

# North Carolina WIC Breastfeeding Peer Counselor Core Training Agenda

## Learning Objectives:

By the end of the session, participants will be able to:

- Know their two primary roles in the WIC program
- Identify three ways breastfeeding benefits infants, mothers and society
- Name two common breastfeeding myths
- List two exceptions to breastfeeding
- Identify two ways to communicate effectively with WIC mothers by telephone
- Demonstrate the ability to use open-ended questions and affirmation appropriately in counseling mothers about breastfeeding
- Identify three components necessary for a breastfeeding mother to make a healthy milk supply
- Demonstrate the proper technique for positioning the baby at the breast
- List three ways to know a baby is taking in a sufficient amount of breast milk
- Identify situations in which the peer counselor should refer
- List three causes of and three ways to manage sore nipples, breast refusal and slow weight gain in infants
- Name two common consequences of unresolved breastfeeding issues
- Formulate an open-ended question to ask a mother at each of the three trimesters of her pregnancy
- Name at least two breast changes that help prepare a mother for breastfeeding
- List four things new mothers commonly deal with when breastfeeding during the first two weeks that may lead to early weaning
- Describe typical growth for babies during the first six months
- List three causes of low milk supply and three management techniques to remedy this difficulty
- List two ways to know a baby is ready to begin solid foods
- List two ways to assist mothers through the weaning process
- Name two common issues that arise when nursing an older baby
- Name two ways to help a mother continue breastfeeding during separation from baby
- Name three ways to help a mother maintain milk supply when separated from her baby
- Identify how long breast milk can be stored
- Explain why it is important to keep a mother's information confidential
- List two strategies for dealing with misinformation given to WIC mothers
- Complete the peer counselor contact forms correctly

## Agenda:

<b>Day 1</b>	
1 hour	Registration
1 hour	Welcome, Introductions and Overview
2 hours	Module 1: Becoming a WIC Peer Counselor
1 hour	Lunch
3 hours	Module 2: Giving Babies the Best

<b>Day 2</b>	
3 hours	Module 3: <i>Loving Support</i> Makes Breastfeeding Work
1 hour	Lunch
3 hours	Module 4: Counseling and Communication Skills
<b>Day 3</b>	
3 hours	Module 5: Getting Started with Breastfeeding
1 hour	Lunch
3 hours	Module 6: Talking with Mothers about Breastfeeding...When Early Problems Occur
<b>Day 4</b>	
3 hours	Module 7: Talking with Mothers about Breastfeeding...During Pregnancy
1 hour	Lunch
3 hours	Module 8: Talking with Mothers About Breastfeeding...During the First Two Weeks
<b>Day 5</b>	
3 hours	Module 9: Talking with Mothers About Breastfeeding...During Months 1-6
1 hour	Lunch
3 hours	Module 10: Talking with Mothers About Breastfeeding...During Months 7-12
<b>Day 6</b>	
3 hours	Module 11: Talking with Mothers About Breastfeeding...When Mother and Baby are Separated
1 hour	Lunch
3 hours	Module 12: Being a Part of WIC's "Circle of Care" for Breastfeeding Mothers