



Washington WIC – Certifier Competency Training Worksheet

12. Breastfeeding

Competency	Certifier is able to:	Training Requirements
<p>Promote and support breastfeeding as the normal way to feed a baby.</p> <p>Be familiar with agency breast pump policies.</p>	<ul style="list-style-type: none"> • Assess real and perceived barriers to breastfeeding. Assist adult participant to overcome barriers Recognize health and lifestyle contraindications to breastfeeding. • Apply knowledge of anatomy and physiology in the assessment of normal breastfeeding. • Analyze breastfeeding problems using evidence-based information as the standard. • Evaluate the impact of returning to work or school and the participant’s breastfeeding goals. • Complete a Breastfeeding Review. • Answer common questions about breastfeeding. • Identify participants who need a breast pump. • Refer participants who need a breast pump to staff who issue breast pumps. 	<p>Complete the following in the Learning Center (LC):</p> <p>WA WIC Breastfeeding Curriculum:</p> <ul style="list-style-type: none"> • DOH State WIC Breastfeeding Curriculum Level 1 • DOH State WIC Breastfeeding Curriculum Level 2 • DOH State WIC Breastfeeding Curriculum Level 3 <p>WA WIC Breastfeeding Review:</p> <ul style="list-style-type: none"> • DOH State WIC The Breastfeeding Review Part 1 • DOH State WIC The Breastfeeding Review Part 2 <ul style="list-style-type: none"> ○ These courses are also found in the <u>Food Prescription and Benefit Issuance Competency</u>. If you have already completed these courses, you do not need to take them again. <p>Review all information below:</p> <p>WIC Manual - Volume 1</p> <ul style="list-style-type: none"> • Chapter 15-Breastfeeding <p>Staff Tools</p> <ul style="list-style-type: none"> • Breastfeeding Infant and Participant Food Package in the 1st Month of Life <ul style="list-style-type: none"> ○ This tool is also found in the <u>Food Prescription And Benefit Issuance Competency</u> <p>Breastfeeding Resources</p> <ul style="list-style-type: none"> • Breastfeeding Resources Spreadsheet (Excel) • Breastfeed right from the start!



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		<p>Washington WIC Breastfeeding and Baby Behavior Materials (WAWIC webpage):</p> <ul style="list-style-type: none"> • Healthy Sleep for you and baby • Understanding Baby’s Cues • Why babies cry? • Crib Card <p>Participant Nutrition Education Handouts These are available from the Fulfillment Center:</p> <ul style="list-style-type: none"> • 10 Tips for Dads to Help Support Breastfeeding Moms • How Does Formula Compare to Breastmilk? • Baby’s First Month Nut Ed Card • Breastmilk Storage Guidelines • Breastmilk Storage Guidelines Magnets • Busy Moms • Colostrum • Confidence –Don’t Shy Away • Encouragement -Give a Breastfeeding Mom Your Loving Support <p>Book Amy Spangler: “Breastfeeding: Keep It Simple”</p>
Additional Training Resources		
<p>WA-State WIC Breastfeeding Support WA-State Breastfeeding Promotion WA-State DOH – Lactation, Breastfeeding & Chestfeeding Breastfeeding Coalition of Washington USDA – WIC Breastfeeding Support</p> <p>The Learning Center (LC)</p> <ul style="list-style-type: none"> • DOH STATE WIC Breastfeeding Curriculum <ul style="list-style-type: none"> ○ Complete the post-test with 80% or higher score 		



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- DOH STATE WIC [Baby Behaviors](#)

Book

- Breastfeeding Answers: A guide to helping families, Nancy Mohrbacher, 2020 (Available in the Fulfillment Center August 2022)

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TYY 711).

