



2020 Training Opportunities for WIC Staff

There may be changes due to COVID-19 pandemic. Please check websites for updates.

Dates	Title and Sponsor	Location	Description	Cost per person	Registration information
Washington State WIC Training					
May 12	WIC Breastfeeding Coordinators Meeting – <i>Cancelled</i>	DoubleTree Suites – Southcenter, Tukwila, WA	Breastfeeding Coordinators receive pertinent training and updates, and connect with WIC colleagues from across the state.	No charge	We'll send out more information in the near future.
May 12	Clinic Services Advisory Committee (CSAC) Meeting – <i>Cancelled</i>	DoubleTree Suites – Southcenter, Tukwila, WA	CSAC members review WIC policy and practices, and share input and recommendations with state staff.	No charge	We'll send out more information in the near future.
May 13	WIC Coordinators Meeting – <i>Cancelled</i>	DoubleTree Suites – Southcenter, Tukwila, WA	Coordinators receive pertinent training and updates, and connect with WIC colleagues from across the state.	No charge	We'll send out more information in the near future.

Legend:

B = Breastfeeding focus

N = Nutrition focus

E = Equity focus



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Trainings and Workshops					
May 19 9:00–10:00am	Stress and Mental Health among Pregnant and Parent Mothers during COVID-19 <i>In celebration of National Women’s Health Week</i>	Live webinar	By attending this webinar, participants will: <ol style="list-style-type: none"> 1) gain insights into the realities of pregnancy, childbirth, and postpartum parenting during the COVID-19 pandemic, 2) become familiar with basics of Psychological First Aid as a tool to care for patients, and 3) learn about NWHW and resources available through the Office on Women’s Health Speakers: Antoinette Byrd-Carr, MD , Chief Medical Officer, Obstetrics and Gynecology, Western Wayne Family Health Centers, Detroit, MI Melissa Brymer, PhD, PsyD , Director of Terrorism and Disaster Programs, UCLA/Duke University National Center for Child Traumatic Stress	No charge	Register here If you have any questions, please contact Michelle Hoersch at: Michelle.Hoersch@hs.gov
May 21 12:00-1:00pm	Supporting Health through Nourishing Foods	Live webinar	This webinar will focus on healthy eating as one of the steps women	No charge	Register here

NEW

NEW



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	<i>In celebration National Women's Health Week</i>		<p>and girls can take for better care of their body and mind.</p> <p>By attending this webinar, participants will:</p> <ol style="list-style-type: none"> 1) become familiar with USDA Food and Nutrition Service (FNS) programs and resources to help reduce food insecurities, promote healthy food habits, and 2) understand the importance of good nutrition to better manage health at different stages of life. <p>Speaker: Gina O'Brian, RDN, Regional Nutritionist US Department of Agriculture (USDA) Food and Nutrition Service</p>		<p>If you have any questions, please contact Susana Calderon (Susana.Calderon@hhs.gov) and Marline Vignier (Marline.Vignier@hhs.gov)</p>
<p>June 3 8:45am – 3:15pm</p>	<p><u>2020 Advances in Lactation Support Conference – A Trauma Informed Approach</u></p> <p><i>Nutrition First</i></p>	<p>Live webinar</p>	<ul style="list-style-type: none"> • This training is for staff who work with breastfeeding families and are ready to expand their skills and knowledge. • This conference is new and different every year – with keynote speakers and topics 	<p>\$145</p>	<p>Register at: www.nutritionfirstwa.org</p>

UPDATE

B



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			highlighting new research and emerging trends. <ul style="list-style-type: none"> Key Note Speaker: Kathleen Kendall-Tackett, PhD IBCLC, FPA 		
June 5	Welcoming & Supporting LGBTQ+ Families Through the Perinatal Period and Lactation <i>Simkin Center, Bastyr University</i>	Bastyr Center for Natural Health, Seattle EB	<ul style="list-style-type: none"> Instructor: Joy MacTavish, MA, IBCLC, RLC is an International Board Certified Lactation Consultant, Registered Lactation Consultant. This workshop will cover LGBTQ+ terminology including language and concepts related to gender identity, sexual orientation, and queer family building. Explore some of the conception, birth, and lactation related options that LGBTQ+ clients may consider. Share strategies for supporting the perinatal and lactation goals of LGBTQ+ families with cultural humility and referrals to other trusted resources as needed. 	\$159 Early Registration by May 5 \$179 Full Registration after May 5	Register at: https://bastyr.edu/civ/crm/event/info?id=3281&reset=1 Phone: 425-602-3361 Email: simkincenter@bastyr.edu
June 16-17	Promoting Maternal Mental Health During Pregnancy Workshop	University District, Seattle	<ul style="list-style-type: none"> Promoting Maternal Mental Health During Pregnancy training covers issues critical to the 	\$550 per person	Register at:



