




2024 Training Opportunities for WIC Staff



Dates/Time	Title and Sponsor	Virtual or In-person	Description	Cost per person	Registration Information
Trainings and Workshops					
March 19-21, 2024 8:00 am – 12:30 pm PT	2024 Washington State WIC Conference <i>Nutrition First</i> N	Virtual	Sessions will be recorded and available for 3 months of on-demand streaming.	Free	Register here: 2024 Washington State WIC Conference Registration (whova.com)
March 20, 2024 10:00-11:30 am 	Beyond Baby's Highchair: Improving Infant & Toddler Nutrition Security <i>NACCHO</i> N	Virtual	With funding support from the Centers for Disease Control and Prevention's Division of Nutrition Physical Activity and Obesity (CDC-DNPAO), NACCHO worked alongside local communities in the United States to implement successful outcome-driven strategies to improve infant and toddler nutrition security.	Free	Register here: Webinar Registration - Zoom

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March 19 & 26 2024 9:00 am – 12:30 pm PST 	2024 Farmers Market Boot Camp <i>Washington State Farmers Market Association</i> N	Virtual	2024 Farmers Market Boot Camp - Washington Farmers Market (wafarmersmarkets.org) The 2024 WSFMA Boot Camp for New (and returning) Market Managers & Board Members will be held virtually in March 2024. Please check back for additional information.	\$75-\$100	Register here: 2024 Farmers Market Boot Camp
April 5, 2024 6:00 am – 2:00 pm PT 	7TH ANNUAL BLACK MATERNAL HEALTH CONFERENCE <i>Center for Black Maternal & Reproductive Justice</i> N E	Virtual	Join us for the largest Black Maternal Health Conference in the nation! Centered on the role of technology in addressing Black maternal health disparities, this year’s conference will create a one-of-a-kind space to discuss new innovations to end the adverse maternal health outcomes experienced by Black Women in the USA. Sign up today to be enlightened, inspired, and empowered.	\$49	Register here: 7th Annual Black Maternal Health Conference (touchnet.net)

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April 18, 2024 7:00 am -1:00 pm PT 	4th Annual Black Maternal & Child Health Summit <i>The Foundation for Black Women’s Wellness</i> N E	Virtual	<p>This year's event will be powerful as we center and celebrate the transformational work of birth workers and advocates, elevate the voices of mothers and birthing people, and reaffirm the urgency of our presence and power to achieve birth justice.</p> <p>Together we will address critical issues, share best practices and solutions from the front lines, and refresh our resolve to protect and improve Black maternal and child health within and beyond Wisconsin.</p>	Free	Register here: Foundation for Black Women's Wellness (neoncrm.com)

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April 18, 2024 12:00-1:00 pm PT 	Implicit Bias <i>National WIC Association</i> N E	Virtual	This session will explore the definition of implicit bias. It will help develop an understanding and awareness of how implicit biases are formed and how they impact interactions with others in the workplace. We will provide examples that we come across in the WIC Program, ways to help overcome our own biases, and resources to continue expanding awareness.	Free	Register here: Webinar Registration - Zoom
April 25, 2024 12:00-1:00 pm PT 	Explicit Bias <i>National WIC Association</i> N E	Virtual	This presentation aims to provide a comprehensive understanding of explicit bias, its distinctions from implicit bias, practical examples, and effective strategies to promote awareness and mitigate its impact.	Free	Register here: Webinar Registration - Zoom

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September 12-14, 2024 	2024 Black Maternal Health Conference and Training Institute <i>Black Mammias Matter Alliance</i> NE	Atlanta, GA	Save the date.		
Self-Paced	Hot Topics in Practice <i>Northwest Center for Public Health Practices</i>	Virtual	Did you miss a ‘Hot Topics in Practice’ webinar? All 2022 and 2023 webinars have been recorded and can be viewed at any time!	Free	Access Recored Hot Topics in Practice Webinars here: PH LearnLink: All courses (nwcphp.org)
Self-Paced	Back to Basics - Best Practices in Infant Feeding <i>Nutrition Masterclass</i>	Virtual	Join us for the case of baby Sam, where we’ll walk you through the first 12 months, highlighting evidenced-based recommendations and red flags for: <ul style="list-style-type: none"> Breastfeeding and/or formula feeding 	Free	Access Recorded Webinar here: Back to Basics - Best Practices in Infant Feeding Nutrition (nutritionmc.com)

