

Information for Organizers

Groups can organize a workshop in their workplace or a setting of their choice.

When interested in arranging or finding a workshop, a contact person should connect with La Leche League Canada by emailing communicationskills@lllc.ca or by contacting the LLLC contact noted on this brochure.

Once contact is made, a Workshop Facilitator will support the group in organizing the workshop and coordinating the details.

In addition to workshops hosted by organizations, LLLC Groups may offer workshops and individuals are encouraged to contact us to see if there are upcoming sessions in their community.

Some important details

- ➔ Workshops are designed for 6 - 20 participants.
- ➔ Organizations hosting a workshop for its staff and/or volunteers will be:
 - Offered pre-set Group Workshop pricing to help maximize value.
 - Supported by the Workshop Facilitator & offered promotional information to use as needed.
 - Responsible for providing the venue and equipment for the workshop as well as any desired food and beverages.
 - Invoiced following workshop delivery.
- ➔ Certificates of participation will be provided to participants if requested.



*To arrange a
Communication Skills for
Breastfeeding Support
workshop in your area,
please visit:*

LLLC.ca/communications-bf-support

or contact

communicationskills@LLLC.ca



La Leche League Canada
Breastfeeding knowledge, support and community

www.LLLC.ca

Charitable Registration Number: 11900 3812
RR0002

NEW - Communication Skills for Breastfeeding Support Workshop

A practical, six hour workshop designed for anyone working with breastfeeding families: peer supporters, community groups and health professionals



Program Objectives

At the end of the program, participants will be able to:

- understand the importance of good communication skills when interacting with breastfeeding mothers and families
- ask questions to gather necessary and helpful information to support breastfeeding
- demonstrate several effective techniques of communication including:
 - attentive listening
 - showing empathy
 - reflecting feelings
 - validating, reframing and summarizing
- identify situations where additional or different help is needed
- identify the appropriate sources of support in their local communities
- understand their role in the continuum of breastfeeding support

Learn about and practise communication skills which will help you in your work with breastfeeding families:

- ✓ Showing Interest
- ✓ Listening Attentively
- ✓ Reflecting Feelings
- ✓ Showing Empathy
- ✓ Validating & Reframing
- ✓ Asking Questions
- ✓ Offering Suggestions
- ✓ Supporting Mothers Together



About **La Leche League Canada** & Why we offer Communication Skills Training

LLLC is a national organization with a long history of supporting Canadian mothers who wish to breastfeed.

For over fifty years we've been talking and listening to mothers and other family members about their challenges, and questions regarding breastfeeding and providing the information they need to overcome the barriers they encounter.

Our **Communication Skills for Breastfeeding Support** Workshop Facilitators are specially trained, internationally-accredited LLLC Leaders.

La Leche League has an international Communication Skills Development Program for Leaders. In Canada, we are proud to have Leaders with this additional training.

The **Communication Skills for Breastfeeding Support** program was developed to share our expertise with health professionals and peer-to-peer breastfeeding support personnel. We all want to do the best we can for breastfeeding mothers & families.