



# Idaho WIC Training

## Breastfeeding



WIC is an equal opportunity provider.

## 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

The Idaho WIC website [wic.dhw.idaho.gov](http://wic.dhw.idaho.gov) houses all the online materials for staff under the Staff page.

- Definitions and acronyms (located under the policy manual area)
- The links to the videos are within the guidebook. To access them please use “Ctrl + Click” on the links.
- Idaho WIC Website > Staff > Breastfeeding
- Idaho WIC Policy and Procedure Manual – Chapter 6, “Breastfeeding Promotion and Support”
- Idaho WIC Policy and Procedure Manual – Chapter 7, “Food Delivery”

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. Videos were created by AZ WIC. Several references to AZ specific services are made. Arizona WIC developed this course. Any issues with the Video will need to be communicated to the Idaho WIC State Office so we can provide a better video.

## Recommended Time

- Approximate time it takes to complete the Breastfeeding course: 2-4 hours
- Approximate time it takes to complete the face to face activities and discussion: 2-3 hours

## Modules 1-5

- View the following videos:
  - [Breastfeeding Module 1 - Introduction](#)
  - [Breastfeeding Module 2 - Services Available to Breastfeeding Women](#)
  - [Breastfeeding - Module 3 - Getting Started](#)
  - [Breastfeeding - Module 4 - Problems and Concerns](#)
  - [Breastfeeding - Module 5 - WIC Staff Video](#)
  
- Complete activities either individually, with the other learner(s), or with your trainer.
- Meet with your trainer to discuss the Breastfeeding Modules and activities.



Complete Activities 1-4 in your Activity Workbook