

Idaho TRAIN WIC LMS Course Menu

(courses adapted from AZ WIC)

Anthropometrics	
TRAIN Course #	1055676
Description	<p>Basic instruction level; no prerequisite for taking this course.</p> <p>An overview of anthropometric techniques and interpretations used for WIC assessment.</p>
Sections	<p>The Anthropometrics course consists of two Modules:</p> <p>Module 1: Anthropometric Measurements</p> <p>Module 2: Defining Body Mass Index & How to Interpret Growth Charts</p> <p>There is a pre- and post-assessment test.</p>
Objectives	<p>After completing the Anthropometrics course, the learner will:</p> <ul style="list-style-type: none"> ◆ Understand and demonstrate the importance of taking extremely accurate and precise measurements. ◆ Be able to interpret measurements. ◆ Know how to discuss measurement results with a WIC participant or responsible adult.
Purpose	<p>Measuring heights, weights, and lengths of women, infants and children is an excellent tool for assessing health, development, and growth. Determining and recording accurate measurements is an important step towards helping staff identify if a participant has associated nutrition risk(s).</p>
Time to complete	<p>Online course 1-2 hours; guidebook/activities 3-4 hours.</p>

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Baby Behavior	
TRAIN Course #	1052817
Description	<p>Basic instruction level; no prerequisite for taking this course.</p> <p>An overview of key baby behaviors relevant to appropriate infant feeding.</p>
Sections	<p>The Baby Behavior course consists of nine Modules:</p> <ul style="list-style-type: none"> Module 1: Introduction to Baby Behavior Module 2: Just Being Themselves Module 3: Baby Cues and Crying Module 4: Sleepy Time Module 5: Physical Activity Module 6: Infant Feeding Misinformation Module 7: Support for Caregivers Module 8: Caregiver-Infant Interactions Module 9: WIC Essential Roles <p>There is a pre- and post-assessment test if the course is accessed through the TRAIN LMS. If accessing the course through the Idaho WIC website (Staff, Training, Baby Behavior Module tab on right-hand side) there is a downloadable post-assessment test.</p>
Objectives	<p>After completing the Baby Behavior course, the learner will be able to:</p> <ul style="list-style-type: none"> ◆ Identify the six infant states (or moods). ◆ Identify the difference between active (light) and quiet (deep) sleep. ◆ Identify two types of infant cues—engagement and disengagement. ◆ Observe how to calm a crying baby. ◆ Identify two barriers to breastfeeding success in the first 30 days. ◆ Consider how they can incorporate baby behavior messages into daily counseling with WIC participants.
Purpose	<p>Understand baby behavior in healthy, full-term babies from birth to six months. Learn why understanding baby behavior can help parents make better feeding decisions and reduce their child’s risk of childhood obesity.</p>
Time to complete	<p>Online course 4-5 hours; guidebook/activities 3-4 hours.</p>

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Basic Nutrition	
TRAIN Course #	1052818
Description	Basic instruction level; no prerequisite for taking this course. An overview of key nutrition concepts relevant to WIC.
Sections	The online course consists of three Modules: Module 1: Intro to Nutrition Lesson: Nutrition Basics Lesson: Carbohydrates, Fats, and Proteins Lesson: Vitamins Lesson: Minerals Lesson: Water Module 2: Nutrition Guidelines and Standards Module 3: Special Considerations There is a pre- and post-assessment test.
Objectives	After completing the Basic Nutrition course, the learner will be able to: <ul style="list-style-type: none"> ◆ Identify food sources of saturated, polyunsaturated, monounsaturated fat, and trans fat. ◆ Identify protein sources. ◆ Identify fiber sources. ◆ List food sources of Vitamin A, Vitamin C, Folic Acid, Calcium, and Iron. ◆ Describe the relationship between calcium and iron in absorption. ◆ List three nutrition tips found on the myplate.gov website. ◆ Discuss weight and BMI status. ◆ List weight management strategies for someone who is overweight.
Purpose	Understanding basic nutrition is a powerful way to make a difference in WIC participant's lives. Learn how to assist WIC participants with making choices to help them achieve their goals for better health.
Time to complete	Online course 2-3 hours; guidebook/activities 2-3 hours.

