



IDAHO DEPARTMENT OF HEALTH & WELFARE  
**DIVISION OF PUBLIC HEALTH**

# 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 mothers 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](#) under the *“Breastfeeding Nutrition”* drop down menu.
- Idaho WIC Policy and Procedure Manual – Chapter 6, “Breastfeeding Promotion and Support” and Chapter 7, “Food Delivery”
- 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.

## 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

## Breastfeeding Pre-Test Completion

Begin the LMS Breastfeeding Course.

- Log onto <https://id.train.org/DesktopShell.aspx>
- In the search box type “Idaho WIC”, select “Breastfeeding Online Course – Idaho WIC”
- Register for the course and complete the Breastfeeding Assessment (also known as the Pre-Assessment or Pre-Test).
- Share the results of your Pre-test with your trainer.

## Modules 1, 2 & 3

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

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- 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 learner(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.



**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:

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- 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 learner(s), or with your trainer.
- Once finished, meet with your trainer to discuss activities 2 and 3.



**Complete Activity 2 & 3 in your Activities Packet**

## Modules 5, 6 & 7

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

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Complete Breastfeeding Modules 5, 6, and 7.
- Complete Breastfeeding Activity 4, either individually, with the other learners(s), or with your trainer.
- Meet with your trainer to discuss the three Breastfeeding Modules and activity 4.



**Complete Activity 4 in your Activities Packet**

## Breastfeeding Post-Test Completion

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

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Complete the Breastfeeding Post-Test (also known as the Breastfeeding Assessment or Post-Assessment)
- Share the results of your Post-Test with your trainer