

The La Leche League Philosophy

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.
- Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.
- In the early years, the baby has an intense need to be with its mother which is as basic as its need for food.
- Human milk is the natural food for babies, uniquely meeting their changing needs.
- For the healthy, full-term baby, breast milk is the only food necessary until the baby shows signs of needing solids, about the middle of the first year after birth.
- Ideally the breastfeeding relationship will continue until the baby outgrows the need.
- Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
- Breastfeeding is enhanced by the loving support of those who value the breastfeeding relationship.
- Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.
- From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.

The La Leche League Mission

The goal of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

La Leche League was founded to offer women wishing to breastfeed their children the support, motivation and information they needed to enjoy satisfying breastfeeding relationships with their children. In the meantime, the non-profit organization has been in existence for more than 60 years and is recognised worldwide as the organisation with the most comprehensive knowledge on breastfeeding.

La Leche League makes its expertise available to both laymen and interested professionals in over 30 languages.

Mother-to-Mother Support

La Leche League Leaders know from personal experience how to overcome breastfeeding hurdles. They know how important a good start can be to a successful breastfeeding relationship and how healthy breast milk is, also for older babies.

LLL Leaders know the importance of one mother helping another to recognise and understand the needs of her child and to find the best means of fulfilling those needs. Leaders provide information and support so that each mother can take decisions which work best for her family.

LLL Leaders worldwide offer mother-to-mother breastfeeding support at LLL Meetings and immediate, practical breastfeeding information and support, even outside of office hours, by telephone and e-mail.



LA LECHE LEAGUE

® Schweiz . Suisse . Svizzera . Svizra

La Leche League Leadership

internationally standardised preparation with worldwide recognition

La Leche League Leaders continue a tradition that has existed since time immemorial — one mother helping another in the womanly art of breastfeeding.

La Leche League is an international, apolitical, non-denominational, and non-governmental non-profit organisation.

La Leche League is represented in over 60 countries and has an advisory role on breastfeeding issues with WHO und UNICEF.

Becoming an LLL Leader

The Leader Applicant completes a standardised preparation programme to prepare for her new role as an LLL Leader.

Once accredited, an LLL Leader is registered by La Leche League International and her status is recognized worldwide.

Curriculum

- in-depth written exchange over personal mothering history and LLL philosophy
- background reading and self-study of literature
- acquisition of basic breastfeeding management skills know-how and problem-solving techniques
- practising one-on-one counselling skills with a supporting Leader
- active participation in an LLL Meeting Group and collaboration within an LLLCH Region
- compilation of a written summary of the breastfeeding basics
- signing of the LLL Statement of Commitment

Duration of the Programme

The programme is modular and deliberately left flexible so that it can be done alongside family life, even with small children.

The time needed to complete the programme varies greatly but should not exceed two years.

Cost

The registration fee is 500.—

Additional costs are estimated at approx. CHF 500.— plus books and travel expenses.

Volunteer Work

All LLL Leaders work on a voluntary basis. Expenses are reimbursed.

Obligation

Upon application, the Leader Applicant contractually obliges herself to work as a La Leche League Leader for a minimum of two years after accreditation.

Prerequisites for Application

Personal Experience

The mother has breastfed at least one of her children:

- for at least twelve months;
- exclusively until the baby demonstrated a nutritional need for other foods.

If her child has already been weaned completely at the time of application, the weaning was carried out with respect for the child's needs.

The mother recognizes "mothering through breastfeeding" as the optimal way to feed, comfort, and care for her child. She recognizes, understands and responds to her baby's needs for physical contact, closeness and nourishment. She handles any separation from her baby with sensitivity and respect for her baby's needs.

Personal Skills

- she has good basic communication skills
- she demonstrates an accepting and respectful attitude toward others
- she provides information and support without judgement
- she is willing to develop further communication skills as needed to fulfill the responsibilities of Leadership

Organisational experience

- she is a Member of La Leche League Switzerland
- she supports the La Leche League purpose, mission, and philosophy
- she has attended at least four Group meetings and shows a commitment to LLL
- she has read and is familiar with the contents of *The Womanly Art of Breastfeeding*
- she understands that Leadership is volunteer work
- she is willing to take time to fulfill the basic responsibilities of Leadership
- she is willing to complete the application work
- she has a recommendation from each of two LLL Leaders

Basic Responsibilities of an LLL Leader

- mother-to-mother support in person and by telephone and/or e-mail
- planning and leading monthly LLL Meetings
- supervising the management of an LLL Meeting Group, alone or with a co-Leader
- informing her Regional Co-ordinator regularly about her LLL activities
- regular participation at LLL events and keeping up to date on breastfeeding research
- taking an active role in helping other mothers prepare to become LLL Leaders
- representing LLL and its Philosophy to the public

Learn about La Leche League!

- *The Womanly Art of Breastfeeding* and other LLL publications provide insights into the La Leche League purpose, mission, and philosophy.
- Active participation in LLL Meeting Groups brings valuable experiences that strengthen one personally and enrich one's family life.
- By participating in LLL events, you can experience and learn about LLL first-hand, and you can be in contact with like-minded people.

More information about the organisation can be found on www.lalecheleague.ch and www.lalecheleague.org.

Have we awakened your interest?

If you have questions or are considering applying for Leadership, contact your local LLL Meeting Group Leader to arrange an in-depth discussion.