



Washington WIC – Certifier Competency Training Worksheet

15. Prenatal Nutrition

Competency	Certifier is able to:	Training Requirements
<p>Understand the nutrition requirements and recommendations for pregnant participants.</p> <p>Know safe and unsafe food and nutrition practices for pregnant participants.</p>	<ul style="list-style-type: none"> • Name two nutrients of focus for pregnancy and list foods that provide the nutrient • Share three nutrition tips for having a healthy pregnancy • List three potentially harmful substances to the fetus • Name two common discomforts of pregnancy and suggestions to help • List two foodborne illnesses that could impact the fetus; describe how to avoid • Identify breastfeeding support resources for new moms 	<p>1. Complete the following course in the Learning Center (LC):</p> <ul style="list-style-type: none"> • DOH STATE WIC Prenatal Nutrition Curriculum • Complete the post-test with 80% or higher score. <ul style="list-style-type: none"> ○ Refer participants to the WA Quit Line 1-800-Quit-Now (1-800-784-8669). The online prenatal nutrition course uses the Arizona Quit Line. <p>2. Review all information below:</p> <p>Participant Nutrition Education Handouts</p> <ul style="list-style-type: none"> • Tips for Healthy Pregnancy • Healthy Weight Gain During Pregnancy • My Pregnancy, My Baby, and Me: Gestational Diabetes • Iodine Information Sheet <p>USDA – WIC Works</p> <ul style="list-style-type: none"> • Smoking During Pregnancy: Understanding the Risks • Eye on Nutrition: Folate and Folic Acid <p>FDA resource on Listeriosis and Toxoplasmosis</p> <ul style="list-style-type: none"> • Food Safety for Moms to Be <p>WA State DOH Website</p> <ul style="list-style-type: none"> • Fish Advice for Women and Children

Additional Training Resources

WA-State Department of Health

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| <ul style="list-style-type: none">• Washington Quit Tobacco Information |
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Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form

To request this document in another format, call 1-800-841-1410.
Deaf or hard of hearing customers, please call 711 (Washington Relay)
or email wic@doh.wa.gov.
DOH-961-1118 October 2024

