2019 Training Opportunities for WIC Staff

Dates	Title and Sponsor	Location	Description	Cost per person	Registration information
Washington State WIC Training					
May 22, 2019	**WIC Coordinators Meeting**	DoubleTree Suites by Hilton in Southcenter, Seattle	• This year coordinators will receive Cascades-specific training and updates. • Opportunity to connect with WIC colleagues from across the state.	No charge	Watch for a memo with more information and a registration link.
CANCELLED for 2019	**Clinic Services Advisory Committee (CSAC) Meeting**				
CANCELLED for 2019	**WIC Breastfeeding Coordinators Meeting**				

Legend:
B = Breastfeeding Training
N = Nutrition Training

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Trainings and Workshops					
2 options: March 14 **Renton** March 15 **Tacoma** NEW	**The Unique Family Seminar Helping Healthcare Professional Care for the Non-Traditional Family Unit and Patients with Unique Needs** NB *Family to Family Support Network*	March 14 **Valley Medical, Renton** 1-5pm March 15 **St. Joseph Medical Center, Tacoma** 8AM-12PM	Neutral compassionate care approach for all patients: • Substance Use Disorders • DV/Intimate Partner Violence Incarcerated • Surrogacy/Adoption • Non-traditional family units 4 hour Interactive Training CEUs provided **Note:** When registering, please include name, phone #, RN License for CEUs, preferred email and place of employment. You will receive confirmation and further details via email.	No charge	**March 14, Renton:** To register, email Debra Sperling @ debrasp@uw.edu **March 15, Tacoma:** To register, email Samantha Roe @ sjroe@multicare.org
3 options: March 18-22 June 24-28 Sept. 16-20	**Foundations for Best Practice in Lactation Care: 5 Day Course** B *Bastyr University*	TBD	• 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.
March 26, 2019	**Foundations in Lactation Support**	Tukwila	• For all new staff and for staff who want a refresher on how to support	$145	www.nutritionfirstwa.org

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	B *Nutrition First*		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. • Share this training opportunity with your community partners.		If you are interested in adding a "Foundations in Lactation" training in your area, please contact info@nutritionfirstwa.org.
March 27, 2019	**Building on Foundations in Lactation Support** B *Nutrition First* Trainer: Michele Crockett IBCLC, PCPA, LLLL(retired).	Tukwila	• 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	www.nutritionfirstwa.org If you are interested in adding a "Building on Foundations in Lactation" training in your area, please contact info@nutritionfirstwa.org.

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April 15-16, 2019	**Two Days with Dr. Jack Newman** **B** *South Sound Breastfeeding Network*	Norman Worthington Conference Center, Saint Martin's University, Lacey, WA	Topics Include: • What They Didn't Teach You • Sore Nipples & Breasts • Milk Supply • Hypoglycemia & Jaundice • Poor Weight Gain • When Babies Refuse to Latch • Formula • Drugs & Breastfeeding	$249 Early Bird Rate $199 - Ends February 15, 2019	Online Registration www.brownpapertickets.com/event/3808222 Event # 3808222 Questions? Please email ssbnwashington@gmail.com
3 options: April 22, 2019 Spokane April 24, 2019 Edmonds April 25, 2019 Fife	**Helping Parents Understanding Their Toddlers with Jane Heinig** **N** *Nutrition First*	**3 locations:** April 22, 2019 **Spokane** April 24, 2019 **Edmonds** April 25, 2019 **Fife**	Highly recommended for all staff working with clients; especially for staff who haven't attended a training for Jane Heinig. Jane is an engaging speaker and will cover how to address common concerns voiced by parents: • "He's very picky." • "Snacks in the car are the only way to keep her quiet." • "He has to have a bottle of milk at bedtime or he won't sleep." • "She throws a tantrum if I don't give her juice." • "I just want him to eat."	$145	www.nutritionfirstwa.org
2 options:	**Foundations for Best**	Apr 29-May	• 5-day course (8-5pm each day)	$50	Contact:

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Apr 29-May 3 in Toppenish June 10-14 in Yakima NEW	**Practice in Lactation Care** **B** *Yakima Valley Farm Workers Clinic – Presented by Evergreen Perinatal Education*	3 in **Toppenish** June 10-14 in **Yakima**	• Complete, in-person core program to begin practice in evidence-based breastfeeding and lactation care. • Includes written project, study guide on anatomy and physiology, case studies, preparation for the IBCLC exam, and more. • Education Credits: ○ 45 theoretical hours for IBCLC, RD, RN, or for IBLCE exam eligibility requirements	Registration (Waived for WIC employees) Lunch and Snack provided daily	HeatherW@yvfwc.org
May 7-10, 2019 Updated	**Assuring Pediatric Nutrition Training in the Hospital & Community Conference** **N** *Assuring Pediatric Nutrition in the Hospital & Community Workgroup, University of Washington*	Talaris Conference Center, Seattle, WA	• Provides up-to-date, evidence-based pediatric nutrition information for RDs. • Helps document the dietitian's competencies with children of different ages as required by JCAHO. • Attendees can attend Tue-Thu, Thu-Fri, or all 4 days (Tue-Fri). • Participants will become members of an on-going Pediatric Nutrition Consultation On-Line listserv.	Prices vary	Online Registration: http://depts.washington.edu/nutrpeds/ce/3day.html#registration
May 8, 2019	**New Horizons in Lactation 2019**	Okanogan Behavioral	Speaker: Kathleen Kendall-Tackett Ph.D., IBCLC. Topics include:	No charge	Contact: Michele Crockett, IBCLC:

