



## Overview of Application Work for Leader Accreditation

A volunteer La Leche League Leader is an experienced breastfeeding mother, familiar with research and current findings dealing with breastfeeding, who offers practical information and encouragement to nursing mothers through monthly meetings and one-to-one help. An Applicant must meet the *LLL/ Prerequisites to Applying for Leadership* prior to submitting her application.

### The Application for LLL Leadership

The Applicant completes a written and oral application and orientation with the guidance of a Group Leader (where available) and a member of the Leader Accreditation Department (LAD).

### Personal History

⇒ Purpose: to ensure that the Applicant has the requisite breastfeeding and mothering experience and personal qualities and understands and shares the LLL philosophy of breastfeeding, mothering, and helping.

### Leadership Skills

⇒ Reading, research (using the *Breastfeeding Resource Guide* or approved equivalent), and dialogue between the Applicant, Leader, and LAD representative covering topics that include the following, and practice of skills relevant to an LLL Leader's work:

- basic lactation
- breastfeeding management (to avoid or overcome problems)
- childbirth and breastfeeding (getting started, after cesarean birth, pumping for a premature baby, jaundice)
- child development and parenting; early parenting concerns (nighttime nursing, frequent nursing, sleepy baby, weight gain)
- nutrition for baby, mother, and family
- effect of newborn and breastfeeding on family relationships
- structure, policies, and procedures of LLLI
- goals of LLLI and individual Leader goals
- problem-solving skills
- group dynamics, facilitating and balancing discussion
- individual communication and helping skills such as:
  - giving information rather than advice
  - listening
  - selecting appropriate questions for information gathering
  - organizing and retrieving pertinent information
- critical reading
- responding to challenges and criticism

### Preview

The *Preview of Mothers' Questions/Problems and Group Dynamics/Management* can be used at any time throughout the application. The Applicant and experienced Leader meet for practice (role play) and critique of skills associated with basic Leader responsibilities. The *Preview* brings together the information gathering, learning, and skills development the Applicant covers during her application. Where there is no Leader or Group, the LAD representative does the *Preview* with the Applicant.

### Required Reading/Learning

- ⇒ THE WOMANLY ART OF BREASTFEEDING (most recent edition in Applicant's language)
- ⇒ THE LEADER'S HANDBOOK (most recent edition in Applicant's language)
- ⇒ Comprehensive knowledge of how different methods of delivery and childbirth experiences affect the start of breastfeeding; what LLL recommends and why.

### **Other Recommended LLL Reading and Resources:**

- LLL books, pamphlets, and information sheets (if available in the Applicant's language)
- THE BREASTFEEDING ANSWER BOOK
- Area/Division/Affiliate Leader publications
- Leader Applicant newsletter (where available)
- Leader publications, such as LEAVEN
- Member publications, such as NEW BEGINNINGS
- BREASTFEEDING ABSTRACTS
- Selected tapes from LLL Conferences and Physicians' Seminars
- Communication Skills Enrichment sessions
- Leader/Leader Applicant Workshops
- LLL conferences

### **Universal Accreditation Standards**

Leaders are accredited in accordance with LLLI policies governing accreditation practices. Our goal is to accredit Leaders whose knowledge and skills reflect a balance of the practical, physical, and interpersonal aspects of helping others to experience mothering through breastfeeding.