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			<ul style="list-style-type: none">• Allergy prevention• Complimentary food introduction• Strategies to optimize texture progression• When and how to transition to milk		
	N		1 CEU		
Self-Paced	Vegan/Vegetarian Nutrition For Infants <i>Nutrition Masterclass</i>	Virtual	Have you been feeling uncertain as to the best approach when seeing an infant fed a plant-based diet? The lack of universal definitions or consensus on guidelines surrounding plant-based diets can be confusing. With the increasing interest around plant-based eating, it's not surprising we're seeing more parents following a plant-based diet with their infants.	Free	Access Recorded Webinar here: Vegan/Vegetarian Nutrition for Infants Nutrition Masterclass (nutritionmc.com)
	N				

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			But, are plant-based diets safe for infants, and if so, how do we best support parents? 1 CEU		
Self-Paced	Resolving the Weight Dilemma <i>The Ellyn Satter Institute</i> N	Virtual	The weight dilemma is that at the same time as we are being told by health policy makers – that any degree of overweight is medically dangerous, there is no way to lose weight and keep it off. This webinar addresses health policy at the same time as it supports weight-neutral intervention. 1.5 CEUs	\$30	Register here: Resolving the Adult Weight Dilemma - On-Demand Ellyn Satter (teachable.com)
Self-Paced	The Satter Eating Competence Model in Context <i>The Ellyn Satter Institute</i>	Virtual	Empower you to base your wellness and medical nutrition therapy practice on the Satter Eating Competence Model (ecSatter) Participant will be able to:	\$30	Register here: The Satter Eating Competence Model In Context Ellyn Satter Institute (teachable.com)

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			<ul style="list-style-type: none"> Discuss how and why ecSatter grew out of interference Identify key research evidence showing that interference doesn't work Summarize key research evidence showing that ecSatter works Distinguish between education and treatment with ecSatter Choose key data to collect when applying ecSatter 1.5 CEUs		
Self-Paced 4-part series	Navigating Constipation, Reflux, FPIAP & FPIES <i>Nutrition Masterclass</i>	Virtual	This is our wildly popular 4-part webinar series on common, and not so common GI conditions that affect infants. Each session is 1.5 hours and recorded, meaning you can enjoy at your own pace, anytime, anywhere. The series is approved for 6 CPEUs!	\$229	Register here: Infant GI Series 2023: Navigating Constipation, Reflux, FPIAP and (nutritionmc.com)

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Self-Paced	VENA Training Videos and Discussion Guides N B	Virtual	These videos serve as a starting point for familiarizing WIC staff with the VENA process. The accompanying discussion guides for each video can help to spark deeper discussions and encourage in-depth learning.	Free	Go here: VENA Training Videos WIC Works Resource System (usda.gov)
Self-Paced 4-part series	Picky Eating-Next Level Strategies for Challenging Cases <i>Nutrition Masterclass</i> N	Virtual	Topics include: <ul style="list-style-type: none"> • Children with Autism and Extreme Aversions • Identifying and Support Oral-Motor and Sensory Feeding Difficulties in Children • The Get Permission Approach R • What to Dow When EVERYTHING is Wrong 6 CPEUs	\$229.00	Register here: Picky Eating - Next Level Strategies for Challenging Cases Nutrition (nutritionmc.com)
Self-Paced	Picky Eating Series – Looking for New Techniques?	Virtual	Three powerhouse guest speakers that do this day in and day out. They’ll not only share	\$199	Register here: Picky Eating Series - Looking for New Techniques? Nutrition (nutritionmc.com)

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	<i>Nutrition Masterclass</i> N		their years of experience with you, but their best tips.		
Self-Paced 75 minutes	Classic Late Preterm Infant – Nutrition Pearls from NICU to Home <i>Nutrition Masterclass</i> N	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You have limited prior exposure to preterm infant nutrition You feel like you're winging it and want to increase your confidence You lack training and/or access to experienced pediatric dietitians You want to increase your knowledge and add practical tips to your toolbox 1.25 CPEUs	Free	Register here: Classic Late Preterm Infant – Nutrition Pearls from NICU to Home Nut (nutritionmc.com)
Self-Paced Learning	When Reflux Becomes Complicated:	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You have limited prior exposure to infant nutrition 	Free	Register here: When Reflux Becomes Complicated: Interventions for a Breastfed Infant (nutritionmc.com)

