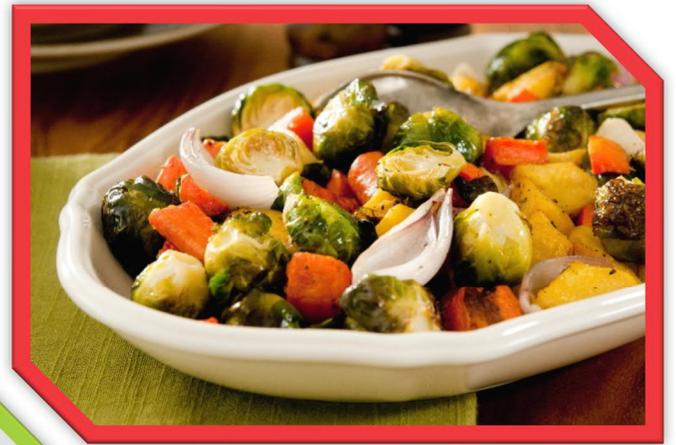




Idaho WIC Training

Postpartum Nutrition



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

WIC is an equal opportunity provider.

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 to the breastfeeding 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

The Idaho WIC website wic.dhw.idaho.gov houses all the online materials for staff under the Staff page.

- Definitions and acronyms (located under the policy manual area)
- Access to the website: www.choosemyplate.gov (Activity 4)
- The links to the videos are within the guidebook. To access them please use "Ctrl + Click" on the links.

Note: 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 Postpartum Nutrition 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 Postpartum Nutrition Video.

- Complete Module 1: [Nutrition](#)
- Complete Activities 1-4 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 Workbook

Module 2: Behaviors, Issues and Outcomes

Return to the Postpartum Nutrition Video

- Complete Module 2: [Positive Health Behaviors](#)
- Complete Activity 5 either individually, with the other learner(s), or with your trainer.
- Meet with your trainer to discuss Module 2 and discuss Activity 5.

When you finish the discussion, you are done with this section!



Complete Activity 5 in your Activities Workbook