

Video 1: Personal History

Photo with title of video

This video is about how to complete your personal history of breastfeeding and mothering.

Host speaking

You will work on this with a Leader Accreditation Department representative which we abbreviate to LAD representative.

Photo - Mother with breastfeeding baby and son standing

La Leche League is a philosophy-based breastfeeding organization. Our philosophy is expressed in the ten concepts. If you become a Leader, you will be representing La Leche League.

Host speaking

Thus, it's important that you believe in our philosophy and have a good understanding of how it relates to your role as a Leader.

Photo - LLL Meeting with mother breastfeeding twins

There are two parts to the personal history requirement. The first is called "About You." For this you'll write about why you want to become a La Leche League Leader and what you hope to accomplish as a Leader.

Host speaking

You'll also share information about your interests, hobbies, other volunteer activities and work experience. This is often the first thing you'll do once your application is started.

Photo - mother with sunglasses breastfeeding

The other part of the personal history is writing about your experience in relation to La Leche League philosophy.

Photo - mother breastfeeding a toddler

For each of the ten concepts you'll write about your breastfeeding and parenting experience and how it relates to that concept.

Photo - mother breastfeeding twins

You'll explain what each concept means to you and give examples from your personal experience.

Host speaking

Most Applicants write about each concept separately, or you might choose to write about two concepts together and show how they are related. When completed, you will send your writing to the LAD representative working with you. You can send each concept separately, a few at a time or all ten at once. You can write about the concepts in any order. Just pick one and start writing.

Photo - Leader Applicant and supporting Leader

Your writing about each concept begins a dialogue between you and the LAD representative about La Leche League philosophy, your experience and the role of a Leader.

Host speaking

The LAD representative will respond to what you wrote and may ask questions or request additional information.