

Level 1

Breastfeeding Level 1

The Basics

Level 1	All staff must complete
Type	Online course
Completion time	1.5 hours
Complete	Within 1 month of hire
Certifiers Guide	Lesson 2-7
Posttest	Online
Completion	Form



Course Objectives

This course provides an overview of the significance of breast feeding and describes how WIC promotes and supports breastfeeding. The following objectives are organized by the modules in which they are covered within this course. Upon completion of this course, learners will be able to:

Amazing Breast Milk

- Explain the significance of breastfeeding and the health risks of not breastfeeding for mother and baby.
- Illustrate how the desired health outcomes for mother and baby are directly related to breastfeeding exclusivity and duration.
- Explain the AAP recommendations for breastfeeding exclusivity and duration.
- Describe the differences between breast milk and infant formula.
- Recognize how infant formula marketing impacts a mother's decision to breastfeed and the duration of breastfeeding.
- Identify health conditions in mothers and babies when breastfeeding is not recommended or caution is needed.
- Identify situations when staff may need to yield a mother to a lactation specialist, health care provider, or other health professional.

Breastfeeding Services

- Identify how personal beliefs, values and attitudes may affect or interfere with breastfeeding services provided to families.

- Explain WIC’s role in breastfeeding promotion and support.
- Use positive breastfeeding messages when talking with participants.
- Describe a workplace that supports breastfeeding and breastfeeding co-workers.
- Recognize the importance of tailoring information about breastfeeding promotion and services to the family’s culture, knowledge, and language level.
- Describe WIC services that are available for breastfeeding families.
- Name the services that are available to breastfeeding women in your community.
- Describe two Oregon laws that support breastfeeding women.

Learning activities



This course consists of three separate courses in iLearn – 2 modules and the posttest.

Learners can complete this course one module at a time or all at once. We recommend offering to meet with the learner after each module so that you may discuss any questions or concerns the learner has. The following questions will facilitate a discussion about the content of the course.

- What questions do you have about this course?
- What are one or two things you found interesting?
- What did you find helpful?

There are a couple of subjects in particular to review with the learner.

Module 1: Amazing Breastmilk: Who Should Not Breastfeed

Here the learner has the opportunity to discover situations in which breastfeeding is not recommended. Follow up with the learner to see if they have any questions regarding the information presented.

Module 2: Breastfeeding Services: Other WIC Services

Here the learner has the opportunity to determine what breastfeeding groups are offered at your agency. Consider following up with the learner to make sure they can describe the breastfeeding services offered at your agency.

Module 2: Breastfeeding Services: Cultural Differences

Here the learner has the opportunity to meet with the Breastfeeding Coordinator in your agency to discuss providing culturally sensitive services to families from different

cultures. Follow up with the learner about this discussion and what was learned about the cultural groups most common in your clinic, the beliefs and practices pertaining to breastfeeding for these groups and what resources (interpreters and language appropriate educational materials) are available at your agency.

Module 2: Breastfeeding Services: Practice Activity

Here the learner has the opportunity to record their feelings and proposed responses to two separate scenarios. Invite them to share their impressions with you. This is a great opportunity to highlight PCE skills with the learner.

Scenario 1: A pregnant teen and her mother are at WIC for initial certification. While they are waiting, a mother sitting across from them begins to breastfeed her older baby. The mother of the teen gets up, goes to the reception desk, and complains to a staff member about the breastfeeding mother, saying she shouldn't have to look at people doing "that".

Scenario 2: An expectant mother and her husband are waiting in line to check in at the reception desk. The father sees the "*Mother's Milk for Daddy's Baby*" poster on the wall and loudly remarks, "Daddy's baby or not, you're not doing that—that's nasty."

Module 2: Breastfeeding Services: Staff Roles

Here the learner has the opportunity to explore the various staff roles at WIC. Discuss with the learner the different types of staff available to support breastfeeding participants at your agency.

Module 2: Breastfeeding Services: Community Resources

Here the learner has the opportunity to identify who in your community can help with breastfeeding questions and how to refer participants to these resources. Review with the learner their completed ***Community Resources*** handout. Confirm that these resources are in the data system.

Module 2: Breastfeeding Services: State Resources

Here the learner has the opportunity to identify resources that support Oregon's state breastfeeding laws. Review with the learner the location of the [*Breastfeeding in Public*](#) wallet cards and the [*Breastfeeding Mothers: Know Your Rights*](#) information sheet.

Posttest Questions and Answers



Scored automatically online.

1. True or False: Infant formula provides an infant with the same nutrients and benefits as breast milk.
b. False
2. True or False: Colostrum is the first milk made by the breasts.
a. True
3. True or False: Breastfeeding protects a breastfeeding mother's health.
a. True
4. True or False: Infant formula is made from human breast milk.
b. False
5. True or False: Moms who smoke can still breastfeed.
a. True
6. True or False: The marketing of infant formula can impact how long a mom breastfeeds.
a. True
7. True or False: Research has shown the longer a woman breastfeeds her baby, the more protection from illness and disease they both receive.
a. True
8. True or False: One goal of WIC is to establish breastfeeding as the norm for infant feeding.
a. True
9. True or False: According to state law, mothers in Oregon may not breastfeed their babies in public places such as parks and restaurants.
b. False
10. True or False: While not all WIC agencies offer group education, all agencies do provide individual breastfeeding support.
a. True

11. True or False: Employers in Oregon are not required to provide breastfeeding mothers with rest periods or a private place to express breast milk.
b. False
12. True or False: Exclusive breastfeeding is recommended until 6 months. After that, complementary foods are gradually introduced and breastfeeding continues for a year or for as long as is mutually desired by mother and baby.
a. True
13. True or False: WIC staff provide accurate information about breastfeeding in order to help parents make feeding decisions that are best for their family.
a. True
14. Babies that are not breastfed are at an increased risk of developing which of the
d. All of the above
15. How does breastfeeding help communities?
d. All of the above
16. In which of these situations is breastfeeding clearly not recommended?
c. Mom uses street drugs
17. In which of the following situations might a mother need special help to breastfeed?
d. All of the above
18. Which **TWO** of the following are potential barriers to breastfeeding?
a. Unsupportive family members
b. Free formula samples
19. Breastfeeding helps the environment in which of the following ways?
d. All of the above
20. A full-term newborn's tummy capacity is about the size of:
a. a small cherry
21. Which of the following resources can help mothers with breastfeeding?
d. All of the above
22. In order to establish breastfeeding as the norm, it is recommended that local WIC agencies keep which of the following items out of view of participants?
c. Infant formula and bottles

23. Which of the following WIC staff members are involved in breastfeeding promotion and support?
d. All staff members
24. Which of the following community resources does WIC partner with to provide breastfeeding services?
b. Hospital nurses or lactation consultants
25. Which of the following WIC staff actions can influence a woman's breastfeeding decisions?
d. All of the above