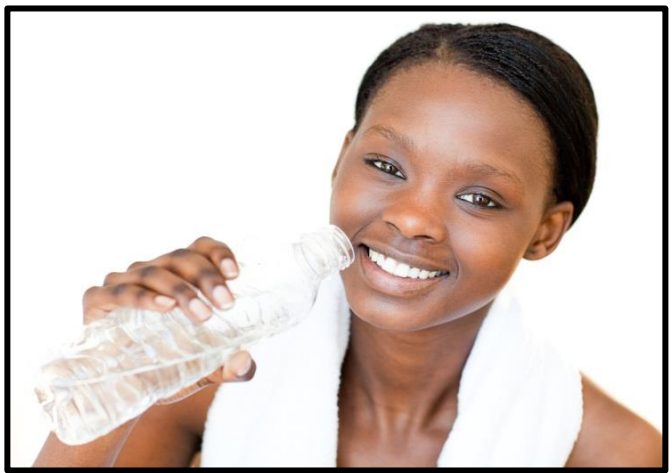




IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

Idaho WIC Training **Postpartum Nutrition**



What Will You Learn?

During a woman's postpartum appointment much of the attention is on the baby. However, counseling mom is also important. In this course, you will obtain a knowledge base important for understanding postpartum nutrition and other postpartum related issues.

Breastfeeding is not covered in detail in this course; refer the Learner to the breastfeeding LMS course for information about breastfeeding.

Instruction Level

Prerequisite for taking the Postpartum Nutrition course: Basic Nutrition Course, Prenatal Nutrition Course, and WIC PCE Modules 1-9

Items Needed for This Course

- Access to the website: www.choosemyplate.gov (Activity 4)

Recommended Time

- Approximate time it takes to complete the Postpartum Nutrition LMS course: 2-4 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 1 hour

Module 1: Postpartum Nutrition and Weight

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

- Log onto <https://id.train.org/DesktopShell.aspx>
- In the search box type “Idaho WIC” and select “Postpartum Nutrition Online Course-Idaho WIC.”
- Register for the course and complete the Postpartum Nutrition Pre-Test (also known as the Assessment or Pre-Assessment).
- Open the Postpartum Nutrition Online Course.
- Optional: open the Postpartum Nutrition Course Companion Manual to reference throughout the course. Locate the Course Companion Manual by clicking on the “Resources” button within the LMS course.
- Complete Module 1: Postpartum Nutrition and Weight
- Complete Postpartum Nutrition Activities 1, 2, 3, and 4, either individually, with the other learner(s), or with your trainer.
- Meet with your trainer to discuss the Postpartum Nutrition and Weight Module and activities 1, 2, 3, and 4.



Complete Activities 1, 2, 3 & 4 in your Activities Packet

Module 2: Behaviors, Issues and Outcomes

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

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Complete Module 2: Behaviors, Issues and Outcomes
- Complete Postpartum Nutrition Activity 5, either individually, with the other learner(s), or with your trainer.
- Meet with your trainer to discuss the Behaviors, Issues and Outcomes module, discuss the activity 5.



Complete Activity 5 in your Activities Packet

Postpartum Post-Test

Return to the LMS Postpartum Nutrition Course

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