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	Interventions for a Breastfed Infant Nutrition Masterclass N		<ul style="list-style-type: none"> You feel conflicted as to the best approach for breastfed babies with reflux You lack training and/or access to experienced pediatric dietitians You want your recommendations to be successful in this vulnerable population 1.25 CPEUs		
Self-Paced Learning	Pediatric Iron Deficiency Nutrition Masterclass	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You are interested in building your skills and confidence related to iron deficiency You feel unsure when to recommend bloodwork and who is at the greatest risk You lack training and/or access to experienced pediatric dietitians 	Free	Register here: Pediatric Iron Deficiency Nutrition Masterclass (nutritionmc.com)

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		N	<ul style="list-style-type: none"> You struggle with managing the anorexia that accompanies iron deficiency anemia <p>1 CPEUs</p>		
Self-Paced Learning	Growth Failure - A New Roadmap for a Common Problem <i>Nutrition Masterclass</i>	Virtual	<p>This webinar is for you if:</p> <ul style="list-style-type: none"> You have limited prior exposure to infant nutrition You feel unsure how to sensitively address growth concerns with parents You lack training and/or access to experienced pediatric dietitians You want to ensure you don't miss any key questions in your assessment <p>1.25 CPEUs</p>	Free	Register here: Growth Failure - A New Roadmap for a Common Problem Nutrition (nutritionmc.com)

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Self-Paced Learning	Understanding Population Health Concepts <i>Northwest Center for Public Health Practice</i> E	Virtual	Explore population health concepts such as health equity, health disparities, health inequities, and social determinants of health Online module	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwccphp.org)
Self-Paced Learning	Communicating Effectively E	Virtual	Understand principles of effective public health messaging and communication, such as crafting key messages and talking points, developing engaging stories, and the importance of knowing your audience. Online module	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwccphp.org)
Self-Paced Learning	Visualizing Data Stories E	Virtual	Demonstrate how effective and inclusive visual data techniques can support public health communications. Learn key purposes behind different types of visual data and practice choosing data visuals to support	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwccphp.org)

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			key messages and connect with the audience. Online module		
Self-Paced Learning	The National LGBTQIA+ Health Education Center <i>A Program of the Fenway Institute</i> A E	Virtual	Learning Resources -Webinars Access our extensive library of webinars publications, and materials to learn more about LGBTQIA+.	Free	Click here Webinar Archives » LGBTQIA+ Health Education Center
Self-paced Learning	Foundations in Lactation- On Demand Webinar B	Virtual	A 4-part series updated in 2021 to be more inclusive of the diverse population WIC serves! This training covers staff roles, how to use client centered communication skills when talking about breastfeeding and what factors can affect milk production and exclusive breastfeeding.	\$145	Foundations in Lactation Support - On Demand Webinar (regfox.com)
Learning Series	Diversity, Equity, Inclusion Learning Series	Virtual	This 3 – day workshop includes:	Full workshop:	Order here: DEI Learning Series - USLCA

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	<i>United States Lactation Consultant Association (USLCA)</i> E B		Session 1 Equity-Mindfulness: Identifying and Interrupting Implicit Bias Session 2 Equity-Mindfulness and Cultural Responsiveness in the Health and Lactation Space Panel Session 3 Allyship, Anti-Racism, and Cultural Responsiveness Workshop Recording	BIPOC member: free Non-BIPOC: \$55.00 Note: Session 1 is free for everyone	
Learning Series	The Impact of Racism in Healthcare and the Perinatal Period Webinar Series <i>Injoy Health Education</i> E	Virtual	Part I Examine the history of racism in the United States and discuss the timeline of reproductive justice. Learn how to put awareness into action. Part II Clarify the differences between health inequity and health disparity. Apply what you've learned and ensure you "do no harm" as you care for families during the maternal and perinatal period.	Free	