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	<p style="text-align: right;">EB</p> <p><i>Parent-Child Relationship Programs at the Barnard Center, University of Washington</i></p>		<p>development of the early mother-child relationship including:</p> <ul style="list-style-type: none"> ○ High-risk pregnancies ○ Unresolved grief or loss ○ Normal, typical course of pregnancy ○ Domestic violence ○ Women experiencing depression or other mental health disruptions <ul style="list-style-type: none"> ● In addition to the workshop, fee covers two Promoting Maternal Mental Health during Pregnancy books, one covering Theory and Practice and one on Interventions, an assessment guide, and a CD with 56 reproducible handouts/interventions. 		<p>https://www.pcrprograms.org/training/pm/mhdpworkshop2020/</p>
<p>June 23-25</p> <div style="background-color: yellow; border: 1px solid black; padding: 2px; display: inline-block; transform: rotate(-2deg);">NEW</div>	<p>National WIC Association’s Annual Conference goes Virtual!</p> <p>Adapting to Change: Supporting the WIC Community</p>	<p>Pre-recorded and live webinars</p>	<ul style="list-style-type: none"> ● Expand your professional skills, increase your knowledge and network with peers – all from the comfort of your clinic or home! ● Access various sessions – featured voices will include WIC agencies, WIC researchers, WIC community members and other partners with 	<p>NWA members: \$185 per person</p> <p>All WA WC staff are members!</p> <p>Reduced Group Rates based on group size:</p>	<p>Register at: https://www.nwica.org/events/info/2020-virtual-conference#tab_eid-94-fees-and-registrations</p> <p>For questions, please contact the NWA</p>



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			insights to share WIC-related products and services for participants. <ul style="list-style-type: none"> Conference will formally begin at 1:00 pm ET on Tuesday, June 23 with the Section meetings and will end at 5:00 pm ET on Thursday, June 25. 	10-20 members	\$165.00	National Office at 202-232-5492. In order to receive the Group Rate, contact registration@nwic.a.org with your group registration request.
				21-40 Members	\$155.00	
				41+ Members	\$145.00	
3 options: June 22-26 Sept. 14-18	Foundations for Best Practice in Lactation Care: 5 Day Course <i>Bastyr University</i>	TBD	<ul style="list-style-type: none"> This training is Monday – Friday 8am-5pm. A complete, in-person core program to begin practice in evidence based breastfeeding and lactation care. Meets the requirement for Breastfeeding Coordinator and Peer Counselor Lead training. 	\$959		Register at: https://bastyr.edu/simkin-center/lactation-educator-training Go to Upcoming Courses for training dates and locations.
July 14-15	Promoting First Relationships Learner Workshop	University District, Seattle	<ul style="list-style-type: none"> In this 2-day learner’s workshop, participants learn a unique consultation and intervention 	\$550 per person		Register at: https://www.pcrprograms.org/training/pro



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	<p style="text-align: right;">NB</p> <p><i>Parent-Child Relationship Programs at the Barnard Center, University of Washington</i></p>		<p>strategy that they can integrate into their work whether in high-risk, special needs, child-care, or other early childhood fields.</p> <ul style="list-style-type: none"> Trainers use various learning approaches including case studies, role-playing, and reflective dialogue. In addition to the workshop, fee covers the Promoting First Relationships manual, video and a packet of reproducible parent handouts. 		<p>moting-first-relationships-learners-workshop-july2020/</p> <p>This workshop is approved for 15 Professional CEU's and is eligible for STARS credits.</p>
<p>March-24 July 20 & 21 9:00am – 12:30pm</p>	<p>Foundations in Lactation Support</p> <p style="text-align: right;">B</p> <p><i>Nutrition First</i></p>	Live webinar	<ul style="list-style-type: none"> For all new staff and for staff who want a refresher on how to support breastfeeding families. Meets federal requirements for orienting new staff on how to provide breastfeeding support. Covers staff roles, how to use client centered communication skills when talking about breastfeeding and what factors can affect milk production and exclusive breastfeeding. Open to those other working in the community to support breastfeeding. 	\$145	<p>Register at: https://nutritionfirstwa.org/events/foundations-in-lactation-support/</p>

