

4-21 Postpartum Nutrition online course

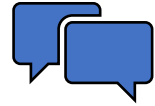
The *Postpartum Nutrition* course covers the unique nutrition needs of women in the postpartum period, which is the first year after they deliver their baby. Certifiers must complete this course before they can certify or counsel postpartum women, both breastfeeding or non-breastfeeding women.

What you need to do



1. Work with your training supervisor to determine a time to complete the *Postpartum Nutrition* online course. It takes about 2 hours to complete.
Date and time _____
2. Complete the *Postpartum Nutrition* online course and learning activities.
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 postpartum nutrition differ from basic nutrition?
3. When we see a postpartum woman we often focus on the baby. Why is it important to focus on the mother as well?
4. New caregivers can be overwhelmed. How can WIC help?
5. What are the most common postpartum nutrition issues seen in your area?

References

