Local Agency Breastfeeding Training Ideas

As a Breastfeeding Coordinator, you may be seeking ideas for meeting quarterly breastfeeding training opportunities for ALL your staff. Don't get overwhelmed by the need: you can grab a pump and review how it is assembled and cleaned during a regular staff meeting, or you can discuss ideas for decorating the lab to promote breastfeeding and discuss why there is a need to encourage breastfeeding families and not, inadvertently, discourage them. The possibilities are endless, and they don't have to require a lot of advanced preparation. A favorite idea is to have "Breastfeeding Briefings" where 1-2 case studies from the past week's clients are discussed. Include clerk and tech involvement and any assessments and interventions that were implemented. Lastly, be sure to document who was present for the education. See the list below for more training ideas.

MDHHS WIC Website:

1. Policy Review/Discussion
    a. MI-WIC Policy 1.07 Local Agency Staffing and Training: (WIC Providers → MI-WIC Policy Manual and other Manuals → MI-WIC Policy Manual → Breastfeeding → Local Agency Staffing and Training → Page 5 of 10)
        i. The Breastfeeding Coordinator is Responsible for planning and coordinating breastfeeding training/in-services for all local agency staff at least four times a year.
    b. Policy 4.01, Local Agency Breastfeeding Responsibilities and Staff Roles
        i. Discuss staff roles and responsibilities with respect to breastfeeding and clinic environment
2. Collaboration Folder: (WIC Providers → Breastfeeding for WIC Staff → Breastfeeding Coordinator Resources → Collaboration and Outreach→ Local Agency Breastfeeding Collaboration)
    a. Visit Google Drive Collaboration folder to find sample documents on breast pumps, infant feeding classes, infants at work programs & policies, and staff training.
    b. Link also available on MPHI-Events website.
    c. Additional WIC Staff Breastfeeding Education training ideas. (WIC Providers → Breastfeeding for WIC Staff → WIC Breastfeeding Staff Education)
3. MI-WIC Documentation
    a. Breastfeeding MI-WIC 8.3 Improvements webcast from January 8, 2020.
4. Client Centered Services
    a. Webcasts and training materials for all WIC staff.

Demonstrate/Role play how staff could use the following trainings with clients.

Coffective:

1. We're Prepared Checklist Handout
    a. Use to facilitate a group or 1:1 infant feeding class, provide a sense of direction as to what to discuss with the clients prenatally, or provide clients with the checklist and ask them what they would like to learn about.
2. Get Ready to Fall in Love Handout
    a. Use to facilitate a group or 1:1 infant feeding class, provide a sense of direction as to what to discuss with the clients prenatally, or provide clients with the checklist and ask them what they would like to learn about.
3. Coffective Prenatal Education Platform: (WIC Provider → Breastfeeding for WIC Staff → Breastfeeding Coordinator Resources → Collaboration and Outreach→ Local Agency Breastfeeding Collaboration)
    a. This platform is designed to provide prenatal education for new families. It includes PowerPoint presentations, Speaker Notes, Train the Trainer video.
    b. The teaching materials can be used as part of a WIC prenatal nutrition and breastfeeding class.
    c. Visit Google Drive Collaboration folder to find sample documents

First Droplets:

1. The mission of First Droplets by Dr. Jane Morton is to encourage parents to take advantage of the first few days after birth, critical window period, to use the most effective breastfeeding techniques to prevent common challenges. It is a great website to refer clients to for additional learning.
    a. There are 6 different videos which could be used for client educational purposes.
    b. The video called "A Mother's Touch, Breastfeeding in the First Hour" (11:50) could be used prenatally. It covers the importance of the first hour after birth, skin to skin, latch, positioning, hand expression, feeding expressed colostrum with a spoon, sleepy babies, separation of mom and baby, boosting milk production and providing breast milk to baby.

Ready, Set, BABY:

1. Ready, Set, BABY information is provided by UNC Carolina Global Breastfeeding Institute (CGBI). This is an education program designed to counsel prenatal families about maternity care best practices and the benefits and management of breastfeeding.
    a. Download a variety of educational resources.
    b. Website for families.
    c. Live, free on-line prenatal breastfeeding classes information.

