

Video 4: Background Reading and Learning

Photo with title of video

This video discusses the reading you will need to do and ways you can meet the childbirth information requirement.

Host speaking

It is also important that you become familiar with the La Leche League International Bylaws and *Policies and Standing Rules* as you will be expected to follow these as an accredited Leader.

Photo - *The Womanly Art of Breastfeeding*

The two books required as background reading for La Leche League leadership are *The Womanly Art of Breastfeeding* and *Leader's Handbook*. This will be your primary resource for information on breastfeeding management. As an Applicant you'll want to think about how you would use this resource as a Leader and what you like about it. Then send a few comments to the Leader Accreditation Department, that is the LAD representative working with you. *Leader's Handbook* is available online and will be your primary reference for work as a Leader.

Photo - *Leader's Handbook* page from LLLI website

It discusses, in detail, many of the topics you will cover with your supporting Leader when you review *Checklist of Topics to Discuss in Preparation for La Leche League Leadership*. After you have completed reading the *Leader's Handbook*, send your comments to the LAD representative working with you.

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As with *The Womanly Art*, think about how you plan to use this resource as a Leader and what you liked about it.

Photo - Pregnant woman

You are also expected to have knowledge about a variety of birth options, interventions and experiences and how they might affect the initiation of breastfeeding.

Photo - Mother breastfeeding a young baby

You can do this in several ways. You can read a comprehensive book on childbirth, read the LAD publication *Childbirth and Breastfeeding*, attend a conference on this topic,

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or have an in-depth discussion with a Leader knowledgeable about how childbirth options may affect the start of breastfeeding. Or you may already be trained as a doula or midwife. After you have completed this learning about how childbirth can affect the initiation of breastfeeding, let your LAD representative know how you completed it and what you learned.