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			<ul style="list-style-type: none"> Share this training opportunity with your community partners. 		
March 26 July 22 & 23 9:00am – 12:30pm	Building on Foundations in Lactation Support Nutrition First Trainer: Michele Crockett IBCLC, PCPA, LLLL(retired)	Live webinar	<ul style="list-style-type: none"> This training moves past the Foundations training and addresses more breastfeeding challenges and resources. Great training for clinics whose staff have already attended Foundations (or similar) and are interested in enhancing their skills in lactation support clinic-wide. Also open to those other working in the community to support breastfeeding, and can be a great way for WIC to work with community partners. 	\$145	Register at: https://nutritionfirstwa.org/events/building-on-foundations-in-lactation-support/ If you are interested in adding a “Building on Foundations in Lactation” training in your area, please contact info@nutritionfirstwa.org .
October 23	When Survivors Give Birth – An Introduction Simkin Center, Bastyr University	TBD	<ul style="list-style-type: none"> An introduction for anyone who works with childbearing people and wants to learn about the impact of abuse on the birth experience. Includes: <ul style="list-style-type: none"> Definition of childhood sexual abuse (CSA) and other child abuse 	Before Sept. 23 - \$159 After Sept. 23 - \$199	Register at: https://bastyr.edu/civ/crm/event/info?reset=1&id=3205

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			<ul style="list-style-type: none">○ Unique manifestations of sexual abuse specifically on the childbearing woman○ Impact of CSA on pregnancy, postpartum recovery, breastfeeding, and postpartum mood disorders○ ...and many more topics.		
TBD	American Indian Health Commission EN	TBD	We'll send information about the planned Maternal, Infant, Early Childhood Health and Home Visiting Summit in early 2020.		Contact: Sheryl.Pickering@doh.wa.gov



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Dates	Title and Sponsor	Location	Description	Cost per person	Registration information
Webinars and Online Trainings					
Ongoing	California Breastfeeding Coalition B	Recorded and live webinars	View the Making the Shift from In-person to Virtual Care and Support webinar (shared on 5/7 webinar) and many other webinars on pertinent breastfeeding topics.	Free	View webinars at: http://californiabreastfeeding.org/focus-areas/covid-19-coronavirus/making-the-shift-from-in-person-to-virtual-care-and-support/
March 30 – June 1	GOLD Lactation Online Conference GOLD Lactation B	Webinar	<ul style="list-style-type: none"> Sessions cover latest research, trends, new ideas, and hot topics in the world of human lactation. Live presentations over the course of 8 days, spread over the month of April. Recorded sessions available through June. 	\$205 - \$265	Register at: https://www.goldlactation.com/conference/registration
TBD	FALL 2020 Promoting Healthy Weight 3.0: A Socio-Ecological Perspective— Infant Feeding NB <i>Promoting Healthy Weight (PHW) Colloquium</i>	Webinar series	<ul style="list-style-type: none"> The Promoting Healthy Weight (PHW) 3.0 series focuses on promoting a healthy weight for the maternal and child health population. <i>A Socio-Ecological Perspective— Infant Feeding</i>, focuses on infant feeding and how different socio-ecological model are influenced in the context of nutrition and promoting healthy weight. 	No charge	Register at: https://nutrition.utk.edu/promoting-healthy-weight-colloquium-series-3-0-overview/ You can view archived sessions and get CE credits for past year's sessions.



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Fall 2020	National Maternal and Infant Nutrition Course NB <i>University of Minnesota School of Public Health</i> <i>University of Minnesota College of Continuing & Professional Studies</i>	Online	<ul style="list-style-type: none"> For dietitians, nutritionists, certified nurse midwives, registered nurses and nurse practitioners, physicians, and public health professionals who serve pre-conceptual, pregnant, postpartum, and breastfeeding women. Up to 11 Continuing Education Credits (CEU) for Registered Dietitians, Registered Nurses, Certified Nurse Midwives, etc. 	\$35 per person	More information coming soon. Contact: ccapssph@umn.edu
Most Thursdays at 12pm PST (3pm EST)	Webinar Series NB <i>National WIC Association</i>	Webinar	<ul style="list-style-type: none"> 1-hour long webinars Note: Staff who are not members have to register for each webinar they plan to attend <u>ahead</u> of time. That is the only way staff can access the webinar, if staff misses the webinar time slot. 	No charge	Register at: https://www.nwica.org/s/nippet-webinars-intro
Every third Tuesday of the month	Health and Equity Webinar Series EB <i>Michigan Breastfeeding Network (MIBFN)</i>	Webinar	<ul style="list-style-type: none"> MIBFN is committed to 4 core values: Access, evidence, equity, and relevance. These webinars are designed to support practice change among peer counselors, maternity care nurses, and home visitors. Past topics include: <ul style="list-style-type: none"> Lactation after loss 	No charge	Register at: https://www.mibreastfeeding.org/webinars/ Note: Actual launching time is 5am PST (8am EST). To easily watch new webinars “on demand,” please make sure to



