



2024 Training Opportunities for WIC Staff

Dates/Time	Title and Sponsor	Virtual or In-person	Description	Cost per person	Registration Information
Trainings and Workshops					
September 1-December 21, 2023	2024 National Maternal Nutrition Intensive Course <i>University of Minnesota</i>	Virtual	7 CPEs, Level 2, pending approval by the Commission on Dietetic Registration	\$35	Virtual registration: PUBH X201 2024 National Maternal Nutrition Intensive Course FULLY ONLINE DISTANCE PROGRAM University of Minnesota (umn.edu)
	N E				

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September 19, 2024 10:00-11:00 am PT 	Immunization Webinar for WIC Staff <i>National WIC Association, and the Centers for Disease Control and Prevention</i>	Virtual	A webinar to discuss the importance of vaccinations, vaccine recommendations for children and pregnant women, answers to common vaccine questions, and more.	Free	Webinar Registration - Zoom
September 24, 2024 12 – 1 pm PT	The Healthy Mealtimes Webinar <i>National WIC Association</i> N	Virtual	Discover valuable insights and strategies for supporting healthy eating habits during mealtime with Adriana Matiz, MD. Participants will receive practical tips and evidence-based guidance to enhance their nutrition counseling skills.	Free	Register Here!

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October 9-11, 2024	Cultivating Social Justice: Past, Present, and Future-2024 Annual WSPHA Conference <i>Washington State Public Health Association</i>	In-person Yakima, WA	Working today for a healthier Washington tomorrow We are a non-profit association of members who work in public health, health care, and other areas dedicated to improving health and safety in all communities across Washington. Join us to make Washington a place where we all have an equal chance to be healthy.	\$193-644	Register here: Registration Rates 2024 (wspaha.org) Please use discount code BUNDLE24 at check out to receive your membership fee + registration bundle discount
	N E				
October 15-16, 2024	2024 We the People Convening: Be Bold. Be Change <i>Washington State Office of Equity</i>	Virtual/ Yakima, WA	This event fosters sharing and creating innovative approaches around pro-equity and anti-racism (PEAR), Relational Partnerships, systems change in state government, and creating a Washington state that fosters belonging.	Free	In-person registration: Personal Information - 2024 We the People Convening: Be Bold, Be Change (cvent.com) Virtual registration: Personal Information - 2024 We the People Convening: Be Bold, Be Change (cvent.com)
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October 22, 2024 8:30 am – 4:45 pm	6th Annual Breastfeeding Conference <i>SW Washington Healthy Families</i>	Ilani Casino Ridgefield, WA	Equity in Action: leveraging cultural understanding in inclusive health.	\$215-250	Register here: Equity in Action: Leveraging cultural understanding for inclusive health Tickets, Tue, Oct 22, 2024 at 8:30 AM Eventbrite When booking, use discount code: SWWA1024
October 29- November 1st, 2024 8:15- 9:45 am daily	2024 Annual Advanced Training: Nutrition & Diabetes: Preconception through Postpartum <i>Nutrition First</i>	Virtual	Each day’s 90-minute, interactive virtual session will focus on different aspects of nutrition and diabetes during the preconception, prenatal, lactation, and postpartum period with expert practitioners and clinical faculty.	\$100-115	Register here: Early Reg Nutrition & Diabetes During Pregnancy, Postpartum & Lactation (regfox.com)

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	N		We're adding \$80 per RDN and IBCLC to each local agency's contract to support staff to attend this training.		
November 19-21, 2024	2024 National WIC Association Nutrition Education & Breastfeeding Conference: Nourishing Generations - The Next 50 Years of WIC <i>National WIC Association</i> N B	Virtual/ Baltimore, MD	This year's theme reflects our commitment to advancing WIC's mission and supporting families nationwide, equipping us for WIC's future generations for the next 50 years! More information.	\$349-599	Register here: https://www.nwica.org/events/registration/2024-NWA-nutrition-education-breastfeeding-conference
Self-Paced	2024 Washington WIC Conference <i>Nutrition First</i>	Virtual	For staff who registered, the conference session recordings have been uploaded to the Whova		Agenda - 2024 Washington State WIC Conference (whova.com)

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			platform and are ready to be viewed on-demand. Please take the opportunity soon to view the sessions you were unable to attend live or rewatch your favorites.		
Self-Paced	Part One: Empowering Dietitians to Promote Maternal & Child Health Through Lactation Support <i>Nutrition Masterclass</i> N B	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You see infants or young children in your practice You want to help support lactation in the breastfeeding dyad You want to add to the advice you give surrounding latching tips & feed positioning You are looking to confidently address common concerns such as pumping, bottling, 	Free	Register here: Part One: Empowering Dietitians to Promote Maternal & Child Health (nutritionmc.com)

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			pacifiers, medications, supplements and dietary myths as they relate to lactation 1 CPE		
Self-Paced	Part Two: Empowering Dietitians to Promote Maternal & Child Health Through Lactation Support <i>Nutrition Masterclass</i> N B	Virtual		Free	Register here: Part Two: Empowering Dietitians to Promote Maternal & Child Health (nutritionmc.com)
Self-Paced	Hot Topics in Practice <i>Northwest Center for Public Health Practices</i>	Virtual	Did you miss a ‘Hot Topics in Practice’ webinar? All 2022 and 2023 webinars have been recorded and can be viewed at any time!	Free	Access Recorded Hot Topics in Practice Webinars here: PH LearnLink: All courses (nwphp.org)
Self-Paced	Back to Basics - Best Practices in Infant Feeding <i>Nutrition Masterclass</i>		CPEUs expired May 31, 2024		

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Self-Paced	Vegan/Vegetarian Nutrition For Infants <i>Nutrition Masterclass</i> N	Virtual	Have you been feeling uncertain as to the best approach when seeing an infant fed a plant-based diet? The lack of universal definitions or consensus on guidelines surrounding plant-based diets can be confusing. With the increasing interest around plant-based eating, it's not surprising we're seeing more parents following a plant-based diet with their infants. But, are plant-based diets safe for infants, and if so, how do we best support parents? 1 CEU	Free	Access Recorded Webinar here: Vegan/Vegetarian Nutrition for Infants Nutrition Masterclass (nutritionmc.com)

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Washington WIC

September 2024



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Self-Paced	Resolving the Weight Dilemma <i>The Ellyn Satter Institute</i> N	Virtual	The weight dilemma is that at the same time as we are being told by health policy makers – that any degree of overweight is medically dangerous, there is no way to lose weight and keep it off. This webinar addresses health policy at the same time as it supports weight-neutral intervention. 1.5 CEUs	\$30	Register here: Resolving the Adult Weight Dilemma - On-Demand Ellyn Satter (teachable.com)
Self-Paced	The Satter Eating Competence Model in Context <i>The Ellyn Satter Institute</i>	Virtual	Empower you to base your wellness and medical nutrition therapy practice on the Satter Eating Competence Model (ecSatter) Participant will be able to: <ul style="list-style-type: none"> ▪ Discuss how and why ecSatter grew out of interference ▪ Identify key research evidence showing that 	\$30	Register here: The Satter Eating Competence Model In Context Ellyn Satter Institute (teachable.com)

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	N		<p>interference doesn't work</p> <ul style="list-style-type: none"> