has been miserable with a cold, and now she won't nurse at all.

My seven-month-old has started to nurse less and less and now refuses.

We moved yesterday into our new house. Since last night my five-month-old daughter won't nurse. I've had to pump and give her a bottle.

My daughter will be one in a couple of weeks. Yesterday she refused the breast. Is she weaning?

D. WEIGHT GAIN/NURSING FREQUENCY/TOO MUCH MILK

I nurse my two-week-old every two hours, but she sucks briefly, then falls asleep. She has not recovered her birth weight.

My five-week-old baby is nursing all the time. She is gaining well, but I can't live like this forever.

My six-week-old chokes and sputters when my milk lets down, nurses frantically, and then spits it all up.

My baby's doctor told me to give my two-month-old a bottle after every feeding so she will gain more weight.

My baby nurses all the time, and it's causing my nipples to become painfully sore. His weight gain is poor. All this pain for little weight gain!

E. SPECIAL CIRCUMSTANCES

My baby was born at 32 weeks. The hospital staff say I can breastfeed but want me to give bottles after each feeding.

My baby was born prematurely and has started going to breast but only does well with a nipple shield.

My baby has jaundice. My doctor says that if the baby's bilirubin level continues to rise, I may have to stop breastfeeding for 24-48 hours.

It is still very painful to nurse. I think it is because my baby is tongue-tied.

I am expecting twins. What do I need to know about breastfeeding them?

F. BIRTH

I am interested in having a home birth and understand that La Leche League is a good place to learn about it. I've heard that lots of LLL members want home births because doctors and hospitals are so uncooperative.

My doctor has scheduled me for a cesarean birth; I'm wondering how to get nursing off to a good start.

My friend told me I should do skin-to-skin right after the birth. Why is this so important?

I plan to have my baby in the hospital. What can I do to get nursing off to a good start?

G. HOSPITALIZATION AND PUMPING

My baby was born prematurely. I have been expressing my milk, but have noticed that my supply has decreased.

My three-month-old is in the hospital and unable to nurse.

I'll be in the hospital for surgery next week. My four-month-old is exclusively breastfed and I am told he will be unable to nurse for about eighteen hours.

I have decided not to breastfeed but I would like my baby to have my milk.

H. NIGHTTIME NURSING

My six-month-old wakes often at night, and my husband thinks giving her a bottle would solve this problem.

My eighteen-month-old does not eat very much solid food and ends up nursing six or seven times at night. The resulting fatigue is making me angry, and I'm thinking of weaning him.

My daughter is still sleeping in bed with us but my partner thinks it's time she moves to her own bed. She's now a year old.

My baby has started waking to nurse more often during the night. I just returned to work and I feel like I can't get enough sleep. I don't want to wean but I don't know how I can keep this up!

I. STARTING SOLIDS/NUTRITION

I seem to have no energy. My baby keeps me so busy I don't have time to prepare meals.

My baby is seven months old and is not interested in solid food. How can I get her to eat?

I'm afraid I've eaten something that has harmed my milk.

My four-month-old son is very fussy and has a lot of gas. Could it be something I've eaten?

My doctor is advising me to give my four-month-old rice cereal.

J. RETURNING TO WORK/NURSING AND SEPARATION

I will be returning to work in four weeks. My eight-week-old refuses to take a bottle.

I'll soon be going back to work. I need to know how often to express my milk, and how to store and thaw it. Also, how much milk does a three-month-old baby need?

I returned to work two months ago when my baby was five months old, and everything was fine until now. Now she screams when I leave and wants only me when we're home. My husband is not pleased and blames it on breastfeeding.

My co-workers and employer are pestering me about returning to work, but to tell the truth, I would rather stay at home with my baby.

My partner and I enjoyed going places before the baby came, but now we don't go anywhere alone. We miss that part of our life.

I am pumping at work for my baby but getting less milk.

My employer does not want to give me time or space to pump milk at work. What do I do?

K. WEANING

I've nursed my baby for six weeks, and I really don't like it.

My six-month-old is biting, so I guess it's time to stop nursing.

My doctor says I'll need surgery and advises me to wean my ten-month-old because of the drugs I'll be given.

My baby is a year old and only nurses four times a day. After much thought I've decided that I really want to wean.

I am three months pregnant and my two-and-a-half-year-old daughter is nursing as much as a newborn.

I have loved nursing my three-year-old son, but recently I'm experiencing negative feelings and don't know what to do.

L. LOVING GUIDANCE

My eighteen-month-old has started biting other children.

My two-year-old is into everything and won't listen to me. I'm feeling a loss of control as her parent.

