# 16. Postpartum Nutrition

<table>
<thead>
<tr>
<th>Competency</th>
<th>Certifier is able to:</th>
<th>Training Requirements</th>
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| Understand the nutrition requirements and recommendations for breastfeeding and non-breastfeeding postpartum women. | View the DOH STATE WIC Postpartum Nutrition course and complete the post-test with 80% or higher score. | Learning Management System  
- DOH STATE WIC Postpartum Nutrition  
Client nutrition education handouts  
- Healthy Tips for New Moms  
- Folic Acid: B Aware  
National Institute of Health  
- Postpartum Depression Facts |

## Additional Training Resources

Perinatal Support Washington
- [http://perinatalesupport.org/](http://perinatalesupport.org/)
- 1-888-404-7763 (Washington Postpartum Support Warm Line)

Note: Postpartum Online course warm line is for Arizona participants only.

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.
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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TYY 711). DOH-961-1118 January 2019