

WIC Breastfeeding Curriculum

Self-Study User Guide

For WIC Staff Completing Independent Learning

The screenshot displays the 'WIC Breastfeeding Curricula' self-study user guide interface. On the left, a circular image shows a woman smiling while breastfeeding a baby. The main content area is a dark purple navigation menu with the following sections and options:

- Program Basics**
 - WIC and Breastfeeding
 - Counseling
- Breastfeeding Essentials**
 - Preparing for Breastfeeding
 - Normal Breastfeeding
 - Breastfeeding Assessment
 - Problem Solving
 - Expand Topics (dropdown arrow)
- Staff Roles**
 - Peer Counselors
 - Peer Counselor Management
 - WIC Designated Breastfeeding Experts
- Resources**
 - Breastfeeding Class
 - Videos
 - Picture Stories
 - Documents
 - Websites
 - Local

At the bottom, there is a navigation bar with the following options: Overview, Research, Listening Sessions, and Next Steps. The footer includes the U.S. Department of Agriculture logo and the text: 'WIC BREASTFEEDING SUPPORT' and 'LEARN TOGETHER. GROW TOGETHER.'

Welcome

Welcome to your independent learning journey with the *WIC Breastfeeding Curriculum*. This curriculum is produced by the U.S. Department of Agriculture, Food and Nutrition Service through a cooperative agreement with Every Mother, Inc.

This *Self-Study Users Guide* is designed for WIC staff who will be completing some of their training independently. This guide gives step-by-step instructions to make your independent learning experience meaningful and rewarding.

About the WIC Breastfeeding Curriculum

The *WIC Breastfeeding Curriculum* focuses on your role in promoting and supporting breastfeeding. It covers a wide range of learning topics (referred to as platforms), including:

- **WIC and Breastfeeding** – WIC’s role in promoting and supporting breastfeeding participants and building partnerships within the community.
- **Counseling** – Using active listening skills to communicate effectively with WIC participants.
- **Preparing for Breastfeeding** – Supporting WIC mothers during their pregnancy.
- **Normal Breastfeeding** – Helping mothers get off to a good start with breastfeeding.
- **Breastfeeding Assessment** – Conducting appropriate breastfeeding assessments of mothers and babies.
- **Problem Solving** – Addressing common and complex challenges of breastfeeding.
- **Staff Roles: Peer Counselors** – Roles and responsibilities of WIC peer counselors.
- **Staff Roles: Designated Breastfeeding Experts** – Roles and responsibilities of WIC DBEs.

Tiered Levels of Learning

The curriculum is structured in four tiered levels of learning based on staff roles. Each level builds on one another to take staff to higher levels of learning based on their role in WIC.

The tiered levels include:

Level	WIC Staff	Breastfeeding Role
1	All WIC staff, including support staff	Basic breastfeeding promotion, basic communication approaches, and how to support WIC mothers with breastfeeding.
2	WIC Peer Counselors and other WIC staff who support new mothers with breastfeeding	Supporting normal breastfeeding, including early practices to get breastfeeding off to a good start, positioning and latch, and supporting mothers from pregnancy through weaning.
3	WIC Competent Professional Authorities (CPAs) and breastfeeding coordinators	Assisting mothers with breastfeeding concerns, clinic practices that support breastfeeding.
4	WIC Designated Breastfeeding Experts (DBEs)	Assisting WIC mothers experiencing complex breastfeeding challenges that are beyond the scope of Level 2 peer counselors and Level 3 WIC staff.

Content is organized by learning level.

Self-Study Videos

All content in the *WIC Breastfeeding Curriculum* was recorded into videos that can be used for independent study. These self-study videos include audio narration with slides, similar to a webinar. The slides have meaningful photos, graphics, and animations to help enhance your learning. Each video is short, ranging from around 5 to 15 minutes in length.

Level 1 should take approximately 4 hours to complete.

Level 2 should take approximately 12 hours to complete.

Your Self-Study Checklist

Before you begin viewing the videos, be sure to have the following items ready.

- Equipment – Computer with speakers and mouse.
- Handouts – You will pause the video to complete these.
- WIC Action Journal – You will use this to set goals after completing each video and to track your progress.
- Posttests – You will complete these after you finish each video.

Equipment

The videos are .WMV files that will run on any standard personal computer. They are not formatted for use on a mobile phone or tablet. A computer mouse will help you pause the video at certain points to work on handouts or activities. Computer speakers may be helpful to augment your computer audio, if needed.