Everyone says I'm spoiling my three-year-old.

M. INTEREST IN BECOMING A LEADER

I've been looking for LLL ever since we moved here three months ago. I attended meetings where I lived before and was about to apply for leadership when we moved.

I'd like to become a Leader; how do I do that?

I'm a single mother and wonder if I can become a Leader, since one of the concepts talks about the support of fathers. I'm not married and my baby's father is not involved.

N. DIVERSITY AND INCLUSION

I am blind and wonder how I will know if my baby is latched on correctly.

I don't speak (language) well. I'm from (country). Can I still attend La Leche League meetings?

O. AREA-SPECIFIC or APPLICANT-SPECIFIC QUESTIONS

LAD representatives may suggest questions that are specific to the Area and/or would be helpful for a particular Applicant.

Group Management

1. A discussion about the importance of breastfeeding evolves into an attack on formula feeding. One pregnant mother, on the verge of tears, says, “I had to use formula with my first baby because of jaundice. I really want to nurse this baby but you’re making me feel like a rotten mother.” (Meeting 1)
2. After many comments of baby carriers, rocking chairs and copies of *The Womanly Art of Breastfeeding*, a pregnant woman states, “My sister-in-law just gave me a getaway weekend for two that we can take when the baby is four months old. I thought that was a wonderful gift.” (Meeting 2)
3. A grandmother asserts that babies need rules right from the start and that she raised her children this way with excellent results. She states that parents who pick up their babies and nurse them every time they want to are spoiling their babies and creating future problems for themselves. (Meeting 3)
4. A mother who made changes to her family’s diet to have a healthier pregnancy finds herself making fast, less nutritious meals. Although it is her plan to keep a healthier diet, she says; “I can’t cook dinner and hold the baby at the same time.” (Meeting 4)
5. The Group is large—twenty attendees with babies and toddlers—and there are several side conversations.
6. A mother at your meeting turns the discussion to the topic of immunization [homeopathy, vegan diet, home schooling, etc.]. Several other attendees express their opinions.
7. A parent with a complicated medical problem has been monopolizing the meeting discussion. The rest of the group is getting restless and distracted.
8. Tonight there are three toddlers at your meeting, and they’re having a good, noisy time. Their parents are concentrating on the meeting rather than their children.
9. A mother of an eighteen-month-old is exhausted nursing him three times at night. They share a bed for part of the night. Her husband is unhappy about the situation. She feels desperate for help and is unsure of what to do. During the meeting she hears many strident opinions, ranging from, “This is normal baby behavior; we all learn to live with it,” to “You need to train your baby to sleep.”
10. A brand-new pregnant mother seems shocked when she hears two parents at the meeting discussing the merits of tandem nursing.
11. Meeting participants are very similar. Most are about the same age, from the same ethnic group and at the same socioeconomic level. The Group wants to include other populations in the community.
12. Someone new to your Group starts giving inaccurate information in a very authoritative way.
13. A two-year old snatches a toy from another child. When this happens a second time you draw it to the mother’s attention. She apologizes but you notice she does not return to subsequent meetings.
14. You’ve assumed responsibility for a long-standing Group with a \$20.00 balance in the bank. Only two memberships have been sold in the past year even though there are eight to ten attendees at most meetings and one to two new attendees per month. The introduction and approach to membership must change, but how?
15. A Leader Applicant from another Area has just moved to town and joined your Group. She observes that the Group Library is outdated and not getting much use.

16. You are a lone Leader and exhausted. What can you do?
17. You receive a call asking how accessible your meeting space is for a wheelchair.

AREA-SPECIFIC or GROUP-SPECIFIC SITUATIONS

LAD representatives may suggest situations that are specific to the Area and/or would be relevant for the Applicant's Group.

Preview Evaluation Questions

Please communicate with the LAD representative as you practice the *Preview* throughout the application or towards the end. Use the following questions as a guide.

- Describe the setting(s) for the *Preview*. When/where did you meet; who was present; etc.?
- Which situations did you select? Describe the format(s) you used.
- What parts of your *Preview* work were most valuable?
- Are there any points that need further clarification? Were there any areas of disagreement between the Leader's suggestions and your understanding of LLL philosophy? If so, please elaborate.

When you have completed the *Preview*, also respond to these questions:

- How did the *Preview* help you to prepare for LLL leadership? Do you feel ready to assume the responsibilities of leadership?
- How well did the Leader Accreditation Department support you in your preparation for leadership? How might we be more helpful to future Applicants?

Before the LAD can proceed with your application, the corresponding LAD representative needs to hear from you and the Leader(s) who participated in the *Preview* exercise.