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Breastfeeding Nutrition	
TRAIN Course #	1052819
Description	<p>Basic instruction level; no prerequisite for taking this course.</p> <p>An overview of key breastfeeding concepts relevant to breastfeeding moms and babies.</p>
Sections	<p>The Breastfeeding course consists of seven Modules:</p> <ul style="list-style-type: none"> Module 1: Breastfeeding is an Art Module 2: Introduction to Breastfeeding Module 3: Services Available to Women Module 4: Introduction – Getting Started Module 5: WIC Staff Video 1 Module 6: Problems and Concerns Module 7: WIC Staff Video 2 <p>There is a pre- and post-assessment test if the course is accessed through the TRAIN LMS. If accessing the course through the Idaho WIC website (Staff, Training, Breastfeeding Module tab on right-hand side), there is a downloadable post-assessment test.</p>
Objectives	<p>After completing the Breastfeeding course, the learner will be able to:</p> <ul style="list-style-type: none"> ◆ Understand their role in breastfeeding promotion and support. ◆ Explain the types of services the community and local agency provide breastfeeding women. ◆ Explain the breastfeeding supplies provided by the local agency to breastfeeding WIC participants. ◆ Explain which foods are included in the exclusively breastfeeding food package. ◆ Know how to ask a variety of questions to determine how breastfeeding is going so proper referrals for support can be made. ◆ Understand the Scope of Practice for providing breastfeeding education to WIC participants. ◆ Understand the myths and facts about a breastfeeding woman's dietary intake.
Purpose	<p>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. Gain a better understanding of breastfeeding as an important element in the healthy development of a baby. Understand how to help WIC mother's breastfeed through support, encouragement, information and education.</p>
Time to complete	Online course 2-4 hours; guidebook/activities 2-3 hours.

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Child Nutrition	
TRAIN Course #	1052820
Description	<p>Intermediate instruction level; prerequisite for this course Basic Nutrition Course.</p> <p>An overview of key nutrition concepts relevant to children.</p> <p>There is a pre- and post-assessment test.</p>
Sections	<p>The Child Nutrition course consists of two Modules:</p> <p>Module 1: Introduction to Child Nutrition</p> <p>Module 2: Beyond Basics</p>
Objectives	<p>After completing the Child Nutrition course, the learner will be able to:</p> <ul style="list-style-type: none"> ◆ Describe physical activity recommendations for children ages 1-5. ◆ List three ways to promote physical activity for children ages 1-5. ◆ Identify three healthy snacks to offer children. ◆ Identify three ways to promote good oral health in children. ◆ State the recommendation for daily juice intake for children. ◆ Identify four responsibilities of the parent in the feeding relationship. ◆ Identify two responsibilities of the child in the feeding relationship.
Purpose	<p>Proper nutrition in childhood can reinforce lifelong eating habits that contribute to a child's overall well-being and help them to grow up to their full potential and a healthy life. Children who don't have healthy diets as young children are likely to continue to make unhealthy choices as teens and adults.</p>
Time to complete	Online course 2-4 hours; guidebook/activities 1-2 hours.

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Postpartum Nutrition	
TRAIN Course #	1052825
Description	Intermediate instruction level; prerequisite for this course Basic Nutrition Course and Prenatal Nutrition Course. An overview of key nutrition concepts relevant to postpartum women.
Sections	The Postpartum Nutrition course consists of two Modules: Module 1: Postpartum Nutrition and Weight Module 2: Behaviors, Issues and Outcomes There is a pre- and post-assessment test.
Objectives	After completing the Postpartum Nutrition course, the learner will be able to: <ul style="list-style-type: none"> ◆ Identify key nutrients for postpartum health. ◆ Identify appropriate responses when talking about weight with a WIC participant. ◆ Demonstrates how to form a reflective listening statement. ◆ Nutrition educator is able to explain the differences between the Stages of Change: Pre-contemplation, Contemplation, Preparation, Action and Maintenance. ◆ Nutrition educator is able to give one example of an open-ended question used to explore potential behavior change with the WIC participant. ◆ Describe complications overweight and obese women may experience during pregnancy. ◆ Describe benefits for incorporating physical activity into a postpartum woman's life.
Purpose	During a woman's postpartum appointment much of the attention is on the baby. However, counseling mom is also important. Obtain a knowledge base about important concepts for understanding postpartum nutrition and other postpartum related issues. Breastfeeding is not covered in detail in this course; refer to the Breastfeeding course for information about breastfeeding.
Time to complete	Online course 2-4 hours; guidebook/activities 1 hour.

