

Job Aid

Milk expression competency checklist

Highly recommend local agencies use this list to validate competency in milk expression skills. It may be used for new staff and experienced staff to ensure consistent, evidence-based practice and ongoing role development. Some skills listed in this tool may not apply to your local agency or to every staff person. You are encouraged to adapt this tool as needed, adding and removing competencies to align with services provided by your WIC local agency staff.

WIC Employee Name: _____ Date: _____

WIC Agency: _____

Skill	Met	Not Met/NA	Notes
Assemble Medela:			
Lactina Select Pump	<input type="checkbox"/>	<input type="checkbox"/>	
Lactina Plus Pump	<input type="checkbox"/>	<input type="checkbox"/>	
Symphony Pump	<input type="checkbox"/>	<input type="checkbox"/>	
Personal Use (Single-User Pump)	<input type="checkbox"/>	<input type="checkbox"/>	
Harmony (one-hand) Pump	<input type="checkbox"/>	<input type="checkbox"/>	
Manual (Two-hand Pump)	<input type="checkbox"/>	<input type="checkbox"/>	

Skill	Met	Not Met/NA	Notes
Assemble Hygeia:			
EnDeare (Multi-user Pump)	<input type="checkbox"/>	<input type="checkbox"/>	
Pro (Single-user Pump)	<input type="checkbox"/>	<input type="checkbox"/>	
Enjoye (Single-user Pump)	<input type="checkbox"/>	<input type="checkbox"/>	
Evolve (Single-user Pump)	<input type="checkbox"/>	<input type="checkbox"/>	
Express (Single-user Pump)	<input type="checkbox"/>	<input type="checkbox"/>	
Demonstrate:			
Hand Expression	<input type="checkbox"/>	<input type="checkbox"/>	
Use of a Hakka	<input type="checkbox"/>	<input type="checkbox"/>	
How to evaluate breast pump suction level	<input type="checkbox"/>	<input type="checkbox"/>	
When to issue a hand pump, single-user electric pump, or multi-user electric pump	<input type="checkbox"/>	<input type="checkbox"/>	
How to complete a Breast Pump Assessment	<input type="checkbox"/>	<input type="checkbox"/>	

Skill	Met	Not Met/NA	Notes
How to develop a pump plan: <ul style="list-style-type: none"> • Pumping frequency, • Length of pumping sessions; • Scheduling a 48-hour check-in; • Instructions on how to clean a pump and handle expressed milk 	<input type="checkbox"/>	<input type="checkbox"/>	
How to fit breast shields (flanges)	<input type="checkbox"/>	<input type="checkbox"/>	
How to complete a Single-User Breast Pump Release Agreement Form	<input type="checkbox"/>	<input type="checkbox"/>	
How to complete a Multi-User Breast Pump Release Agreement Form	<input type="checkbox"/>	<input type="checkbox"/>	
Where to store a Multi-User Breast Pump Release Agreement	<input type="checkbox"/>	<input type="checkbox"/>	
How to document pump issuance in the WIC data system	<input type="checkbox"/>	<input type="checkbox"/>	
When to refer or yield a participant to a WIC designated breastfeeding expert (DBE) when complex lactation issues and concerns arise with expressing milk	<input type="checkbox"/>	<input type="checkbox"/>	

