

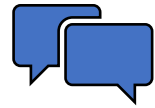
2-7 Breastfeeding Level 1 online course

One of the four main services that WIC provides is breastfeeding promotion and support. Breastfeeding supports the health of our participants and community in a number of different ways.

What you need to do

1. Work with your training supervisor to determine a time to complete the ***Breastfeeding Level 1*** online course. There are 2 modules in this course. It takes about 1.5 hours to complete both.
Date and time_____
2. Complete both modules of the ***Breastfeeding Level 1*** online course, learning activities and posttest.
3. Make note of any questions or concerns you have about information in the module.
4. Schedule a time to discuss what you learned with your training supervisor using the ***Talk it over*** section below.
Date and time_____

Talk it over



1. Review your notes and ask any questions you have about the course.
2. How does the information in this course compare to your own understanding or experience related to breastfeeding?
3. How do you see your role promoting breastfeeding?
4. What does your agency do to promote and support breastfeeding with participants? In the community?
5. How does what you saw when you viewed this online course compare to what you have observed in the WIC clinic?

References

Find WIC breastfeeding resources here - [Breastfeeding education and promotion](#).

Check out the Oregon Health Authority public [breastfeeding promotion](#) website.

