

Video 5: The Preview

Photo with title of video

This video reviews the practice part of application work. It is called *Preview of Helping Questions/Problems and Group Dynamics/Management*. For short we call it the *Preview*.

Host speaking

The *Preview* is done with a supporting Leader. It's your opportunity to practice all that you have been learning about effectively communicating, about sharing breastfeeding information and about facilitating a group discussion. You can work on parts of the *Preview* throughout the application period or save it until the end as a review exercise. There are two parts to the *Preview*.

Photo - Leader and mother with twins

One part, *Helping Questions/Problems* requires you to practice responding one-on-one to questions. In the *Preview* document there are a variety of topics with several scenarios that can be used for this practice.

Photo - "Hot mama" breastfeeding

You'll need to do at least five topics.

Photo - Mother breastfeeding a young baby

Applicants are encouraged to practice using a variety of formats -

Photo - Baby smiling, pulled off the breast
by email, on the phone and in person.

Photo - formal portrait of mother breastfeeding

For the in-person practice, most Leaders and Applicants do role-play.

Photo - Applicant and Leader practicing role play

We have learned that it's important to practice writing or verbalizing exactly what you would say if responding to a helping question.

Photo - LLL Series Meeting

The other part of the *Preview*, *Group Management* focuses on situations that might arise during a Group gathering, for example, how to handle a large meeting with many noisy toddlers or what to do when an attendee is dominating the discussion.

Host speaking

The Leader and Applicant can talk about each situation and discuss how they would handle it, or the Applicant could role-play being the Leader for a mock meeting with other Applicants and Leaders playing the mothers. You will need to do at least three scenarios to complete this requirement. Once you have completed the *Preview*, both you and your supporting Leader will write an evaluation and send it to the LAD representative working with you. At this time, you will be asked to respond to six questions including: