

WIC ACTION JOURNAL

SET GOALS & TRACK YOUR PROGRESS



U.S. DEPARTMENT OF AGRICULTURE

WIC BREASTFEEDING SUPPORT

LEARN TOGETHER. GROW TOGETHER.

WIC ACTION JOURNAL

Program Basics: WIC and Breastfeeding

Class Training for **BREASTFEEDING PROMOTION**

TRAINER NAME _____ ☐ LEVEL 1 ☐ LEVEL 3

TRAINING DATE _____ ☐ LEVEL 2 ☐ LEVEL 4

My Goals & Notes _____

Self-Study Module for **BREASTFEEDING PROMOTION**

DATE OF COMPLETION _____ ☐ LEVEL 1 ☐ LEVEL 3

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My Goals & Notes _____



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WIC ACTION JOURNAL

Program Basics: WIC and Breastfeeding

Class Training for NATIONAL INITIATIVES

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Self-Study Module for NATIONAL INITIATIVES

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Program Basics: WIC and Breastfeeding

Class Training for WIC FOOD PACKAGES

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Self-Study Module for WIC FOOD PACKAGES

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Program Basics: WIC and Breastfeeding

Class Training for HEALTH COMMUNICATION

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Self-Study Module for HEALTH COMMUNICATION

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Program Basics: WIC and Breastfeeding

Class Training for **CONTINUITY OF CARE**

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Self-Study Module for **CONTINUITY OF CARE**

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Program Basics: Counseling

Class Training for BELIEFS AND BASICS

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Program Basics: Counseling

Class Training for 3-STEP COUNSELING

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Program Basics: Counseling

Class Training for **DIFFICULT COUNSELING SITUATIONS**

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Program Basics: Counseling

Class Training for **ADVANCED COUNSELING**

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Program Basics: Counseling

Class Training for **COUNSELING PRACTICES**

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Breastfeeding Essentials: Preparing for Breastfeeding

Class Training for **REASONS TO BREASTFEED**

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Breastfeeding Essentials: Preparing for Breastfeeding

Class Training for BARRIERS

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Self-Study Module for BARRIERS

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Breastfeeding Essentials: Preparing for Breastfeeding

Class Training for **FAMILY SUPPORT**

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Breastfeeding Essentials: Preparing for Breastfeeding

Class Training for PREGNANCY

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Self-Study Module for PREGNANCY

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Breastfeeding Essentials: Preparing for Breastfeeding

Class Training for HOW MILK IS MADE

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Self-Study Module for HOW MILK IS MADE

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Breastfeeding Essentials: Normal Breastfeeding

Class Training for HOSPITAL SUPPORT

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Breastfeeding Essentials: Normal Breastfeeding

Class Training for **EARLY DAYS**

TRAINER NAME _____ ☐ LEVEL 1 ☐ LEVEL 3

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Self-Study Module for **EARLY DAYS**

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Breastfeeding Essentials: Normal Breastfeeding

Class Training for **BABY BEHAVIOR**

TRAINER NAME _____ ☐ LEVEL 1 ☐ LEVEL 3

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My Goals & Notes _____

Self-Study Module for **BABY BEHAVIOR**

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Breastfeeding Essentials: Normal Breastfeeding

Class Training for **POSITION AND LATCH**

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Breastfeeding Essentials: Normal Breastfeeding

Class Training for **ONGOING BREASTFEEDING**

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Self-Study Module for **ONGOING BREASTFEEDING**

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Breastfeeding Essentials: Normal Breastfeeding

Class Training for MILK EXPRESSION

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Self-Study Module for MILK EXPRESSION

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Breastfeeding Essentials: Normal Breastfeeding

Class Training for **MOTHER/BABY SEPARATION**

TRAINER NAME _____

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Self-Study Module for **MOTHER/BABY SEPARATION**

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Breastfeeding Essentials: Breastfeeding Assessment

Class Training for **PRENATAL ASSESSMENT**

TRAINER NAME _____ ☐ LEVEL 1 ☐ LEVEL 3

TRAINING DATE _____ ☐ LEVEL 2 ☐ LEVEL 4

My Goals & Notes _____

Self-Study Module for **PRENATAL ASSESSMENT**

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Breastfeeding Essentials: Breastfeeding Assessment

Class Training for **BREASTFEEDING DYAD ASSESSMENT**

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Self-Study Module for **BREASTFEEDING DYAD ASSESSMENT**

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Breastfeeding Essentials: Breastfeeding Assessment

Class Training for CARE PLANS AND CASE STUDIES

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LEARN TOGETHER. GROW TOGETHER.

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Breastfeeding Essentials: Problem Solving

Class Training for **COMMON MATERNAL ISSUES**

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LEARN TOGETHER. GROW TOGETHER.

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Breastfeeding Essentials: Problem Solving

Class Training for **COMMON INFANT ISSUES**

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Breastfeeding Essentials: Problem Solving

Class Training for **LOW MILK PRODUCTION**

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Breastfeeding Essentials: Problem Solving

Class Training for SUPPLEMENTATION

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Breastfeeding Essentials: Problem Solving

Class Training for **COMPLEX MATERNAL PROBLEMS**

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Breastfeeding Essentials: Problem Solving

Class Training for **COMPLEX INFANT PROBLEMS**

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Breastfeeding Essentials: Problem Solving

Class Training for **PRETERM INFANTS**

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Breastfeeding Essentials: Problem Solving

Class Training for **MANAGEMENT TOOLS**

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Staff Roles: Peer Counselors

Class Training for **PEER COUNSELORS**

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Self-Study Module for **PEER COUNSELORS**

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Staff Roles: WIC Designated Breastfeeding Experts

Class Training for WIC DBEs

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Other Breastfeeding Curriculum Dashboard

Class Training for _____

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