

Becoming a La Leche League Leader: Pre-Requisites

Personal Breastfeeding Experience

A potential Applicant:

- has breastfed their baby for 12 months or more when applying for Leadership,
- did not introduce complementary foods or supplements until the baby demonstrated a nutritional need for other foods, around the middle of the first year for the healthy full-term baby, and
- has chosen breastfeeding as the optimal way to nourish, nurture and comfort the baby.

Special consideration may be given to a potential applicant whose personal breastfeeding experience is outside the realm of the normal/physiological course of breastfeeding described above.

Organizational Experience Prerequisites – Email cla@lllcarolinas.org if NOT affiliated with a local Group.

A potential Applicant:

- supports LLL purpose, mission, and philosophy and discusses Appendix 17 (LLL Concepts) with sponsoring Leader or LLL representative if not affiliated with a current Group,
- has attended at least one series of meetings in person or via the Internet,
- demonstrates a clear understanding that Leadership is volunteer work,
- is willing to create time to fulfill the basic responsibilities of Leadership and/or provide other service to LLL, as described under *Definition of an Active Leader*,
- is willing to complete the application work,
- has a recommendation from an LLL Leader, and
- is a member of LLL or contributes as appropriate for the entity in which the application is being submitted.

Personal Skills Prerequisites

A potential Applicant:

- has communication skills in the potential Applicant's preferred language necessary to begin the application and preparation for accreditation,

- demonstrates an accepting and respectful attitude toward others,
- provides information and support without judgment, and
- is willing to develop further communication skills as needed to fulfill the responsibilities of Leadership.