



Lactation University

LUB Club

Book Title _____

Meeting: Weekly Bi-Weekly Monthly

Date _____

Time _____

Place: _____ Virtual _____

Facilitator's Responsibilities

- Read the book ahead of time (attendees will read as the club meets)
- Learn about the author-be prepared to "introduce" author to attendees
- Determine how many pages/chapters will be discussed
- Let attendees know how to join the LUB Club
 - Recommend creating an Event Page for LUB Clubs
 - Email, Facebook Event, Website, etc.

- Collect registration information
 - Name
 - Birthdate (month and day)
 - Cell number (if they would like texts)
 - Email address
- Assign Chapters to read (if chapters are too long, you can break it down to pages)
- Make sure you have a response to every question you plan to ask in case attendees need examples or if attendees are not ready to share
- Send reminders for book club a few days ahead and the day before or day of (text, email, etc.)

Each meeting should begin with a welcome and a time to get acquainted. Limit the questions to 5 or less per meeting. 6-8 is a good number of attendees.

Suggested time frame: 1.5 to 2.5 hours (30 minutes for catching up, 1 hour to 1 ½ hours for a structured discussion, final 30 minutes for more informal discussion and socializing). In-person groups will be longer than virtual meetings.

Each group will be unique, and the members will build connections and collaborations. It is up to the facilitator how the LUB Club will run. The facilitator should run the first group but consider appointing someone to lead the next meeting's discussion (role can alternate month by month or each meeting if all members agree), or you can ask for a volunteer for the next group and provide them with the discussion question suggestions. Your attendees undoubtedly have great ideas to improve the sessions, and have members offer suggestions.

LUB Club Leaders can refer to the icebreaker page for support groups for additional ideas.

Discussion Questions

First Meeting (Introductions):

- What made you want to join this book club?
- What did you think the book would be about based on the title?
- Have you read any other books by this author?
- How do you personally relate to the title?
- Assigned pages for the next meeting: _____

Leader's Notes:

Second Meeting:

- What is your first impression of the book?
- Do you think the title is appropriate? Why or why not?
- What is one sentence that describes the theme of the pages we read?
- How does this book make you feel?
- Assigned pages for the next meeting: _____

Leader's Notes:

Third Meeting:

- What do you think the author's goal was in writing this book?
- What do you feel the author is trying to convey?
- What ideas was she trying to illustrate?
- What do you think of the writing style and points the author makes?
- What quotes (or passages) stood out to you? Why?
- Assigned pages for the next meeting: _____

Leader's Notes:

Fourth Meeting:

- How is the book making you feel?
- What emotions did the pages you read evoke?
- Did the author pose any suggestions for solutions?
- Can you implement or support them? Which ones?
- Assigned pages for the next meeting: _____

Leader's Notes:

Fifth Meeting:

- Did your opinion of this book change as you read it? How?
- Would you recommend the book to a friend?
- How would you summarize the book if you were to recommend it?
- Is the book satisfying to read? Why or why not?
- Assigned pages for the next meeting: _____

Leader's Notes:

Sixth Meeting:

- What are you learning from this book?
- Does this book remind you of any other books that you've read? Describe the connection.
- Is your opinion of this book changing as you read it? How?
- Assigned pages for the next meeting: _____

Leader's Notes:

Final Meeting:

- Would you recommend the book to a friend?
- How would you summarize the story if you were to recommend it?
- Was the book satisfying to read? Why or why not?
- Do you think there needs to be a sequel? What would it include?
- What other books are you interested in reading and discussing together? _____
- *Leader's Notes:*

If you plan to reach out to the author, consider this additional question:

- If you could talk to the author, what burning question would you want to ask?

Closing the LUB Club (this can be part of the last group or a separate, final meeting)

- **Thank everyone for attending**
- **Have a closing ceremony (this can be an in-person potluck, outing, virtual sharing time, etc.)**
- **Invite attendees to stay connected**
- **Invite attendees to support groups hosted by you (or other LUV if you do not have any scheduled)**
- **Invite attendees to other LUB Clubs**
- **Have attendees complete a LUB Club Evaluation**