

Required Annual Breastfeeding Trainings for WIC Staff

Objectives, Topics, and Resources

Topics and resources are suggestions, not requirements. Use these and others as needed to meet the training objective.

Program goals, philosophy, policies, & procedures on breastfeeding education, promotion, & support

Objective: Understand breastfeeding guidelines and recommendations from reputable sources that are consistent with WIC Federal regulations.

Topics:	Resources:
How WIC supports breastfeeding	Idaho WIC Program Policy Manual: Chapter 6 Grow and Glow : Module 1 National WIC Association breastfeeding position papers and fact sheets
How the medical community supports breastfeeding	AAP policy statement on breastfeeding AND position paper on breastfeeding WHO exclusive breastfeeding statement
How the government supports breastfeeding	Healthy People goals and objectives Surgeon General's Call to Action to Support Breastfeeding CDC Guide to Strategies to Support Breastfeeding Mothers and Babies

Staff roles and responsibilities related to promoting and supporting breastfeeding

Objective: Ensure staff know how to successfully perform their respective roles and responsibilities in relation to breastfeeding promotion and support.

Topics:	Resources:
Clinic environment supportive of breastfeeding	Idaho WIC Program Policy Manual: Chapter 6 NWA Steps to Achieve Breastfeeding Goals Checklist #2
Promoting exclusive breastfeeding Job responsibilities	Grow and Glow : Module 5 Job descriptions Idaho LMS TRAIN Breastfeeding Course: Module 3

Breastfeeding assessment strategies

Objective: Develop breastfeeding assessment skills to ensure women receive appropriate breastfeeding counseling and support to correspond with individual concerns.

Topics:	Resources:
Talking to moms about breastfeeding	Grow and Glow : Modules 2 and 3 Loving Support Peer Counselor Training : Module 4
PCS Skills	Idaho LMS TRAIN Participant Centered Education Course

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Current breastfeeding management techniques

Objective: Review updated breastfeeding research and materials to give WIC staff confidence in their ability to counsel and promote breastfeeding to participants.

Topics:	Resources:
Up-to-date breastfeeding information	International Lactation Consultant Association (ILCA) – each agency has a membership which includes 10 free CERPs and the Journal of Human Lactation Academy of Breastfeeding Medicine United States Breastfeeding Committee (USBC) – e-newsletters
Breastfeeding pumps and accessories	Medela & Ameda websites, local sales representatives, and package inserts Local agency policy on breastfeeding pumps and accessories FDA breast pump information
Contraindications to breastfeeding	Grow and Glow : Modules 4 and 6 Loving Support Peer Counselor Training : Module 3 Medications and Mothers' Milk online – each agency has a subscription

Breastfeeding counseling, education strategies, and materials

Objective: Review breastfeeding counseling, education strategies, and materials so education is given to participants in a participant-centered way that increases a participant's breastfeeding confidence and ability.

Topics:	Resources:
Counseling and education strategies	Grow and Glow : Modules 6-10 Loving Support Peer Counseling Training : Modules 9-12 Idaho LMS TRAIN Baby Behavior Course Healthy Start EPIC Center – Ask the Expert: How to Talk to Parents about Breastfeeding: Starting the Conversation , webinar with Cathy Carothers
Use of breastfeeding education handouts	Breastfeeding Guide and other breastfeeding education materials

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Referral procedures and resources

Objective: Know appropriate breastfeeding referrals and resources and be able to identify when an issue or concern is outside a staff person's scope of practice.

Topics:	Resources:
Common concerns and when to yield	Grow and Glow : Modules 4, 6, 7, 8 and 10 Loving Support Peer Counselor Training : Module 8 Loving Support Peer Counselor Training for WIC Managers – Staffing and Supervision 7 – When to Yield
Community Resources	Breastfeeding Resource Guides by Region

Food package assignment and appropriate tailoring for breastfeeding woman and infants

Objective: Understand the issuance of supplemental formula to ensure no or minimal amounts of infant formula are provided to breastfeeding infants.

Topics:	Resources:
Issuing food packages for the breastfeeding dyad	Idaho WIC Program Policy Manual: Chapter 6 Decision trees – BF singles & multiples Mom & Infant Food Package Grid
Promoting exclusive breastfeeding	Supplementation of the Breastfed Baby “Just One Bottle Won’t Hurt”--- or Will It? – Marsha Walker, RN, IBCLC Grow and Glow : Module 5 Loving Support Peer Counseling Training : Module 6

Culturally appropriate breastfeeding promotion and support strategies

Objective: Understand various cultures so breastfeeding promotion and support is offered to participants in participant-centered and culturally-meaningful ways

Topics:	Resources:
Multi-cultural awareness and sensitivity among all cultural groups	Grow and Glow : Modules 2 and 3 Loving Support Peer Counselor Training : Module 4 WISPr Ethnic and Racial Federal Participation by Agency (Reports 506P1 and 506P2)
Breastfeeding support for specific cultural groups	Hispanic Participants: Magical Bond of Love African-American Participants: It’s Only Natural – Office on Women’s Health Refugee Participants: Working with Refugee Mothers around Infant Feeding Practices