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NEW	B *Okanogan County Breastfeeding Coalition, Family Health Centers WIC* **Note:** For full description of each session, bibliography, and handouts (no handouts will be provided onsite, please print your handouts if desired prior to attending the seminar) go to: http://www.kathleenkendall-tackett.com/Conference-Presentations.html	Healthcare, 1007 Koala DR, Omak WA 98841	• A New Paradigm for Depression in New Mothers • Trauma and Frontiers of Mind-Body Medicine: Psychoneuroimmunology Health • Breastfeeding Makes All the Difference: Breastfeeding's Role in Overcoming Adversity • Weighing in on Obesity and Breastfeeding • Burnout, Compassion Fatigue, and Self-Care for Members of the Perinatal Team		mcrockett@fhc.org- 509-422-7626
May 13, 2019 Updated	**Annual Breastfeeding Conference** B *Tacoma-Pierce County Breastfeeding Alliance*	More information coming soon.	• For staff who work with breastfeeding families. • This conference is new and different every year. • Keynote speakers and topics explore how to provide culturally relevant and equitable breastfeeding services.	More information coming soon.	Contact: ParicaAlva@seamarchc.org Or Delores.baccus@kingcounty.gov
June 4-5, 2019 NEW	**NW Tribal Food Sovereignty Coalition 2019 Gathering** N	TBD	• This is a **SAVE THE DATE** placeholder, until more information is announced.	More information coming soon.	Contact: Nora Frank-Buckner, MPH WEAVE-NW Project

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	Northwest Portland Area Indian Health Board				Coordinator nfrank@npaihb.org 503-416-3253
July 24-27, 2019	**ILCA Conference: "Engage"** B *International Lactation Consultant Association*	Atlanta Marriott Marquis, Atlanta, GA	• For IBCLCs or staff wanting CERPS to become an IBCLC or continued learning in breastfeeding support. • See website for conference objectives.	$324 – $1,111	https://www.ilca.org/ilca19
More information coming soon.	**American Indian Health Commission** N	More information coming soon.	• More information on summits will come in early 2019.	More information coming soon.	Contact: Sheryl.Pickering@doh.wa.gov

Dates	Title and Sponsor	Location	Description	Cost per person	Registration information
Webinars and Online Trainings					

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March 6, 2019 NEW	**Oral Health in the WIC Program** **N** *Food and Nutrition Service (FNS)*	Webinar	**11am-12noon PST** The webinar will provide information on the following topics: • The importance of oral health to overall health and how oral health relates to special concerns in infant feeding and development. • The role of the WIC program in preventing oral health issues in women, infants and children through nutrition risk assessment, education and referral services. • Tips for parents and caregivers to prevent oral health issues among infants and children. • The importance of partnership between WIC and local public health agencies as a part of oral health referral services.	No charge	**TO JOIN WEBEX MEETING:** https://fnsusda.webex.com/fnsusda/j.php?MTID=m20c5b6d899e2bfe137e0d1a16c25426a Meeting number: 966 421 288 **TO JOIN BY PHONE:** Call-in toll-free number: 1-888-844-9904 Access Code: 401 9433
March 29, 2019 **9:50am-2pm PST** Updated	**Promoting Healthy Weight 3.0: A Socio-Ecological Perspective—Policy at All Levels** **NB** *Promoting Healthy Weight (PHW) Colloquium*	Webinar	• 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, *A Socio-Ecological Perspective—Policy at All Levels*, will focus on how policy affects other levels of the socio-ecological model in terms of nutrition.	No charge	Register here between now and March 26, 2019. If participating via **webcast**, log on by 9:45 AM PST. The conference will begin promptly at 9:50 AM PST. Archived sessions

