



# Washington WIC – Certifier Competency Training Worksheet

## 14. Infant Nutrition

Competency	Certifier is able to:	Training Requirements
<p>Understand the nutrition requirements and feeding recommendations for infants.</p> <p>Assess the feeding relationship between the infant and parent or caregiver.</p> <p>Understand developmental changes as they relate to feeding.</p>	<p>View the Infant Nutrition course and complete the post-test with 80% or higher score.</p> <hr/> <p>Describe how to prepare, handle, and store formula.</p>	<p><b>The Learning Center (TLC)</b></p> <ul style="list-style-type: none"> <li>• DOH STATE WIC <a href="#">Infant Nutrition Curriculum</a></li> </ul> <p><b>Participant Nutrition Education Handouts</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Understanding Your Baby's Cues</a></li> <li>• <a href="#">Healthy Sleep: For You and Your Baby</a></li> <li>• <a href="#">0-6 Months – Tips for My First Six Months</a></li> <li>• <a href="#">Mixing Powder Infant Formula</a></li> <li>• <a href="#">Preparing Ready-to-Feed or Liquid Concentrate Infant Formula</a></li> <li>• <a href="#">6-12 Months – Tips For Me As An Older Baby</a></li> <li>• <a href="#">I’m Ready! Feeding Family Foods to Your Baby</a></li> <li>• <a href="#">I’m Ready for a Cup</a></li> <li>• <a href="#">I Can Eat Finger Foods</a></li> </ul> <p><b>Ellyn Satter Institute</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Division of Responsibility</a> – focus on reading infant-related sections</li> <li>• <a href="#">Ages and Stages</a> – focus on reading newborn, infant, and older baby sections</li> </ul>

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Additional Training Resources
USDA – <a href="#">Infant Nutrition and Feeding Guide</a>
Books/DVDs
<ul style="list-style-type: none"><li>• Food for Tots booklet (English) Item No. FFDOHW265</li><li>• Ellyn Satter: Nutrition and Feeding for Infants and Children (notebook with DVDs) 960-283</li></ul>

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).  
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