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Prenatal Nutrition	
TRAIN Course #	1052825
Description	Intermediate instruction level; prerequisite for this course Basic Nutrition Course. An overview of key nutrition concepts relevant to pregnant women.
Sections	The Prenatal Nutrition LMS course consists of three Modules: Module 1: Introduction to Prenatal Nutrition Module 2: Changes to a Woman's Body Module 3: Medical Risks and Special Circumstances There is a pre- and post-assessment test.
Objectives	After completing the Prenatal Nutrition course, the learner will be able to: <ul style="list-style-type: none"> ◆ Describe recommendations for physical activity during pregnancy. ◆ Describe known health risks for smoking, drinking alcohol, and consuming illegal drugs during pregnancy. ◆ Describe how folate, iron, and water can impact a woman's health during pregnancy. ◆ Understand how to prevent potential nutrition-related concerns during pregnancy, including listeriosis, toxoplasmosis, mercury poisoning, and lead poisoning. ◆ Understand why there are potential medical risks during pregnancy related to closely spaced pregnancies, pica, teen pregnancy, and pregnancy with multiples. ◆ Describe the Local Agency policy and procedure for handling domestic violence situations. ◆ In a case study format, assess prenatal weight gain, biochemical and clinical status, and dietary risks for a pregnant participant.
Purpose	A balanced diet is a basic part of good health at all times in a woman's life. During pregnancy, proper nutrition is even more important. Prenatal nutrition promotes the mother's well-being during pregnancy and helps ensure a healthy start for her new baby. Learn how to guide a counseling session with a pregnant WIC participant to help her make choices for achieving her goals.
Time to complete	Online course 2-4 hours; guidebook/activities 2-3 hours.

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(courses adapted from AZ WIC)

Principles of Influence 101	
TRAIN Course #	1052826
Description	Prerequisite for taking this course: WIC PCE Course Modules (Participant Centered Education - introduction and 9 additional course modules). The course introduces the six Principles of Influence.
Sections	The Principles of Influence course consists of eight Modules: Module 1: Introduction Module 2: Liking Module 3: Consensus Module 4: Reciprocity Module 5: Commitment & Consistency Module 6: Authority Module 7: Scarcity Module 8: Course Conclusion There is a pre- and post-assessment test if the course is accessed through the TRAIN LMS. If accessing the course through the Idaho WIC website (Staff, Training, Principles of Influence tab on right-hand side) there is a downloadable post-assessment test.
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ use the Principles of Influence to engage and connect with families in meaningful ways. ◆ build rapport and develop positive relationships with WIC participants as part of customer service. ◆ know how to respond to commonly asked questions in a positive way. ◆ interact in a way that influences behavior change (towards a desired outcome).
Purpose	To learn the six Principles of Influence and how to apply them in a WIC clinic setting.
Time to complete	Online course 2-3 hours; guidebook activities 3-4 hours.

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WIC PCE: Introduction to WIC Listens	
TRAIN Course #	1052827
Description	Basic instruction level; no prerequisite for taking this course. An overview and introduction to participant centered ways of interacting and communicating with WIC participants.
Sections	Module: Introduction to WIC Listens (The course is directly related to nine other WIC PCE WIC Listens courses.)
Objectives	After completing the Introduction to WIC Listens course, the learner will be able to: <ul style="list-style-type: none"> ◆ Define Participant Centered Education.
Purpose	Participant Centered Services (PCS) is a way of doing business that is here to stay. In WIC, PCS includes Participant Centered Education (PCE) and providing additional services in a way that is participant centered. The State Agency and Local Agencies collaborate together to meet the needs of ID WIC participants. In some ways, PCS is very different from previous styles of WIC services and WIC is changing for the better.
Time to complete	Due to the size of the online course, the course modules are individually accessed in the TRAIN LMS: 15-20 minutes per module (introduction & 1-9); total activities for all modules take 20 – 30 hours).

PCE = Participant Centered Education

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WIC PCE: WIC Listens What Motivates People to Change (1 of 9)	
TRAIN Course #	1052828
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens. An overview of the stages of change and ways to motivate change.
Sections	Module: What Motivates People to Change?
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ Define stages of change. ◆ Describe what motivates people to change. ◆ Give examples of change talk. ◆ Define uncertainty to change.
Purpose	Learn the stages a person goes through to change behavior, and develop an understanding of how to facilitate participant behavior change.
Time to complete	(See information in WIC PCE: Introduction to WIC Listens.)

WIC PCE: WIC Listens The Spirit of PCE (2 of 9)	
TRAIN Course #	1052829
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens; WIC PCE Module 1 of 9. An overview of the positive focus of PCE which places the participant as the center of every WIC interaction.
Sections	Module: The Spirit of PCE
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ Describe the spirit of participant centered services. ◆ List the benefits of participant centered education for both participants and staff.
Purpose	Learn how creating a positive collaborative approach is the foundation for providing participant centered education and interacting with others in a participant centered way.
Time to complete	(See information in WIC PCE: Introduction to WIC Listens.)