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			Recorded webinars		
Most Thursdays at 12:00 PM-1:30 PM PST (3:00 PM – 4:30 PM EST)	Webinar Series <i>National WIC Association</i> N B	Virtual	<ul style="list-style-type: none"> 1-hour long webinars <p>Note: Staff who haven't set up their member account must register for each webinar they plan to attend <u>ahead</u> of time. That is the only way staff can access the recorded webinar, if staff can't participate during live webinar time.</p>	No charge	Register at: https://www.nwica.org/snippet-webinars-intro
Every third Tuesday of the month 5:00 AM PST (8:00 AM EST)	Health and Equity Webinar Series <i>Michigan Breastfeeding Network (MIBFN)</i> E B	Virtual	<ul style="list-style-type: none"> MIBFN is committed to 4 core values: Access, evidence, equity, and relevance. These webinars are designed to support practice change among peer counselors, maternity care nurses, and home visitors. Past topics include: <ul style="list-style-type: none"> Lactation after loss 	No charge	Register at: https://www.mibreastfeeding.org/webinars/ Note: Actual launching time is 5am PST (8am EST). To easily watch new webinars "on demand," please make sure to register ahead of time for the upcoming webinar: Webinars – Michigan Breastfeeding Network (mibreastfeeding.org)

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			<ul style="list-style-type: none"> ○ Ethics, Online Messaging, and Pressure to Breastfeed ○ Indigenous Breastfeeding: Trauma and Resilience ○ ...and other important topics. <p>Various CEU credits available for up to 1 year after the initial air date.</p> <p>2022 Webinar Tentative Schedule</p>		<p>Contact: info@mibreastfeeding.org</p>
<p>Bi-monthly (in odd numbered months) on the 4th Tuesday of the month from 11:00 AM -12:30 PM PST</p>	<p>USBC Racial Equity Webinars <i>United States Breastfeeding Committee (USBC)</i></p> <p style="text-align: right;">E B</p>	<p>Virtual</p>	<ul style="list-style-type: none"> • Webinars are part of its efforts to "create and model a culture of inclusion, diversity & equity" (USBC Strategic Framework Goal 4). <p>This Webinar series focuses on building the capacity of the breastfeeding field to apply both an "equity lens" to inform and guide our strategies and activities, but also an "equity</p>	<p>No charge</p>	<p>Register at: https://register.gotowebinar.com/register/8175514735082416130</p>

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			mirror" to examine our internal structures, culture, and policies. Webinar		
Ongoing	California Breastfeeding Coalition B	Virtual	California BF Coalition shares events presented by local, ethnic, regional, and state breastfeeding coalitions; community-based organizations; and health care and educational institutions. Recorded and live webinars	Ongoing	Register at: http://californiabreastfeeding.org/events-calendar/
Ongoing	Online Lactation Education <i>Evergreen Perinatal Education</i> B	Virtual	Foundations for Best Practice in Lactation Care - FULL PROGRAM includes 48 hours & designation as a Certified Lactation Educator. Other Trainings: <ul style="list-style-type: none"> • Excellence in Care with The Ten Steps includes – 15 hours • Provider Ten Step Education – 4 hours 	Varies depending on module	Register at: http://www.evergreenperinataleducation.com/online-education/

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			<ul style="list-style-type: none"> • Additional Modules – 3 hours each • Communication Modules – 3 hours • Individual "Foundations for Best Practice" Modules – 2 hours each Online		
Ongoing	Lactation and Dietetic Education Resources <i>Lactation Education Resources</i> B	Virtual	<ul style="list-style-type: none"> • Lactation Management Training focuses on providing exclusively online lactation consultant training and continuing education for practicing lactation consultants. <ul style="list-style-type: none"> ○ Basics of Lactation Management ○ Lactation Training ○ IBLCE Exam Review • Offers a variety of other trainings: <ul style="list-style-type: none"> ○ Communications Course 	Varies by course	Register at: https://www.lactationtraining.com/our-courses/online-courses/available-courses

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			<ul style="list-style-type: none"> ○ RD courses Online		
Ongoing	National Nutrition Certification Program for Food \$ense <i>Extension, Utah State University</i> N	Virtual	<ul style="list-style-type: none"> • This online training course is designed to prepare those who teach nutrition to the public. • This course is like a Nutrition 101 college class and includes 15 modules with pre- and post-assessments. • Originally designed for Utah’s SNAP-Ed program, it has been made available for CPAs. 	No charge (90 day time limit)	Register at: National Nutrition Certification Program (NNCP) - FoodSense (usu.edu)

