

Kate Brown, Governor

February 19, 2019

Dear Valued Partner,

Thank you for your interest in WIC's eLearning online training resources. I encourage you to take advantage of any the following courses:

- Adverse Childhood Experiences with Home Visiting and WIC staff examples
- Breastfeeding
- Basic Nutrition
- Child Nutrition
- Prenatal Nutrition
- Postpartum Nutrition
- Baby Behavior
- Understanding Toddler Behaviors
- Anthropometrics
- Hematology
- Participant Centered Education

The course descriptions and approximate time to complete the courses are listed on the next two pages. These interactive, online courses are currently available through [iLearnOregon](#) and can be accessed from any computer, after creating an iLearn account. Some of these courses may require a specific browser, if you are experiencing challenges with loading an online module, try a different web browser.

Before you begin, you will need to register as an OHA Partner in iLearnOregon. Instructions can be found on our [website](#) and at the end of this letter. To locate the online courses, you may search iLearnOregon or follow the links on the [Oregon WIC Training Module and Online Courses](#) webpage. If you need assistance, or have any course-related questions, please let me know.

Happy learning!

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WIC Online Courses

Search “WIC” in iLearn to find all our courses.

Title	Description	Approx. Time to Complete Course
WIC Breastfeeding Level 1: Amazing Breast Milk - Module 1	Provides an overview of the benefits of breast milk and describes how WIC promotes and supports breastfeeding.	1 Hour
Breastfeeding Services - Module 2		1 hour
WIC: Adverse Childhood Experiences	Provides an overview on the effects of Adverse Childhood Experiences (ACES), and how these events can influence how individuals interact with others.	1.5 hours
WIC Basic Nutrition	Builds knowledge on basic nutrition concepts and covers a wide range of information.	4 hours
WIC Child Nutrition	Builds knowledge on child nutrition concepts.	2 hours
WIC Prenatal Nutrition	Builds knowledge on prenatal nutrition concepts.	2 hours
WIC Postpartum Nutrition	Builds knowledge on postpartum nutrition concepts.	2 hours
WIC Baby Behavior	Builds knowledge and skills in recognizing and responding to the behaviors of healthy term babies from birth to six months.	2.5 hours
WIC Understanding Toddler Behaviors	Builds on Baby Behaviors, and provides information on 6 big developmental changes, caregiver thoughts and beliefs, and helping caregivers cope with challenging behaviors.	1.5 hours
WIC Anthropometrics	Focuses on techniques for obtaining accurate growth measurements for WIC participants and provides a basic understanding of growth charts.	2 hours
WIC Hematology	Focuses on building knowledge and skills on the process WIC uses to collect and measure hemoglobin values.	2 hours

Participant Centered Education

This course provides a foundation for positive behavioral change and is a solid introduction to motivational interviewing. It is simple, yet powerful information for those who counsel clients. In 2009, WIC staff began applying the skills of Participant Centered Education (PCE), and since then, have significantly enhanced their relationships and impact with clients throughout the state.

This PCE course consists of multiple modules. Each module can be taken on its own, however it's important to start with the introductory module prior to completing the remaining nine short modules. Each one is approximately 15 to 20 minutes in length.

Module	Title
Introduction	Introduction to WIC Listens
1	What Motivates People to Change?
2	The Spirit of Participant Centered Education
3	Opening the Conversation
4	Open-Ended Questions, Affirming, Reflective Listening and Summarizing (Four Strategies of Motivational Interviewing)
5	Roadblocks to Listening
6	Moving from Assessment to Counseling
7	Providing Advice: Offering Nutrition Education
8	Rolling with Resistance
9	Next Steps

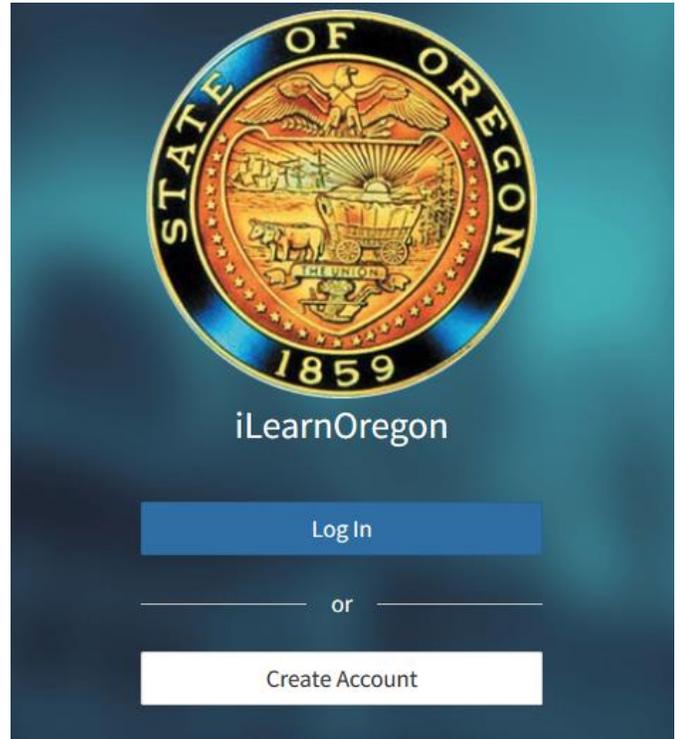
First-time users

You will need to create a new account and update your account information.

Access iLearn:

Click Create Account

1. If you've never used iLearnOregon or the DHS|OHA Learning Center, see the next section, **How to Create a New Account**.
2. If you have an iLearn account but cannot remember your login ID or password, contact the **Service Desk** at 503-945-5623.



How to create a new account

1. Access iLearn [here](https://iLearn.oregon.gov): <https://iLearn.oregon.gov>
2. On the iLearn login page, click **Create New Account**. It will take you to this form:

Select: Not a State Employee

First Name: Your first name

Last Name: Your last name

Email: Your work e-mail address

Choose a Login ID: create a login ID that will be easy to remember. Options include using your P number as your ID, or your first and last name. For example: jane.doe or doe.john

Job Title: *Leave blank*

Organization: Select **Oregon Health Authority**.

Another drop-down menu will appear for Partners.

Select **Oregon Health Authority Partners**. In order to access all trainings you are eligible for, you must select Oregon Health Authority Partner.

Manager: *Leave blank*

3. Click the **Submit** button.

4. Congratulations! You have created a new account. You will receive an email with a temporary password. Return to iLearn, enter your *temporary* password, and follow the instructions for creating your password.

* Type: State Employee
 State Employee using a non-State email
 Not a State Employee

* First Name:

* Last Name:

Middle Name/Init:

* Email:

* Choose a login ID:

Job Title:

Organization:

Oregon Health Authority

Oregon Health Authority Partners

Adoptive or Foster Parents / Foster Provider

Adoptive Parent without Foster Children

NOTE: The temporary password in this email is only valid for 24 hours. Please log in and update your password and security questions immediately.