



NERO Region Spring Virtual Breastfeeding Training

WIC Breastfeeding Curriculum: Level 1

February 29, 2024

9:00 am - 4:30 pm

For all WIC Staff: Support staff, Peer Counselors, CPAs/Nutritionists, Breastfeeding Coordinators, WIC Supervisors/Directors are encouraged to attend. Open to NH Community Partners

February 29	9:00-10:30 am	WIC & Breastfeeding <ul style="list-style-type: none"> • Breastfeeding Promotion • National Initiatives • WIC Food Packages • Continuity of Care
	10:30-10:40 am	Break
	10:40-11:45 am	Counseling <ul style="list-style-type: none"> • Beliefs & Basics
	11:45-12:30 pm	Lunch
	12:30-1:30 pm	Counseling <ul style="list-style-type: none"> • 3-Step Counseling
	1:30-2:00 pm	Preparing for Breastfeeding <ul style="list-style-type: none"> • Reasons to Breastfeed • Barriers
	2:00-2:15 pm	Break
	2:15-3:00 pm	Preparing for Breastfeeding <ul style="list-style-type: none"> • Family Support • Pregnancy • How Milk Is Made
	3:00-3:30 pm	Normal Breastfeeding <ul style="list-style-type: none"> • Ongoing Breastfeeding • Milk Expression • Mother/Baby Separation
	3:30-4:10 pm	Problem Solving <ul style="list-style-type: none"> • Low Milk Supply • Supplementation
	4:10-4:20 pm	Wrap up & Questions





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WIC Breastfeeding Curriculum: Level 2

March 7 - April 4, 2024
9:00 am - 12:30 pm

For WIC Staff: Peer Counselors, CPAs/Nutritionists, Breastfeeding Coordinators, WIC Supervisors/Directors are encouraged to attend. Open to NH Community Partners.

March 7 Thursday	<p>Staff Roles: Peer Counselors</p> <p>State Review of Policies</p> <p><i>Recommendation: WIC Supervisors/Directors attend this session</i></p>	March 21 Thursday	<p>Normal Breastfeeding</p> <ul style="list-style-type: none"> • Hospital Support • Early Days
March 12 Tuesday	<p>WIC & Breastfeeding</p> <ul style="list-style-type: none"> • Breastfeeding Promotion • National Initiatives • Health Communication • Continuity of Care <p>Counseling</p> <ul style="list-style-type: none"> • 3-Step Counseling 	March 26 Tuesday	<p>Normal Breastfeeding</p> <ul style="list-style-type: none"> • Baby Behavior • Position and Latch
March 14 Thursday	<p>Counseling</p> <ul style="list-style-type: none"> • Difficult Situations <p>Preparing for Breastfeeding</p> <ul style="list-style-type: none"> • Reasons to Breastfeed • Barriers 	March 28 Thursday	<p>Normal Breastfeeding</p> <ul style="list-style-type: none"> • Ongoing Breastfeeding • Milk Expression • Mother/Baby Separation
March 19 Tuesday	<p>Preparing for Breastfeeding</p> <ul style="list-style-type: none"> • Family Support • Pregnancy • How Milk Is Made 	April 2 Tuesday	<p>Problem Solving</p> <ul style="list-style-type: none"> • Common Maternal Issues • Common Infant Issues
		April 4 Thursday	<p>Problem Solving</p> <ul style="list-style-type: none"> • Low Milk Production • Supplementation • Preterm Infants • Management Tools <p>Wrap up & Questions</p>

