



Washington WIC – Certifier Competency Training Worksheet

12. Breastfeeding

Competency	Certifier is able to:	Training Requirements
<p>Promote and support breastfeeding as the normal way to feed a baby.</p> <p>Be familiar with agency breast pump policies.</p>	<ul style="list-style-type: none"> Assess real and perceived barriers to breastfeeding. Assist adult participant to overcome barriers Recognize health and lifestyle contraindications to breastfeeding. Apply knowledge of anatomy and physiology in the assessment of normal breastfeeding. Analyze breastfeeding problems using evidence-based information as the standard. Evaluate the impact of returning to work or school and the participant's breastfeeding goals. Complete a Breastfeeding Review. Answer common questions about breastfeeding. Identify participants who need a breast pump. Refer participants who need a breast pump to staff who issue breast pumps. Refers participant for complex breastfeeding situations beyond their scope of practice 	<p>Complete the following in the Learning Center (LC):</p> <ul style="list-style-type: none"> DOH State WIC Breastfeeding Curriculum Level 1 (3 hours, 30 mins) DOH State WIC Breastfeeding Curriculum Level 2 (14 hours) DOH State WIC Breastfeeding Aids Training (11 mins) DOH State WIC The Breastfeeding Review Part 1 (7 mins) DOH State WIC The Breastfeeding Review Part 2 (20 mins) <ul style="list-style-type: none"> These courses are also found in the Food Prescription and Benefit Issuance Competency. If you have already completed these courses, you don't need to take them again. <p>Review all information below:</p> <p>WIC Manual - Volume 1</p> <ul style="list-style-type: none"> Chapter 15-Breastfeeding - Section 1 <p>Staff Tools</p> <ul style="list-style-type: none"> Breastfeeding Infant and Participant Food Package in the 1st Month of Life <ul style="list-style-type: none"> This tool is also found in the Food Prescription and Benefit Issuance Competency. <p>Breastfeeding Resources</p> <ul style="list-style-type: none"> Breastfeed right from the start!



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		<p>Washington WIC Breastfeeding and Baby Behavior Materials</p> <ul style="list-style-type: none">• Healthy Sleep for you and baby• Understanding Baby's Cues• Why babies cry? <p>Participant Nutrition Education Handouts</p> <p>Talk with your coordinator to learn what materials are available in your clinic and in the Fulfillment Center.</p> <ul style="list-style-type: none">• 10 Tips for Dads to Help Support Breastfeeding Moms• How Does Formula Compare to Breastmilk?• Baby's First Month Nut Ed Card• Breastmilk Storage Guidelines• Breastmilk Storage Guidelines Magnets• Busy Moms• Colostrum• Confidence –Don't Shy Away• Crib Card
Additional Resources		
<p>Training in the Learning Center:</p> <ul style="list-style-type: none">• DOH State WIC Breastfeeding Curriculum Level 3 - CPA must complete within 12 months of hire. (7 hours)• DOH STATE WIC Baby Behaviors (1 ½ hour)• DOH STATE WIC Breastfeeding Course (AZ) (1 ½ hour) <p>For staff responsible for breast pumps and supplies:</p> <ul style="list-style-type: none">• DOH State WIC Issue Breast Pump and Supply Inventory Training (30 mins)• DOH State WIC Breast Pump and Supply Inventory Training (as duties require) (45 mins)• DOH State WIC Cascades Multi User Breast Pump Follow Up and Return Inventory Training (23 mins)• Chapter 15 – Breastfeeding Section 2 <p>References:</p>		



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- [Breastfeeding Resources Spreadsheet](#) (Excel)
- WA State WIC [Breastfeeding Support](#)
- WA State DOH - [Breastfeeding Promotion](#)
- WA State DOH – [Lactation, Breastfeeding & Chestfeeding](#)
- [Washington State Lactation Collaborative – Healthy Communities Breastfeed!](#)
- USDA – [WIC Breastfeeding Support](#)

Books

- Amy Spangler: “Breastfeeding: Keep It Simple”
- Breastfeeding Answers: A guide to helping families, Nancy Mohrbacher, 2020 (Available in the Fulfillment Center)

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.

To request this document in another format, call 1-800-841-1410.
Deaf or hard of hearing customers, please call 711 (Washington Relay)
or email wic@doh.wa.gov.
DOH-961-1118 February 2025