PCE = Participant Centered Education

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WIC PCE: WIC Listens Opening the Conversation (3 of 9)	
TRAIN Course #	1052830
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens; WIC PCE Modules 1-2 of 9. An overview of key steps to effectively begin a conversation with a participant.
Sections	Module: Opening the Conversation
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ Recognize the importance of setting the tone of the appointment. ◆ Practice opening the conversation, including setting the agenda and asking permission.
Purpose	Learn how opening the conversation in a positive way helps establish rapport with a participant and facilitates progression towards participant centered interactions.
Time to complete	(See information in WIC PCE: Introduction to WIC Listens.)

WIC PCE: WIC Listens O.A.R.S (4 of 9)	
TRAIN Course #	1052831
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens; WIC PCE Modules 1-3 of 9. An overview of basic motivational interviewing techniques O.A.R.S.
Sections	Module: O.A.R.S.
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ List characteristics of active listening. ◆ Define the four components of O.A.R.S.
Purpose	Learn the concept of active listening using a skill set of open-ended questions, affirmations, reflections and summarizations.
Time to complete	(See information in WIC PCE: Introduction to WIC Listens.)

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WIC PCE: WIC Listens Roadblocks to Listening (5 of 9)	
TRAIN Course #	1052832
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens; WIC PCE Module 1-4 of 9. An overview of potential barriers to active listening.
Sections	Module: Roadblocks to Listening
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ Recognize what makes listening so difficult. ◆ Identify the impact that judgments could have on participant centered services. ◆ Consider the strategies to help minimize the impact on judgments. ◆ Reflect on your judgments.
Purpose	Learn about common barriers to active listening and methods for minimizing those barriers.
Time to complete	(See information in WIC PCE: Introduction to WIC Listens.)

WIC PCE: WIC Listens Moving from Assessment to Counseling (6 of 9)	
TRAIN Course #	1052833
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens; WIC PCE Module 1-5 of 9. An overview of counseling transition skills.
Sections	Module: Moving from Assessment to Counseling
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ Identify the advantages of completing a full assessment before providing education. ◆ Identify the strategies to facilitate completing a full assessment before providing education. ◆ Prioritize and target nutrition education using circle charts. ◆ Use a summary statement to transition from assessment to counseling.
Purpose	Learn the value of completing a full assessment and using critical thinking skills to prioritize/transition to providing education.
Time to complete	(See information in WIC PCE: Introduction to WIC Listens).

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WIC PCE: WIC Listens Providing Advice: Offering Nutrition Discussion (7 of 9)	
TRAIN Course #	1052834
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens; WIC PCE Module 1-6 of 9. An overview of techniques for providing nutrition education.
Sections	Module: Providing Advice: Offering Nutrition Discussion
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none">◆ Emphasize the importance of avoiding restrictive language such as “should” when offering nutrition education.◆ Ask permission to share information or advice with the participant.◆ Identify the times when it is appropriate to provide advice.◆ Practice offering nutrition education using the Explore, Offer, Explore technique.◆ Define anticipatory guidance.◆ Identify strategies for providing anticipatory guidance.
Purpose	Learn methods for exchanging information to facilitate an effective education discussion supporting a desirable health outcome.
Time to complete	(See information in WIC PCE: Introduction to WIC Listens.)

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WIC PCE: WIC Listens Rolling with Resistance (8 of 9)	
TRAIN Course #	1052835
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens; WIC PCE Module 1-7 of 9. An overview about what causes resistance and ways to cope.
Sections	Module: Rolling with Resistance
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ Recognize behaviors that generate resistance. ◆ Observe the application of strategies for rolling with resistance. ◆ Identify signs of resistance (verbal and non-verbal clues) to assess participant's motivation and engagement. ◆ Identify strategies for rolling with resistance. ◆ Explore how to apply these strategies.
Purpose	Learn why and how resistance can occur during a participant interaction. Learn strategies for avoiding, minimizing and managing resistance.
Time to complete	(See information in WIC PCE: Introduction to WIC Listens.)

WIC PCE: WIC Listens Next Steps (9 of 9)	
TRAIN Course #	1052836
Description	Prerequisite for taking this course: WIC PCE Introduction to WIC Listens; WIC PCE Module 1-8 of 9. An overview of transitioning/facilitating goal setting.
Sections	Module: Next Steps
Objectives	After completing this course, the learner will be able to: <ul style="list-style-type: none"> ◆ Recognize the importance of working with participants to develop their next steps. ◆ Practice using a two-step process for working with participants to develop their next steps. ◆ Use positive health outcomes when providing program eligibility statements.
Purpose	Learn techniques for transitioning a discussion to next steps and how to facilitate a participant identifying the next steps (setting a goal).
Time to complete	(See information in WIC PCE: Introduction to WIC Listens.)

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