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			<ul style="list-style-type: none"> ○ Ethics, Online Messaging, and Pressure to Breastfeed ○ Indigenous Breastfeeding: Trauma and Resilience ○ ...and other important topics. ● Various CEU credits available for up to 1 year after the initial air date. 		<p>register ahead of time for the upcoming webinar.</p> <p>Contact: info@mibreastfeeding.org</p>
Bi-monthly (in even numbered months) on the 2 nd Tuesday of the month from 11am-noon PST (2-3 pm EST)	CDC-USBC Bi-Monthly Coalitions Webinars B <i>United States Breastfeeding Committee (USBC)</i>	Webinar	<ul style="list-style-type: none"> ● Co-hosted by the CDC Division of Nutrition and Physical Activity and the United States Breastfeeding Committee. ● Brings together state, territorial, and tribal breastfeeding coalitions to share best practices and news. ● Opportunity to network and collaborate on issues of national significance. 	No Charge	<p>Register at: http://www.usbreastfeeding.org/p/cm/ld/fid=46</p>
Bi-monthly (in odd numbered months) on the 4 th Tuesday of the month from 11am-12.30pm PST (2-3.30 pm EST)	USBC Racial Equity Webinars EB <i>United States Breastfeeding Committee (USBC)</i>	Webinar	<ul style="list-style-type: none"> ● Webinars are part of its efforts to "create and model a culture of inclusion, diversity & equity" (USBC Strategic Framework Goal 4). ● This Webinar series focuses on building the capacity of the breastfeeding field to apply both an "equity lens" to inform and guide our strategies and activities, but also an "equity mirror" to examine our 	No charge	<p>Register at: https://register.gotowebinar.com/register/8175514735082416130</p>



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			internal structures, culture, and policies.		
Ongoing	SPRING 2019 Promoting Healthy Weight 3.0: A Socio-Ecological Perspective—Policy at All Levels NB <i>Promoting Healthy Weight (PHW) Colloquium</i>	Archived webinar series	<ul style="list-style-type: none"> Focuses on promoting a healthy weight for the maternal and child health population using a socio-ecological lens. The first colloquium of the 3.0 series, <i>A Socio-Ecological Perspective—Policy at All Levels</i>, will focus on how policy affects other levels of the socio-ecological model in terms of nutrition. 	No charge	Archived sessions available on web at: http://mediasite.utk.edu/UTK/Catalog/catalogs/utk-nutrition-promoting-healthy-weight-3-0 View archived sessions and get CE credits for past year’s sessions.
Ongoing	FALL 2019 Promoting Healthy Weight 3.0: A Socio-Ecological Perspective—Healthy Food Access NB <i>Promoting Healthy Weight (PHW) Colloquium</i>	Archived webinar series	<ul style="list-style-type: none"> The second colloquium of the 3.0 series, <i>A Socio-Ecological Perspective—Healthy Food Access</i>, focuses specifically on healthful food access and how this affects the other levels of the socio-ecological model in the context of nutrition and promoting healthy weight. 	No charge	Archived sessions available on web at: http://mediasite.utk.edu/UTK/Catalog/catalogs/promoting-healthy-weight-3-0-fall-2019 View archived sessions and get CE credits for past year’s sessions.
Ongoing	Webinars for Professionals N <i>Ellyn Satter Institute</i>	Webinar (recorded)	Choose from these topics: <ul style="list-style-type: none"> Webinar by Ellyn Satter: Children and food regulation – The research (\$35) Webinar by Ellyn Satter: Children and food acceptance – The research (\$35) 	\$25 - \$35	Register at: https://www.ellynsatterinstitute.org/shop/shop/webinars-1.html