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Ongoing	Chest/Breastfeeding <i>National Association of County Health Officials (NACCHO) Breastfeeding</i> B	Recorded Webinars	<ul style="list-style-type: none"> NACCHO actively supports local approaches to chest/breastfeeding protection, promotion, and support. Through webinars, ongoing technical assistance, and success stories, NACCHO shared lessons learned and effective strategies for local level implementation. NACCHO continues to provide training and technical assistance to local health departments and other community-based organizations to advance community support and continuity of care. 	No charge	View recorded webinars at: https://www.naccho.org/program/s/community-health/maternal-child-adolescent-health/breastfeeding-support
Ongoing	Webinar Series <i>UC Davis Human Lactation Center</i> B	Webinar	<ul style="list-style-type: none"> Pre-recorded webinars hosted by Dr. Jane Heinig. Designed for Physicians, Nurses, Dietitians, Lactation 	\$30-\$120	Register at: https://lactation.ucdavis.edu/webinars/

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			<p>Consultants, and other health professionals working with families of young infants.</p> <p>Current webinars:</p> <ul style="list-style-type: none"> • Supporting Breastfeeding Mothers under Acute Stress (\$30) • Lactation Support in the Shadow of Maternal Trauma – 3 part series (\$90) • Who’s in Charge? The Ethics of Control in Decision-making Related to Infant Feeding (\$30) • Building Professional Relationships: Understanding and Addressing Rudeness in the Workplace (\$30) • Baby Behavior for Lactation Professionals – 4 part series (\$120) 		<p>Continuing education units are provided for IBCLCS (through IBLCE), RNs (through CA BRN), and for RDs (through CDR as part of a Professional Development Portfolio).</p>

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Ongoing	La Leche League International Webinar Library B	Webinar and recorded Webinars	<ul style="list-style-type: none"> • LLLI aims to provide those in the health field and community, interested parties, and our Leaders with cutting-edge research and new developments in the breastfeeding world. • Through their webinars, LLLI hosts global industry-leading speakers and subject matter experts who will help the viewer grasp new concepts and learn new approaches to working with families in need of breastfeeding support. • Each of their webinars also has the option of obtaining CERP credit (Continuing Education Recognition Points) for IBCLCs who want to recertify. 	Varies	To view the webinars Webinar Library - La Leche League International (llli.org)

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Ongoing	Medela Webinar series on breastfeeding and lactation B	Webinar and recorded webinars	<ul style="list-style-type: none"> • Medela provides you the latest information and research results on breastfeeding, breast milk, safety and health of pregnant women, nursing mothers and their babies in the COVID-19 era, we have created a bespoke webinar series. • Such a format gives us the opportunity to convene, ask questions and discuss ideas and approaches to improve our support to mothers in these difficult times to help them achieve their breastfeeding goals. Furthermore, all past webinars can be watched here too. 	Varies	To view the webinars Webinar series Medela

Legend: Training marked “N” can be used to meet staff’s nutrition training requirements. Trainings marked “B” can be used to meet staff’s breastfeeding requirements (B-E counts towards the Breastfeeding Equity required training).

A = ACES focus

B = Breastfeeding focus

E = Equity focus

N = Nutrition focus



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Ongoing Last week of month, 12:00 – 1:00 PM PST	Hot Topic in Public Health – offers unique topic monthly <i>Northwest Center for Public Health Practice – School of Public Health University of Washington</i>	Webinar and recorded webinars	<ul style="list-style-type: none"> <i>Hot Topics in Practice</i> is a monthly webinar forum to discuss issues currently affecting public health practice. Each month guest speakers from local, state, tribal, and national public health organizations present and take questions from the audience. 	No charge	Find monthly topic and register at: https://www.nwcphp.org/training/hot-topics-in-practice
Ongoing	USDA, FNS Webinars & Videos N B	Virtual	Variety of topics	Varies	View here: FNS Documents & Resources Food and Nutrition Service (usda.gov)
Ongoing	Academy of Nutrition and Dietetics Webinar Series N B	Virtual	Variety of topics	Varies	View here: Webinar Series (eatrightpro.org)

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Ongoing	National WIC Association Webinars N B	Virtual	Variety of topics	Free	View here: Webinars National WIC Association (nwica.org)
Ongoing	United States Lactation Consultant Association Live Webinars B	Virtual	USLCA’s live webinars provide participants the opportunity to gain valuable education and engage in real-time discussion with the presenter. Earn CERPs and CNEs from the convenience of your own home, workplace, or on-the-go with your mobile device. RD and DTRs, please note: The CDR accepts self-study material that have been approved by ANCC.	Varies	View here: Live Webinars USLCA - United States Lactation Consultant Association

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