Michigan Breastfeeding Network:

1. Advocacy tools for free download

a. Topics: Anytime, Anywhere; Birth Justice; Childcare; Child Custody; Courts; Emergencies; Incarceration; Mental Health; & Workplace.

2. FREE Great Lakes Breastfeeding Webinars
    a. Webinars launch on the third Tuesday of the month at 8am EST. Watch/share one with staff
    b. Webinars are available to watch whenever and wherever for up to 1 year after the initial air date. To qualify for continuing education, you need to register through GoToWebinar, watch the webinar in its entirety, and complete the post-webinar survey in its entirety. Within 24-48 hours after watching the webinar, you will get a link to the post-webinar survey. Certificates for those who watch a webinar and complete the post-webinar survey in its entirety will be distributed within 45 days.
3. Learning resources that address bias, privilege, awareness of root causes of inequity in breastfeeding, and ability to practice cultural humility.

Baby Wearing:

1. Written resource from Breastfeeding Basics: The TICKS Rule for Safe Baby Wearing
2. Research local resources for baby wearing.
3. Demonstrate baby wearing with staff and dolls.

Breast Pump Education:

1. Use a variety of breast pumps at your LA and teach/discuss:
    a. How to put a pump together
    b. How to clean a pump
    c. Trouble shooting common problems with pumps
2. MDHHS – WIC website has lots of resources related to breast pumps

Nipple Shield Education:

1. Use the nipple shields at your LA:
    a. Discuss/Review information from the book Breastfeeding Answers: A Guide for Helping Families, 2nd Edition, by Mohrbacher on pages 912-917.
        i. Indications for use, research on nipple shields, nipple shield styles, shapes, and sizes, nipple shield application, latch dynamics, and weaning from a shield**.**

Talk With Me Baby:

1. The Talk With Me Baby (TWMB) is an educational program to provide vital information on the science behind language nutrition, cultivate the skills needed to model and effectively communicate language nutrition messages and practices to families, and support parents at their child's first and best teacher.
2. Specific training resources for nurses/WIC nutritionist.

Introduction of Complimentary Foods:

1. Utah State University Nutrition Extension educational materials

Baby Led Weaning

a. Baby Led Weaning: The Fuss Free Way to Introduce Solid Foods.
b. Books by Gayle Rapley.
c. Baby Led Breastfeeding and Weaning handouts.
d. Diana Rice, RD, speaker at Michigan WIC Conference 2021. Interview with Dianna re: Baby led weaning by Sharon Palmer, RD.
e. Book and Website: Born to Eat by Shilling & Peterson.
f. Baby Led Weaning: What Health Professionals Need to Know by Jessica Coll, RD. Free webinar.
g. International Baby Led Weaning (BLW) Network for Health Professional.
h. USDA Dietary Guidelines for Americans, 2020-2025: Make Every Bite Count. Chapter 2: Infants and Toddlers.

Baby Behavior:

1. UC Davis Human Lactation Center's Baby Behavior Tools for Medical Professionals
    a. The education is divided into 4 parts, presented in 2 videos, each lasting about 25 minutes.
    b. There are also a variety of handouts at this website that you can share and discuss with staff.

Book Reviews

1. Breastfeeding and Mother's Milk by Thomas Hale
    a. Infant Risk Center at Texas Tech University Health Sciences Center.
    b. Demonstrate use of this resource when working with clients.
    c. Provide general education about the rating of drugs, L-1 to L-5 system and information about the Infant Risk Center and how to contact them.
2. Breastfeeding Answer, A Guide for Helping Families, 2nd Edition, by Nancy Mohrbacher
    a. Demonstrate use of this resource when working with clients.
    b. Take one topic, for example, engorgement, and cover it in more detail based on what is in the book.

Breastfeeding Briefings

1. Review 1-2 recent WIC breastfeeding client's cases
    a. Discuss the details of the case including subjective & objective information, assessment of the problem, interventions to address the issue(s) and follow-up plans.
    b. Include clerk, tech, breastfeeding peer counselor, CPA, and RD/Nutritionist role with the case.