



Idaho WIC Training

Child Nutrition



WIC is an equal opportunity provider.

What Will You Learn?

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.

Instruction Level

Prerequisite for taking the Child Nutrition Course: Basic Nutrition Course

Items Needed for This Course

Access to the online Idaho WIC Policy Manual on the Idaho WIC website. The Idaho WIC website wic.dhw.idaho.gov houses all the online materials for staff under the Staff training page.

1. Access to WIC Works for some reading <https://wicworks.fns.usda.gov>
 - a. Children's Oral Health and Brushing up on Oral Health: Never Too Early to Start
 - b. Blood Lead levels in Children
 - c. Infant and Children's Language and Communication
 - d. WIC Growth Charts

Optional: Complete the Growth Chart training

2. Access to State of Minnesota WIC Child modules:
<https://www.health.state.mn.us/people/wic/index.html>
 - a. Pediatric Overweight and Obesity – 24 minutes
 - b. Iron Deficiency Anemia in Women and Children- 20 minutes
3. Definitions and acronyms (located under the policy manual area)
 - Handout(s) your agency uses about oral health. (Activity 1)
 - Access to the American Academy of Pediatrics website: www.healthychildren.org for information about dental health in children. (Activity 1)
 - Handout(s) your WIC agency uses related to snack ideas and/or the division of responsibility in feeding children. (Activities 3)
 - Handout(s) your agency uses which discuss physical activity related to children. (Activity 4)

Recommended Time

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

Read these documents and complete these activities on WIC Works to get a brief overview of Child Nutrition.

- ❑ Read Children's Oral Health and Brushing up on Oral Health: Never Too Early to Start: <https://wicworks.fns.usda.gov/resources/oral-health-infants-children-and-pregnant-women>
- ❑ Read the Blood Lead levels in Children <https://www.cdc.gov/nceh/lead/prevention/blood-lead-levels.htm>
- ❑ Read Infant and Children's Language and Communication: <https://wicworks.fns.usda.gov/resources/infants-and-childrens-language-and-communication>
- ❑ Look at the WIC Growth Charts- <https://wicworks.fns.usda.gov/resources/wic-growth-charts>

Optional: Complete the Growth Chart training: <https://wicworks.fns.usda.gov/resources/growth-charts-training-modules>



Complete Activity 1 in your Activities Packet

Module 2: Child Nutrition

Go to <https://www.health.state.mn.us/people/wic/index.html>

1. Under Information for click Local Agencies
2. Then click Training Resources for Local Agencies

Women, Infants, and Children (WIC) Program

- [WIC Home](#)
- [WIC Families - Welcome to WIC!](#)
- [WIC Success Stories](#)
- [Am I Eligible?](#)
- [WIC Agency Directory](#)
- [Breastfeeding & You](#)
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- [Shopping for WIC Foods](#)
- [WIC Grocery Store Search](#)
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- Information for:**
- Local Agencies**
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- Reports & Data**
- Additional Links**
- [WIC Works](#)
- [USDA Food and Nutrition Service](#)
- [More Links...](#)
- [MDH Text4baby](#)

Information for Local Agencies

WIC Program

Coronavirus (COVID-19) - WIC Memos



[Finance & Program Management](#)



[Nutrition Resources](#)



[Food Package](#)



[Breastfeeding](#)



[Communications & Outreach](#)



[WIC Information System](#)



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[Participant Centered Services](#)

3. Then click [Nutrition Training Resources](#)
4. Then click [Nutrition Modules](#)

Nutrition Training Resources

MN W

[Continuing Education Assessment, Planning and Documentation](#)

[Nutrition Continuing Education Resources](#)

[Nutrition Modules](#)

[New Staff Training](#)

[Baby Behavior Training and Tools](#)

[PCS Training and Tools](#)

[PCS Diet Assessment Tools](#)

Training Resources for Local Agencies

MN WIC Program



[Nutrition Training Resources](#)



[Breastfeeding Training Resources](#)



[Program Management Training Resources](#)



[Information System Training](#)

- Click and watch Module: "Pediatric Overweight and Obesity" which is 24 minutes.

- When you have completed this, click and watch Module: “Iron Deficiency Anemia in Women and Children” which is 20 minutes.
- Meet with your trainer and/or other learner(s) to discuss Module 2 and complete Child Nutrition Activities 2, 3, 4, and 5.



Complete Activities 2, 3, 4 & 5 in your Activities Packet