

Video 2: Breastfeeding Management Skills

Photo with title of video

This video discusses how you will learn the breastfeeding management skills or knowledge base you'll need as a Leader.

Host speaking

You have already learned a lot by breastfeeding a child for a year or more. However, there are topics that you may not be familiar with or have not experienced. The *Breastfeeding Resource Guide* or BRG was created to help you learn about most of the topics you might be asked a question about as a Leader. There are six parts to the BRG. Part A : "LLL Resources for Mothers" helps you become familiar with the many resources available to parents.

Photo of LLLI Website Breastfeeding Info A to Z

This includes La Leche League published resources, La Leche League websites and non-La Leche League websites.

Host speaking

Part B: "Breasts and Breast Milk" focuses on the anatomy of the breast and physiology of milk production.

Photo - Mother breastfeeding

Part C: "What is 'Normal' for a Full-Term, Healthy Breastfeeding Baby?" covers topics related to the normal course of breastfeeding

Photo - Close-up of good latch

such as, latch and positioning, signs baby is getting enough, introducing solids and weaning.

Host speaking

Part D: This part addresses common concerns that frequently arise during the breastfeeding relationship. These may include: engorgement, nighttime nursing, sore breasts, too much milk, or nursing strike.

Photo - Mother breastfeeding twins

Part E: Beyond the Normal Course of Breastfeeding helps Applicants learn about resources that are available for responding to challenging questions.

Host speaking

For a question pertaining to a medical condition of the mother or the baby, you can consult with a member of the La Leche League Professional Liaison Department.

Photo - mother holding premature baby

The last part of the BRG discusses unique breastfeeding challenges such as an adopted baby, postpartum depression, premature baby, hospitalization of mother or baby.

Host speaking

Let's talk about how to work on this exercise - you have several options:

Photo - Applicant working on BRG alone

LAD Videos Script

The BRG can be completed as self-study totally on your own. For each part there are optional study questions. You are welcome to use them if you find them helpful. Some Applicants respond to them orally; other Applicants like to write out their answers.

Host speaking

Even when working on this alone, there may be times when you have a question for a Leader.

Photo - Applicants working together on BRG

Another option is to work with one or more Applicants. For each part of the BRG consider dividing up the topics so each of you researches different ones. Then when you meet, you can share what you've learned with each other.

Photo - Applicant and Leader working on BRG

The BRG can also be done with a supporting Leader. If you use this approach, you'll probably want to review the topics ahead of time and come prepared with questions to ask the Leader.

You are also welcome to use a combination of methods for working on the BRG.

Do what works best for your learning style. One final step: After completing the BRG, let the LAD representative know how you worked on it and what you found helpful doing this exercise.