

NH WIC Program
USDA WIC Breastfeeding Support: Learn Together. Grow Together

Date Completed	Assigned Task	Supervisor initials
	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	

Signature of Nutritionist

Date

Signature of Supervisor

Date