

## What is an LLLC Leader

LLLC Leaders are parents who have breastfed or chestfed their own children and now volunteer to support others to reach their breastfeeding or chestfeeding goals. LLLC Leaders are volunteers who are accredited after a detailed training program and have access to current scientific and legal information to help support others.

Connection and respect are at the heart of LLLC. Leaders strive to ensure that all families are welcomed and reflected in every aspect of La Leche League Canada, including in our volunteer Leaders. LLLC believes that nobody knows their baby or family better than their mother or parent(s) and that everyone deserves the right circle of support in which to raise their children.



## Prerequisites to becoming a Leader

The basic prerequisites of LLLC Leadership are:

- have breastfed/chestfed a child for 12 months or more and
- attended a series (4) LLLC meetings (virtual or in-person).
  - <https://www.lllc.ca/virtual-meetings-calendar>



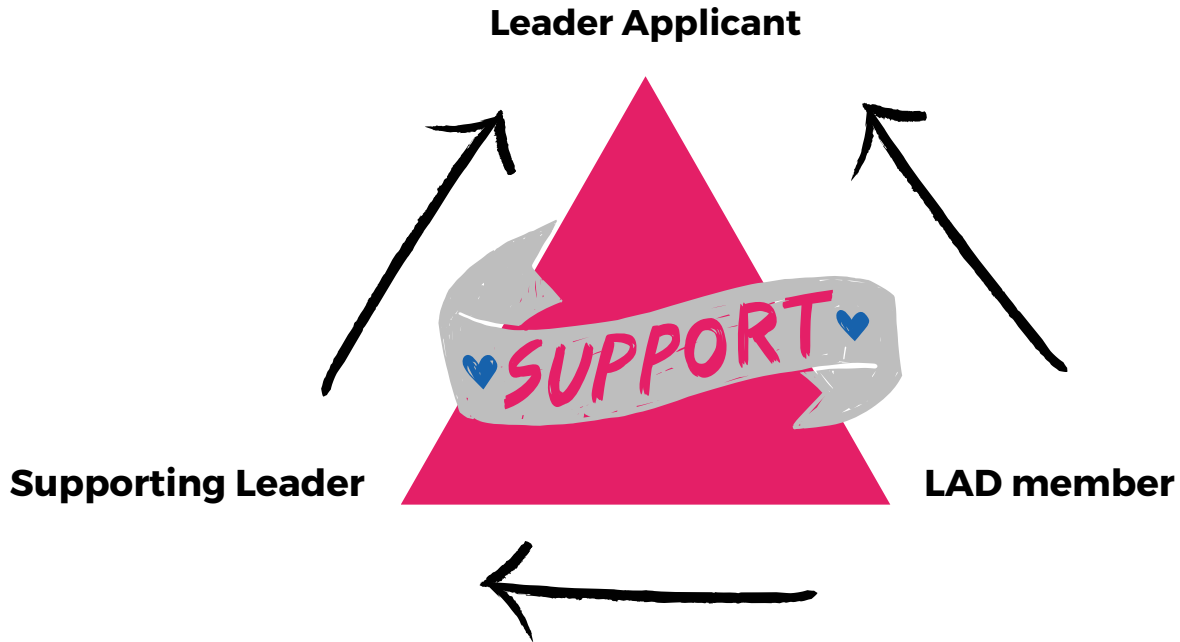
## The Pre-Application Process

A pre-application dialogue takes place with the local Leader or another Leader who will be responsible for writing the Leader recommendation. The Leader will also send a link to the Leader Application. Please note there is a \$50 non refundable fee that is good for two years. If this fee is a barrier, please reach out to the Administrator of Leader Accreditation or your supporting Leader for the fee to be waived.



# Application Process

Once the pre-application dialogue is complete, the supporting Leader recommendation is submitted and the Leader Application fee is paid, a member of the Leader Accreditation Department (LAD) will assign you to a LAD member. During the Application process, a triangle of support is created.



The Application process prepares an Applicant for real time mother-to-mother, peer-to-peer support. The following exercises (can be completed orally or written) are a required part of the Application process:

- Personal history discussion with LAD member
- LLL Philosophy discussion with LAD member
- Breastfeeding Resource Guide
- Reading of LLLC Policies
- Required reading and review of
  - The Womanly Art of Breastfeeding
  - A childbirth book
  - LLLI Handbook
- The Preview
- Continuing attending virtual or in-person meetings
- Checklist of Topics to Discuss in Preparation for Leadership (completed with supporting Leader)



The following exercises are also a part of the Application:

- LLLC Scavenger Hunt
- Bias exercise
- Listening exercise
- Mixing causes exercise

