

Preface

As you will soon discover providing breastfeeding education and information can be one of the most rewarding parts of your job. Through providing education, encouragement, and support, WIC staff empower women to make an informed infant feeding choice that will last a lifetime!!

Participants do listen to what you are saying and value the information they receive from WIC. Therefore, it is important that all WIC staff take the time to build their skills in providing breastfeeding education and support.

This breastfeeding training module will help you gain the knowledge necessary to educate WIC participants, their families, and friends on the many benefits of breastfeeding, as well as provide information to ensure a successful breastfeeding experience.

This module, developed by a group of your fellow WIC staff, was designed to be interactive, fun, and educational! Learning activities include observation, video viewing, reading, completing a crossword puzzle, using the *Breastfeeding Education Guide*, and many other fun activities.



My Goal is to complete this module
by _____ (date)
(estimated total time 9-12.5 hrs)

Complete:

Introduction by _____
(estimated time 1-1.5 hrs.)

Section I by _____
(estimated time 1.5-2 hrs)

Section II by _____
(estimated time 1.5-2 hrs)

Section III by _____
(estimated time 1.5-2 hrs)

Section IV by _____
(estimated time 1.5-2 hrs)

Section V by _____
(estimated time 1-1.5 hrs)

Section VI by _____
(estimated time 1-1.5 hrs)

How to Use This Module

Pace yourself—take time to complete all of the activities and to enjoy your learning process. Make a schedule for yourself that is realistic. The module has six chapters with many activities. Depending on your schedule you might set a goal to complete one or two chapters a week.

The module is designed to complement the Colorado WIC Program's *Breastfeeding Education Guide* by providing more in-depth information on topics presented in the guide. Each chapter of the module corresponds to a section of the *Breastfeeding Education Guide* and bears the same title. As you proceed through the module you will be referred to corresponding pages or sections in the guide.

A number of resource materials which are referred to throughout the module as "tools" are also needed to complete this module. At the beginning of each chapter you will find a list of tools needed for that specific chapter.

To help you keep on track, each of the chapter's activities has a box for you to check when you have completed the activity. The number and types of activities vary from chapter to chapter.

At the end of each chapter, you will find a listing of key points, additional activities, a quiz to test your knowledge, and a list of optional readings.

Tools needed to complete this module:

- *The Breastfeeding Answer Book* by La Leche League International
- *The Breastfeeding Education Guide* by the Colorado WIC Program
- Videos:
 - *Breastfeeding Techniques that Work! First Attachment*, Volume 1 by Kittie Frantz
 - *Breastfeeding Techniques that Work! The First Week*, Volume 8 by Kittie Frantz