Handouts

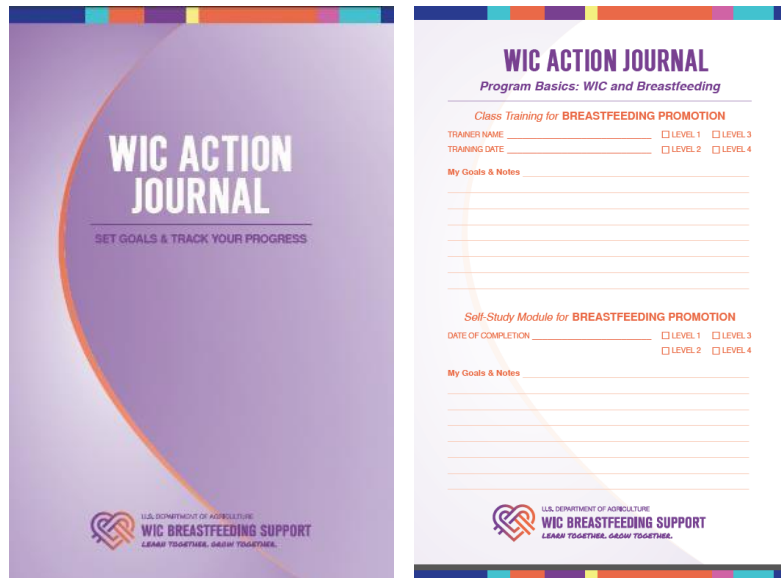
Some videos include handouts or worksheets for you to complete. Your trainer or supervisor will provide you with the handouts needed for the self-study videos you will be completing. These worksheets are an important part of your learning. They help you reflect on what you are learning and apply it in your specific WIC setting.



When appropriate, you will be instructed to pause the video to complete the handout or activity. The “Pause Video” slide will remain up for 5 seconds to give you time to hit the pause button. After you have completed the worksheet, you can resume the video and complete your learning for that topic.

WIC Action Journal

The *WIC Action Journal* is a tracking tool for your personal use. Use this to note topics you have completed in the *WIC Breastfeeding Curriculum* and whether you completed each one by self-study or through a direct training experience. You can also record notes about key content you do not want to forget and set goals for how you will use the information you learn. A separate page is provided for each of the curriculum topics.



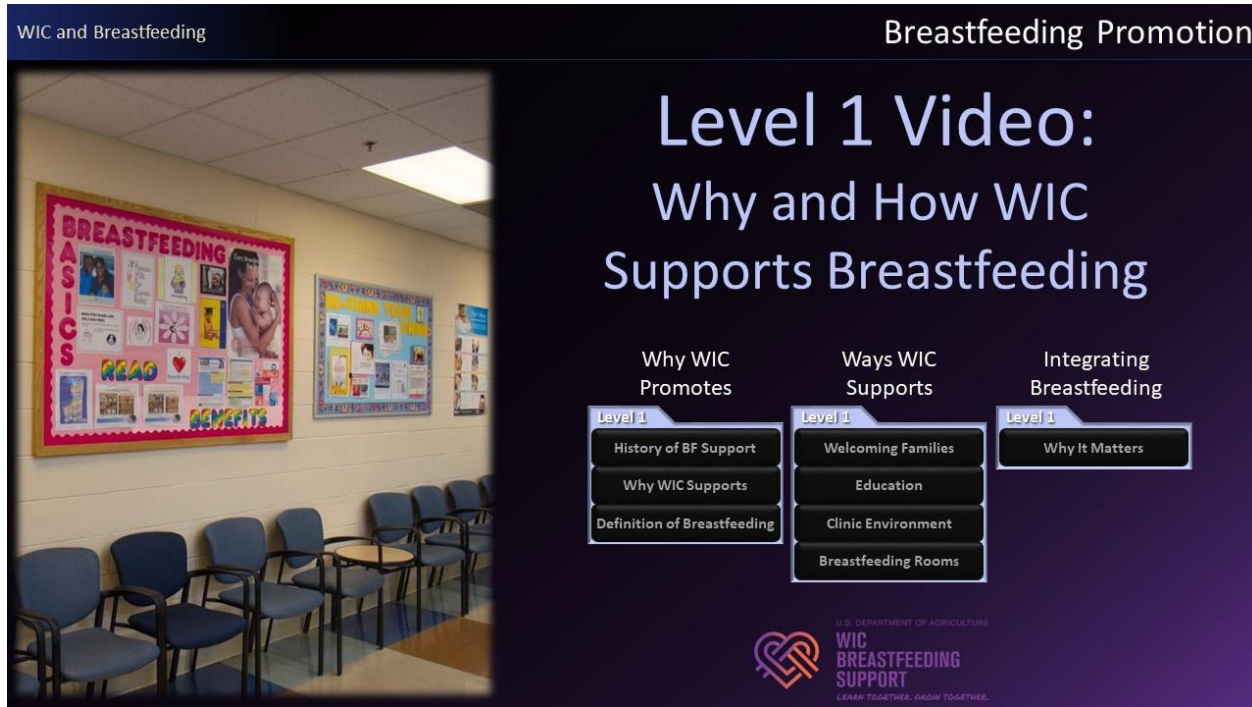
As you complete each video you will be directed to pause and record your notes and goals in your *WIC Action Journal* before moving on to the next video.

Posttests

The *WIC Breastfeeding Curriculum* include a pre and posttest to complete before and after you complete the self-study. The pre/post is a combination of multiple choice and true/false questions.

About Each Video

The self-study learning videos all begin with an overview of the content that will be covered in that video. For example, the first platform is *WIC and Breastfeeding*, and the first dashboard is “Breastfeeding Promotion.” The first video is a Level 1 video titled, “Why and How WIC Supports Breastfeeding.” The buttons on the slide identify the topics on that dashboard that are covered in the video.



Following the overview, the narrator will begin the content relevant to the video topic. At various points throughout the video, you may be asked to pause the video to complete a handout or an activity. Each video concludes with a reminder to record your notes and goals in your *WIC Action Journal* and a reminder to complete the posttest.

