

WIC Nutritionist Training Agenda

Category DAY 1: Tuesday, December 8, 2009

- 8:30-9:00 **Welcome/Introductions/Travel**
- 9:00-10:30 I **Welcome to WIC**
- WIC's vision, mission, and philosophy
 - Overview of key WIC policies
 - Your unique responsibilities
 - Utilizing nutrition standards in WIC
 - VENA picture
- Margaret Dosland, RD, CD*
Training Lead
- 10:30-10:45 **Break**
- 10:45-11:30 I **Breastfeeding Promotion and Support in the WIC Program**
- Your role in breastfeeding promotion
 - How WA WIC measures up? (breastfeeding data)
 - What works in WIC clinics
- Jean O'Leary, MPH, RD*
- 11:30-12:45 **Lunch**
- 12:45-1:45 II **Guiding Nutrition Education Year-round**
- Learn about state & local objectives
 - Making your NEP work for you
 - Practical evaluation that works
- Jean O'Leary, MPH, RD*
- 1:45-2:45 I **Formulas and Medical Foods**
- Process for Obtaining Formula for WIC Clients
 - Forms and Certification Applications
- Dick Court, MS, RD, CD*
- 2:45-3:00 **Break**
- 3:00-4:30 I **High Risk Nutrition Services**
- Orientation to High Risk criteria
 - Review high risk care plan policies
 - Effective use of RD wizard and reports
- Margaret Dosland, RD, CD*

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Category DAY 2: Wednesday, December 9, 2009

- 8:15-8:30 **Network**
- 8:30-10:00 II **Prenatal Nutrition**
- Assessing weight gain
 - Key prenatal conditions to manage
- Leanne Burkhalter-Eko, RD, CD*
Training Consultant
- 10:00-10:15 **Break**
- 10:15-12:00 II **Infant Nutrition**
- A formula review
 - Breastfeeding basics
 - Understanding feeding cues and building a positive feeding relationship
- Leanne Burkhalter-Eko, RD, CD*
- 12:00-1:15 **Lunch/Walk**
- 1:15-3:00 II **Child Nutrition**
- Feeding is parenting
 - Addressing those challenging feeding issues
- Leanne Burkhalter-Eko, RD, CD*
- 3:00-3:15 **Break**
- 3:15-4:30 II **Continuation of Child Nutrition**

Thank you for completing your feedback forms



WIC Nutritionist Training Agenda

DAY 3: Thursday, December 10, 2009

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Client Centered Approaches

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| 8:30- 9:00 | | Network/Travel |
| 9:00-10:15 | II | Foundations of Behavior Change
<i>Marian Johnson, MS, RD</i>
<i>Training Consultant</i> |
| 10:15-10:30 | | Break |
| 10:30-11:30 | II | Foundations of Behavior Change cont. |
| 11:30-12:45 | | Lunch |
| 12:45-2:30 | II | Skill Practice
<i>Marian Johnson, MS, RD</i>
<i>Training Consultant</i> |
| 2:30-2:45 | | Break/Travel |
| 2:45-4:00 | II | Skill Practice cont. |
| 4:00-4:15 | I | Resources |
| 4:15-4:30 | | Close/Feedback/Travel |

Thank you for completing your feedback forms