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			• Offered spring and fall each year • View archived sessions and get CE credits for past year's sessions.		available on web.
April 1 - June 3, 2019	**GOLD Lactation Online Conference** **B** *GOLD Lactation*	Webinar	• Various topics on breastfeeding promotion and support. • June 3 is the LAST DAY that non-GOLD Annual members can view online presentations.	$225 - $265	Register at: http://www.goldconf.com Prices vary for early-bird and group registration.
May 2 & May 9, 2019 Updated **Note**: If you register for one session, you can listen to both recorded sessions.	**The ABCs of Child Feeding: Two part webinar for parents** **N** *Ellyn Satter Institute*	Webinar	• **10am-11am PST** • Part 1: Learn what drives a child's eating behavior and how Satter's Division of Responsibility in Feeding can be used. • Part 2: A deeper dive into understanding picky eaters, challenges during mealtimes, and age-specific problem solving. • Both Part 1 and 2 provide time for Q&A. • Recording available only for those who have registered and are unable to attend one or both parts.	$25 per person (includes both sessions)	https://www.ellynsatterinstitute.org/shop/shop/prevent-resolve-child-eeding-problems-abcs-child-feeding.html
Possibly available by late Spring	**Hot Topics in Pediatric Nutrition** **NB** *University of Alabama*	Recorded Webinar	• 2019 Theme: MCH Nutrition in Today's World • Part of the Leadership Education in MCH Nutrition Training Program at	No charge	

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More information coming soon.			the University of Alabama • Topics coming soon • Chance to earn up to 4 CEU		
July 31-August 2, 2019 Updated	**National Maternal and Infant Nutrition Intensive Course** **NB** *University of Minnesota School of Public Health* *University of Minnesota College of Continuing & Professional Studies*	Online	• Topics on maternal and infant nutrition include: ○ How appropriate nutrition services can improve pregnancy outcomes. ○ Effects of maternal eating behaviors on birth outcomes, infant health status and development. ○ Characteristics of model programs and counseling approaches for maternal and infant nutritional health. • Up to 1.5 Continuing Education Credits (CEU) for Registered Dietitians, Registered Nurses, Certified Nurse Midwives, etc.	$25 per person	https://cceevents.umn.edu/national-maternal-and-infant-nutrition-intensive-course
Most Thursdays at 12pm PST (3pm EST) Updated	**Webinar Series** **NB** *National WIC Association*	Webinar	• 1-hour long webinars • Note: Staff who are not members have to register for each webinar they plan to attend ahead of time. That is the only way staff can access	No charge	https://www.nwica.org/snippet-webinars-intro **Listings through October have been posted on the**

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			the webinar, if staff misses the webinar time slot.		**NWA website.**
Bi-monthly (in even numbered months) on the 2nd Tuesday of the month from 11am-noon PST (2-3 pm EST)	**CDC-USBC Bi-Monthly Coalitions Webinars** **B** *United States Breastfeeding Committee (USBC)*	Webinar	• 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	http://www.usbreastfeeding.org/p/cm/ld/fid=46
Bi-monthly (in odd numbered months) on the 4th Tuesday of the month from 11am-12.30pm PST (2-3.30 pm EST)	**USBC Racial Equity Webinars** **B** *United States Breastfeeding Committee (USBC)*	Webinar	• 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 internal structures, culture, and policies.	No charge	https://register.gotowebinar.com/register/8175514735082416130
Ongoing Updated	**Nutrition for Children with Special Health Care Needs.** **N**	Self-Study	• Online modules about maternal and infant nutrition. • Pacific West Distance Learning Network. This continuing education	Varies	http://depts.washington.edu/pwdlearn/web/

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	Assuring Pediatric Nutrition in the Hospital & Community Workgroup, University of Washington		activity is designed for RDs and other health care professionals who see children with special health care needs as part of their clinical practices. • 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.		
Ongoing	**Online Lactation Education** **B** *Evergreen Perinatal Education*	Online	Foundations for Best Practice in Lactation Care - FULL PROGRAM includes: • 48 hours & designation as a Certified Lactation Educator. Other Trainings: • 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	http://www.evergreenperinataleducation.com/online-education/
Ongoing NEW	**National Nutrition Certification Program for Food $ense** **N**	Online	• 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-	No charge (90 day time limit)	https://extension.learn.usu.edu/browse/food-sense/

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	Extension, Utah State University		assessments. • Originally designed for Utah's SNAP-Ed program, it has been made available for CPAs.		
Ongoing	**Lactation Management Training: From Novice to Expert** B *Lactation Education Resources*	Online	• Lactation Management Training focuses on providing exclusively online lactation consultant training and continuing education for practicing lactation consultants.	Varies	https://www.lactationtraining.com/courses-required-to-apply-for-iblce-exam
Ongoing	**Webinar Series** B *UC Davis Human Lactation Center*	Webinar	• Pre-recorded and live webinars, hosted by Dr. Jane Heinig. ○ Topics include Behavior and Cues of the Late Preterm Infant, Lactation Support in the Shadow of Maternal Trauma, and more. • Available for Physicians, Nurses, Dietitians, Lactation Consultants, and other health professionals working with families of young infants.	Varies	https://lactation.ucdavis.edu/upcoming-webinars/ CEU 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** B *UC San Diego Extension*	Online Modules	• Educate, protect, and support mother/infant lactation care • 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	Varies	http://breastfeeding-education.com/

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			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	• Online courses for all levels of staff. • Topics include Communicating with Participants, VENA, Breastfeeding Basics, and more.	No charge	https://wicworks.fns.usda.gov/resources/wic-learning-online

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
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Washington State Department of Health