

## A Sample Application Plan

Feel free to spend one to two months for each module. Use the modules in any order.

### Module 1:

- Read the first letter from the LAD representative. Ask for more information about each of the application parts, as needed. Set up a plan.
- Read or reread *The Womanly Art of Breastfeeding*.
- Think about how to use the information to help others.
- Read Chapter 1, *Leader's Handbook* (LH). Meet with supporting Leader to cover "Helping mothers and parents one-to-one" in *Checklist of Topics to Discuss in Preparation for LLL Leadership (Checklist)*.
- Write "About You" and about two concepts from *Personal History of Breastfeeding and Mothering*.
- Read ten pages of the LAD booklet, *Childbirth and Breastfeeding*.

### Module 2:

- Write about three more concepts.
- Read Chapter 2, LH. Meet with the Leader to cover "Planning and leading monthly Series Meetings" (*Checklist*).
- Plan a meeting led by the supporting Leader.
- Read Part A of the *Breastfeeding Resources Guide* (BRG); organize resources.
- Work through Part B of the BRG. Mark location of pertinent information in *The Womanly Art* for future reference when mothers call.
- Finish reading *Childbirth and Breastfeeding*. Submit your comments.

### Module 3:

- Write about three more concepts.
- Work through Part C of the BRG and mark pages in *The Womanly Art*.
- Work through Part D of the BRG and mark pages in *The Womanly Art*.

#### **Module 4:**

- Write about the remaining two concepts.
- Read through Part E of the BRG. Talk with Leader about resources available to us.
- Look over Part F of the BRG and mark pages in *The Womanly Art*.
- Read Chapter 3, LH. Meet with the Leader to cover “ Supervising the management of the LLL Group” (*Checklist*).

#### **Module 5:**

- Read Chapter 4, LH. Meet with Leader to cover “ Keeping up-to-date on breastfeeding information” (*Checklist*).
- Read Chapter 5, LH. Meet with Leader to cover “Helping others find out about leadership and prepare to become LLL Leaders” (*Checklist*).
- Practice “M. Interest in Becoming a Leader” from the *Preview* with the Leader.
- Submit your comments on *The Womanly Art*.
- Practice two *Preview* topics from the Helping Questions section with the Leader.

#### **Module 6:**

- Complete the required numbers of the *Preview* topics from Helping Questions.
- Read Chapter 6, LH and submit the comments on the LH.
- Discuss three or more situations from the Group Management section of the *Preview*.
- Submit the *Preview* Evaluation.