

Video 0: Introduction to Application Work

Photo with title of video

Welcome! This video plus the other five in this series, will help you learn what is required during the application period for La Leche League leadership.

Host speaking

You may wonder how long it will take to complete everything. Most Applicants are accredited within six to twelve months. We expect Applicants to work at a pace that fits with their families and other commitments. Thus, because of a variety of circumstances, such as a new baby, a move, returning to work, an illness in the family, an application may take over a year to complete. That's understandable.

Photo - Group of mothers and babies

La Leche League is a mother-to-mother, peer-to-peer international breastfeeding organization. Our volunteers are called Leaders. All have breastfed their babies for a year or more and have received additional learning to support breastfeeding families in their communities.

Photo - Two mothers talking

Leaders provide this support by facilitating Group gatherings and responding to helping questions one-on-one.

Host speaking

It's exciting that you want to become a La Leche League Leader. Let's talk about what you'll need to do during the application period. You do some work on your own, some with a member of the Leader Accreditation Department or LAD (L-A-D) and some with your supporting Leader. There are five basic parts to application work:

Photo - Applicant Work Summary

your personal history, *Breastfeeding Resources Guide*, *Checklist of Topics to Discuss in Preparation for LLL Leadership*, Background Reading and Learning, and the *Preview*.

Host speaking

Let's start with the personal history. For this requirement you'll do some thinking and writing about La Leche League philosophy and your own breastfeeding and parenting experiences. Then you'll discuss what you've written with your corresponding LAD representative. To learn about breastfeeding management, you'll complete the *Breastfeeding Resource Guide*. For short we call this the BRG. This includes a list of topics that Leaders frequently get questions about. Reviewing these topics will increase your knowledge about breastfeeding management and make you more familiar with the resources available to you.

Photo of *The Womanly Art of Breastfeeding*

The reading you'll do includes *The Womanly Art of Breastfeeding and Leader Handbook*. You'll also learn about how childbirth can affect getting started breastfeeding by reading a publication on childbirth or another method.

Host speaking

The *Checklist* is a list of topics that will help you prepare for the role of La Leche League Leader. You will discuss these topics with your supporting Leader. The *Preview* is your opportunity to practice all that you have been learning. This will include discussing how you'd respond to different scenarios at Group meetings, and the opportunity to practice responding to helping questions either by email, phone or role-play. I'll discuss each part of the application work in greater detail in the next five videos.