



Washington WIC – Certifier Competency Training Worksheet

13. Child Nutrition

Competency	Certifier is able to:	Training Requirements
<p>Understand the nutrition requirements and feeding recommendations for children.</p> <p>Assess the feeding relationship between the child and parent or caretaker.</p>	<p>View the Child Nutrition course and complete the post-test with 80% or higher score.</p>	<p>The Learning Center (TLC)</p> <ul style="list-style-type: none"> DOH STATE WIC Child Nutrition Curriculum <p>Participant Nutrition Education Handouts</p> <ul style="list-style-type: none"> I'm 1 – Let's Have Fun! I'm 2 – Look What I Can Do! I'm 3 – Please Play With Me! I'm 4 – Let's Explore Tips for Feeding Picky Eaters <p>Web Resources</p> <ul style="list-style-type: none"> USDA - ChooseMyPlate for Children FoodHero.org WAWIC – TLC Nutrition Session Guides <p>Ellyn Satter Institute</p> <ul style="list-style-type: none"> Division of Responsibility – focus on reading child-related sections Ages and Stages – focus on reading toddler and preschooler sections

Additional Training Resources
<p>Books/DVDs</p> <ul style="list-style-type: none"> Food for Tots booklet (English) Item No. FFDOHW265 Ellyn Satter: Nutrition and Feeding for Infants and Children (notebook with DVDs) 960-283



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

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).
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