

Staff Breastfeeding Resources

The Washington State WIC Program supports breastfeeding education by providing many options to help staff enhance their breastfeeding knowledge and skills.

Reading (or re-reading) the client education handouts and reference books in your clinic is a great way to learn the basics of breastfeeding and assure that all staff is giving consistent information. Below are three resources that are probably in your clinic now, or can be ordered from the Department of Printing General Store (Fulfillment Center). Other breastfeeding materials can be ordered from the Department of Printing General Store at www.prt.wa.gov

Breastfeeding: Keep It Simple – Amy Spangler (client handout and staff resource)

Breastfeeding Triage Tool- Seattle King County Public Health (staff resource)

The Breastfeeding Answer Book- La Leche League (staff resource)

Local agency breastfeeding funds can be used to purchase additional educational breastfeeding materials for use by staff and clients. These items could include: books, videos, DVDs, on-line learning opportunities, registration fees for conference attendance, etc.

There is a wealth of free breastfeeding information on the web. Dr. Jack Newman has numerous video clips on his websites that demonstrate breastfeeding. Many of these clips show how to latch babies onto the breast and how to evaluate latch and milk transfer. These can be viewed at <http://www.breastfeedingonline.com/newman.shtml> and <http://www.drjacknewman.com/about.asp>

The WIC on line learning center has great information available at http://www.nal.usda.gov/wicworks/WIC_Learning_Online/index.html

The Breastfeeding Coalition of Washington (BCW) has breastfeeding information available at: <http://www.breastfeedingwa.org/>

For links to other websites that offer breastfeeding information for staff and clients go to: <http://www.breastfeedingwa.org/organizations>.

For free downloadable information on working and breastfeeding go to: <http://www.breastfeedingwa.org/working>

Please talk to your coordinator before ordering any materials or registering for trainings and on-line education.

For persons with disabilities this publication is available on request in other formats. To submit a request, please call 1-800-841-1410.

