Idaho WIC Training

Breastfeeding Course
What Will You Learn?

A major goal of the WIC Program is to improve the nutrition status of infants. As a result, WIC mothers are encouraged to breastfeed their infants. Nutrition educators will gain a better understanding of breastfeeding as an important element in the healthy development of the baby. You will learn how to help WIC mother’s breastfeed through support, encouragement, information and education.

Instruction Level

- Prerequisite for taking the Breastfeeding course: none

Items Needed for This Course

- “Breastfeeding – Keep it Simple” book by Amy Spangler or the PDF version which can be accessed/downloaded from the Idaho WIC website.
- Breastfeeding Course Companion, printed from the LMS course

Note: The answers to some of the activities in this course cannot be found in the modules. You may need to discuss the questions with your trainer and/or other nutrition educator to find the answers.

Arizona WIC developed this course so Arizona resources are listed. For Idaho breastfeeding resources please visit our Breastfeeding Support page.

There is no pre- and post-test for this course.

Recommended Time

- Approximate time it takes to complete the Breastfeeding LMS course: 2-4 hours
- Approximate time it takes to complete the face to face activities and discussion: 2-3 hours
**Modules 1, 2 & 3**

Begin the LMS Breastfeeding Course. Please complete the steps in the following order:

- Access the course from the Idaho WIC website staff page. Click on LMS and Breastfeeding Course.
- Optional: Open the Breastfeeding Course Companion Manual to reference throughout the course. Locate the Course Companion Manual by clicking on the “Resources” button within the LMS course.
- Have “Breastfeeding—Keep it Simple,” by Amy Spangler available to use while viewing this course.
- Complete Breastfeeding Modules 1, 2, and 3.
- Complete Breastfeeding Activity 1, either individually, with the other nutrition educator(s), or with your trainer.
- Meet with your trainer to discuss the three Breastfeeding Modules and activity 1.

**Note:** If needed, each activity identifies a specific slide(s) in the course or resource in which you can find the information necessary to complete the activity.

**Activity**

Complete Activity 1 in your Activities Packet

**Module 4: Introduction – Getting Started**

Return to the LMS Breastfeeding Course. Please complete the steps in the following order:

- Access the course from the Idaho WIC website staff page. Click on LMS and Breastfeeding Course.
- Complete Module 4: Introduction—Getting Started
- Meet with your trainer to discuss the Breastfeeding Module 4.
- Complete Breastfeeding activities 2 and 3 either individually, with the other nutrition educator(s), or with your trainer.
- Once finished, meet with your trainer to discuss activities 2 and 3.

**Note:** If needed, each activity identifies a specific slide(s) in the course or resource in which you can find the information necessary to complete the activity.
Return to the LMS Breastfeeding Course. Please complete the steps in the following order:

- Access the course from the Idaho WIC website staff page. Click on LMS and Breastfeeding Course.
- Complete Breastfeeding Modules 5, 6, and 7.
- Complete Breastfeeding Activity 4, either individually, with the other nutrition educator(s), or with your trainer.
- Meet with your trainer to discuss the three Breastfeeding Modules and activity 4.

**Note:** If needed, each activity identifies a specific slide(s) in the course or resource in which you can find the information necessary to complete the activity.