

HORIZONS



A Newsletter for La Leche League Leader Applicants
Winter 2010-2011

Fitting Leadership Preparation into Your Life

by Rachel VerNooy, former ACLA, MD/DE/DC

As I sit writing with pen, paper and clipboard, two of my children are playing in the room, needing my help intermittently. I write a few sentences at a time. I'll write a few paragraphs this morning and come back another day to revise what I've written. Then, some morning before the little ones have woken up, or some late afternoon when my husband is playing outside with the children, I'll type this into my computer and make some final revisions.

Of course, what works for me may not work for you. Everyone's situation is different, and situations change with time, too. Here are some ways that mothers have found to fit La Leche League work into their lives:

Writing

In spare moments you have throughout the day, try a clip-board, folder, laptop or tape recorder. Use time when children are asleep, have your husband play with them at home or take them on an outing, or trade babysitting with a friend.

Discussing the *Leader's Handbook* Checklist

Meet with your Leader in person, at someplace fun for children, like a playground. Try a phone call. If other Applicants live nearby, have several Applicants and Leaders meet for discussion and enrichment. Talk with your Leader before or after Series Meetings. Go out for a snack or meal.

Reading

Read while nursing. Read in bed before going to sleep or after waking up. Read while your children play or while someone else is watching them.

Keeping in Touch

Use postcards, notes, emails or phone calls to keep in touch with your LAD representative. Just a few sentences are enough to let her know what you've been accomplishing. Tell her what you've read, what extra meetings you've been to, and what questions you have. Remember to do this regularly by picking a time such as the first of the month or right after your Series Meeting.

Leaders have all found ways to fit LLL work into their lives. The Leader Application period is a good time for you to learn how to fit LLL commitments into your own life.



Mixing Causes or Not?

by Joan Peloso, CLA, FL/ESI

Leaders encourage mothers to learn through their mothering. In turn, through our experiences with LLL, we expand our own horizons. For some Leaders, interests develop into involvement with another nonprofit organization or a home business. How can a Leader pursue other interests without mixing causes?

Many questions come to mind: What does a Group Leader who is employed as a lactation consultant do when a mother at a Series Meeting says, "Seeing Lucy Leader as a lactation consultant helped me a lot!" Can she tell the Group about her own lactation consultant business? What if a mother knows that a Leader sells kitchen products or children's toys, and asks for a sales catalog at the meeting? When discussing childbirth's effect on breastfeeding, can a Leader say that she is a childbirth instructor with a certain organization?

The LLLI policy on not mixing causes or promoting products, political activities and/or businesses states: “LLL Groups are not to be used as a forum for a Leader’s non- LLL interests or to do the work of organizations other than LLL. Leaders may not use their Leader status for commercial gain derived from non-LLL activity or to promote their personal non-LLL interests. (*LLLI Policies and Standing Rules*, Appendix 10).

Here are some guidelines to keep in mind:

- A Leader who is also a lactation consultant cannot make referrals to herself for pay.
- A Leader who is also a lactation consultant cannot advertise this on LLL phone recordings.
- The advertising of individual businesses or services is not allowed at LLL Meetings.

LLL *does* support Leaders as they expand their horizons. The challenge is to balance other interests while remaining an effective LLL Leader. If you have a specific question regarding mixing causes, please consult with your LAD representative or Group Leader for further clarification.



Leader Education Days

You will be receiving an invitation from your Group Leader to attend this year’s Leader Education Days being held at these locations:

- February 5 Houston
- February 12 San Antonio
- April 9 Lubbock
- April 30 Dallas
- June 4 Austin

There will be a special session for Leader Applicants at most locations.



Resources for Applicants may be found online at:
<http://www.texaslll.org/leader-applicant-resources>

Sharing Information Without Giving Advice

Imagine that you are pregnant, about to deliver your first baby, and you have asked a La Leche League Leader how often you should feed your baby when he or she arrives. Compare these two responses to your question:

“You need to feed your baby ten to twelve times in every twenty-four hours.”

“Most babies, in the early weeks, need to nurse ten to twelve times a day. However, there are some who do fine on more or less than that. The way to tell if your baby is getting enough is...”

Now, imagine that a few weeks have passed. Your baby has been nursing seven or eight times a day and is growing like a weed. If you remember hearing the first response from the Leader, you might think, “Those La Leche League people don’t know what they’re talking about.” If you remember the second response, you might think, “My baby doesn’t seem to need to feed as often as other babies -- maybe that’s why each of her feedings is so long. I’m not worried because I know how to tell if she’s getting enough.”

Sharing information with mothers rather than telling them what to do encourages them to think for themselves and shows respect for their ability to decide what’s best in their situation.

Here are some good phrases to use when sharing information:

- “Many babies seem to need...”
- “Many mothers have found...”
- “You might try...”
- “You may find that...”
- “Most babies do well with...”
- “Several studies have shown that...”

Leader’s Handbook, Chapter One, has more details on positive ways to share information.

