



Washington State WIC Nutrition Program Peer Counselor Training Resources



Peer counselor leads: The following is a list of resources peer counselors should have access to before, during, and after the Loving Support© peer counseling training, and when they are helping moms' breastfeed. We recommend you put together a toolkit for each of your peer counselors.

Books	Description of Item	Location Use peer counseling funds to purchase, if needed
The Breastfeeding Answer Book by LLL International	<ul style="list-style-type: none"> ❖ 3rd revised edition ❖ Offers complete information for those who help mothers breastfeed ❖ Easy-to-use format makes it practical for quick reference when a mother calls with a breastfeeding question 	Should have a copy in your clinic or Fulfillment Center
Breastfeeding: Keep It Simple by Amy Spangler	<ul style="list-style-type: none"> ❖ Answers the breastfeeding questions parents ask most often ❖ Gives parents confidence in their ability to breastfeed ❖ Offer to clients who like to read 	Fulfillment Center
Breastfeeding: A Parent's Guide by Amy Spangler	<ul style="list-style-type: none"> ❖ Provides short, simple reading that can be done as homework after each day of training. ❖ The text provides details on passages that relate to each module. ❖ Detailed drawings, clear instructions, and helpful advise 	Should have a copy in your clinic
Breastfeeding Triage Tool Available in English only	<ul style="list-style-type: none"> ❖ Helps staff identify, and offer solutions to, breastfeeding problems ❖ Helps determine when clients need to be seen 	Fulfillment Center



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<p><i>Loving Support</i>© Peer Counselor Training Handbook</p>	<ul style="list-style-type: none"> ❖ Reference tool for peer counselors to use during training and as they begin to work with WIC clients ❖ Agency can duplicate as needed 	<p>Instructional tools and support materials- Training Resources 2/2 Peer Counseling for WIC Managers.</p>
Books	Description of Item	Location
<p>The Womanly Art of Breastfeeding by LLL International</p>	<ul style="list-style-type: none"> ❖ Real-mom wisdom on breastfeeding comfortably—from avoiding sore nipples to simply enjoying the amazing bonding experience ❖ Guidance on breast health issues, weight gain, day care, colic, postpartum depression, food allergies, and medications, nursing special-needs infants, preemies and multiples 	<p>Should have a copy in your clinic or order online</p>
Videos	Description of Item	Location
<p>DVD or digital copy : “A Premie Needs his Mother, First Steps to Breastfeeding Your Premature Baby English and Spanish on one DVD</p>	<ul style="list-style-type: none"> ❖ This DVD is a good training tool for WIC staff and Peer Counselors ❖ Part I is 35 minutes and focuses on the benefits of breastmilk for preterm infants and pumping ❖ There is additional footage in English on hand expression and hands-on pumping ❖ Part II is 21 minutes and focuses on transitioning to the breast and coming home 	<p>Should have a copy in your clinic or order online.</p> <p>http://www.breastmilksolutions.com/premie_needs.html</p> <p>\$125.00 for digital copy or DVD. Available in English or Spanish.</p>
<p>DVD: Better Breastfeeding (formerly 14 Steps to Better Breastfeeding) from Injoy Videos</p>	<ul style="list-style-type: none"> ❖ Great for breastfeeding classes and staff education ❖ Contains both English and Spanish translations 	<p>Should have a copy in your clinic</p> <p>http://www.sivideo.com/parenting/14steps.htm</p>



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<p>DVD: Baby Led Breastfeeding... The Mother-Baby Dance</p> <p>By Christina Smillie, MD.</p>	<ul style="list-style-type: none"> ❖ 16 minute DVD shows babies learning to latch and self-attaching with mom's help ❖ Tool for staff training, breastfeeding classes and educating hospital staff 	<p>Should have a copy in your clinic or order online.</p> <p>It's available to download</p> <p>https://www.geddesproduction.com/product/baby-led-breastfeeding-the-mother-baby-dance/</p>
Other Materials	Description of Item	Location
<p>Belly Ball Display Set</p>	<ul style="list-style-type: none"> ❖ Refer to the Belly Ball Information Sheet ❖ Display of 3 different sized marbles to illustrate the stomach capacity of a newborn on Day 1, Day 3 and Day 10 	<p>Use peer counseling funds to purchase, if needed.</p> <p>Marbles can be purchased at: www.rainbowturtle.com</p> <p>To make your own you can use: Small marble 16mm (5/8") Shooter marble 25 mm (1") Larger marble 40 mm (1 5/8") (or) Ping Pong ball</p>
<p>Breastmilk: Baby's Best Nutrition Chart (poster)</p>	<ul style="list-style-type: none"> ❖ The images and text on this chart provide information about the composition of breastmilk and illustrates the differences between colostrum, hindmilk, and foremilk 	<p>Childbirth Graphics: www.childbirthgraphics.com</p>
<p>Breastmilk Composition: What's In A Day? (display)</p>	<ul style="list-style-type: none"> ❖ Featuring models of colostrum, hindmilk, and foremilk, this display demonstrates how much milk a baby gets while breastfeeding in an average day ❖ Accompanying tent card explains what each component of milk does 	<p>Childbirth Graphics: www.childbirthgraphics.com</p>



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	❖ Includes carrying case	
<p>Cloth Breast Model</p> <p style="text-align: center;">(or)</p> <p>Picture/Poster – Anatomy of the Lactating Breast (A PDF copy of the poster can be found here: http://www.medelabreastfeedingus.com/attachment/download/340)</p>	❖ The peel-back "skin" layer of this breast model reveals a full-color rendering of the inner structure of the breast that has been updated to reflect recent breast anatomy research.	<p>Childbirth Graphics: www.childbirthgraphics.com</p> <p>(or)</p> <p>Download and print color picture from: http://www.medelabreastfeedingus.com/for-professionals/lactation-professional-information/106/breast-anatomy-research.</p>
Other Materials	Description of Item	Location
Breastfeeding Doll	❖ This realistic model for demonstrating positions for breastfeeding, burping, and other newborn care techniques	Childbirth Graphics: www.childbirthgraphics.com
<p>Kay Hoover’s tear-off sheet: Diaper Diary</p> <p>English and Spanish</p>	<ul style="list-style-type: none"> ❖ Side one contains colored pictures of the normal progression of breastfed baby diapers in the newborn period ❖ Side two contains a tracking tool for wet and poopy diapers ❖ A good teaching tool for clients and staff 	<p>Fulfillment Center</p> <p>Limit: 1 pad per clinic</p> <p>Available in pads of 50</p>
<p>Kay Hoover’s tear-off sheet: Sore Nipples</p> <p>English and Spanish</p>	<ul style="list-style-type: none"> ❖ For staff education purposes only ❖ Graphic colored depictions of a variety of sore nipple conditions and their cause and treatment 	<p>Fulfillment Center</p> <p>Limit: 1 pad per clinic</p> <p>Available in pads of 50</p>
Additional Resources	Location	
Breastfeeding Resources spreadsheet	WA WIC website	



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