

New Nutritionist Breastfeeding Orientation Checklist

Name: _____ **Start Date:** _____ **Agency:** _____

Complete the following tasks, unless otherwise indicated, prior to the new nutritionists' training. Email a copy of the completed task list to the State Breastfeeding Coordinator with 8 weeks after the training. * Preferred breastfeeding coordinator initial and date, but supervisor is acceptable.

Check Completed	Assigned Task	Breastfeeding Coordinator initials* and date.
	Review NH Breastfeeding Peer Counselor Program policy (PPM Ch.2D)	
	Review Breastfeeding Promotion Standards policy (PPM Ch.2D)	
	Review Materials Distributed to Participants policy (PPM Ch.2D)	
	Review Electric Breast pump Loan Program (PPM Ch.2D)	
	Review Breastfeeding, Postpartum & Infant Definitions (PPM Ch.2B)	
	Shadow a peer counselor making telephone calls	
	Review NWA Breastfeeding Strategic Plan	
	Review Six Steps to Achieve Breastfeeding Goals for WIC Clinics	
	How to Issue an Electric Breast pump (PPM Ch.2)	
	How to Issue a Manual Breast pump (PPM Ch.2)	
	Checklist for Issuing an Electric pump and Checklist for Returning an Electric pump	
	Review expressed breast milk storage and handling chart	
	Review local community breastfeeding support programs and services (LLL, hospitals, zipmilk)	
	Review USDA WIC Breastfeeding Support: Learn Together. Grow Together, (see content to review on 2 nd page) https://wicbreastfeeding.fns.usda.gov/	
	Complete checklist for USDA WIC Breastfeeding Support: Learn Together. Grow Together within 8 weeks of the new nutritionist training.	
	Review Pamela K. Wiggins, IBCLC, Why Should I Nurse My Baby, copyright 2016	
	Review Amy Spangler Book, A Parent's Guide, Breastfeeding(most current edition available)	
	Email State Breastfeeding Coordinator for dates of next Breastfeeding Training	
	Review available breastfeeding handouts and brochures	
	Review local agency breastfeeding resources as assigned:	
	Observed by Local Agency Breastfeeding Coordinator for demonstration of competency <ul style="list-style-type: none"> • Basic breastfeeding counseling • Assign breastfeeding food package to new baby • Manual, Single User Pump and Multi-User breast pump set up 	

USDA WIC Breastfeeding Support: Learn Together. Grow Together

Check Completed	Assigned Task	Breastfeeding Coordinator Initials * and date.
	Link: https://wicbreastfeeding.fns.usda.gov/	
	Home Page	
	View Titles: ___ Home, ___ Stages, ___ Topics, ___ Family and Friends, ___ WIC Partners and Staff.	
	View video on Home page.	
	Stage-LEARN	
	Breastfeeding Benefits	
	Breastfeeding Basics	
	Common Breastfeeding Challenges	
	Planning for your delivery	
	How Breast milk is Made	
	Breastfeeding and Alcohol, Drugs and Smoking	
	Stage-START	
	The phases of Breast Milk	
	How Much Milk Your Baby Needs	
	Baby's Hunger Cues	
	Nutrition While Breastfeeding	
	5 Breastfeeding Holds to Try (view all 5 holds), ___ Clutch or "Football" Hold, ___ Cross-Cradle or Transitional Hold, ___ Cradle Hold, ___ Laid-Back or Straddle-Hold, ___ Side-Lying Position	
	Steps and Signs of a Good Latch	
	Video: Latches and Holds, Milk Expression and Pumping	
	Stage OVERCOME	
	Taking Care of You	
	Cluster Feeding and Growth Spurts	
	Using Bottles with Breastfed Baby	
	Videos: ___ Overcoming pain, ___ Breastfeeding in Public, ___ Going Back to Work and School, ___ Milk Supply, ___ Mom's Emotional Wellbeing	
	Stage THRIVE	
	Become a WIC Peer Counselor	
	Breastfeeding Reassurance Tips	
	https://wicbreastfeeding.fns.usda.gov/breastfeeding-reassurance-tips	