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			<ul style="list-style-type: none"> • Webinar by Ellyn Satter: The Satter Eating Competence Model in context (\$35) • Webinar by Ellyn Satter: Resolving the adult weight dilemma (\$35) • Trusting the Trust Model: Foundations for Feeding Well (\$18) • Making Meals Happen: A Core Tool for Success with the Satter Models (\$25) • The Feeding Relationship Gone Awry! And Now What?! (\$35) • Feeding Children with Autism Using the Satter Model (\$25) 		
Ongoing	<p>Nutrition for Children with Special Health Care Needs.</p> <p style="text-align: right;">N</p> <p><i>Assuring Pediatric Nutrition in the Hospital & Community Workgroup,</i> University of Washington</p>	Self-Study	<p>These continuing education modules are designed for RDs and other health care professionals who see children with special health care needs as part of their clinical practices.</p> <p>Modules:</p> <ul style="list-style-type: none"> • Module 1: Growth Assessment • Module 2: Dietary Intake and Determining Individual Needs • Module 3: Feeding Skills • Module 4: Fluid and Bowel Problems 	\$10 per CEU unit	<p>Register at: http://depts.washington.edu/pwdlearn/web/</p> <p>The curriculum consists of six modules; each module is approved for 1 CEU from the ADA/CDR. It can be accessed free-of-charge; continuing education credits \$10 per CEU.</p>



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			<ul style="list-style-type: none"> Module 5: Integrating Community Services and Programs Module 6: Putting It All Together & Developing a Family-Centered Plan 		
Ongoing	Online Lactation Education <i>Evergreen Perinatal Education</i>	Online	Foundations for Best Practice in Lactation Care - FULL PROGRAM includes 48 hours & designation as a Certified Lactation Educator. Other Trainings: <ul style="list-style-type: none"> Excellence in Care with The Ten Steps includes – 15 hours Provider Ten Step Education – 4 hours Additional Modules – 3 hours each Individual "Foundations for Best Practice" Modules – 2 hours each 	Varies	Register at: http://www.evergreenperinataleducation.com/online-education/
Ongoing	National Nutrition Certification Program for Food \$ense <i>Extension, Utah State University</i>	Online	<ul style="list-style-type: none"> This online training course is designed to prepare those who teach nutrition to the public. This course is similar to a Nutrition 101 college class and includes 15 modules with pre- and post-assessments. Originally designed for Utah's SNAP-Ed program, it has been made available for CPAs. 	No charge (90 day time limit)	Register at: https://extension.learn.u.edu/browse/food-sense/



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Ongoing	Lactation Management Training: From Novice to Expert B	Online	<ul style="list-style-type: none"> Lactation Management Training focuses on providing exclusively online lactation consultant training and continuing education for practicing lactation consultants. 	Varies	Register at: https://www.lactationtraining.com/courses-required-to-apply-for-ibclce-exam
Ongoing	Webinar Series <i>UC Davis Human Lactation Center</i> B	Webinar	<ul style="list-style-type: none"> Pre-recorded webinars hosted by Dr. Jane Heinig. Designed for Physicians, Nurses, Dietitians, Lactation Consultants, and other health professionals working with families of young infants. <p>Current webinars:</p> <ul style="list-style-type: none"> Supporting Breastfeeding Mothers under Acute Stress (\$30) Lactation Support in the Shadow of Maternal Trauma – 3 part series (\$90) Who’s in Charge? The Ethics of Control in Decision-making Related to Infant Feeding (\$30) Building Professional Relationships: Understanding and Addressing Rudeness in the Workplace (\$30) Baby Behavior for Lactation Professionals – 4 part series (\$120) 	\$30-\$120	Register at: https://lactation.ucdavis.edu/upcoming-webinars/ Continuing education units are provided for IBCLCS (through IBLCE), RNs (through CA BRN), and for RDs (through CDR as part of a Professional Development Portfolio).
Ongoing	Lactation & Perinatal Education	Online Modules	<ul style="list-style-type: none"> Educate, protect, and support mother/infant lactation care. 	Varies	Register at: http://breastfeeding-education.com/



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	B UC San Diego Extension		<ul style="list-style-type: none"> The university-based program and courses provide clinical training for those interested in working with the mother-baby breastfeeding dyad. Offers all levels of clinical lactation education, whether you are new to the field, working towards your IBCLC credential, or are already a working IBCLC and need continuing education credits. 		
Ongoing	WIC Learning Online Modules NB WIC Works	Online Modules	<ul style="list-style-type: none"> Online courses for all levels of staff. Topics include Communicating with Participants, VENA, Breastfeeding Basics, and more. 	No charge	Register at: https://wicworks.fns.usda.gov/resources/wic-learning-online



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This institution is an equal opportunity provider.

Washington State WIC Nutrition Program does not discriminate.

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civil.rights@doh.wa.gov.

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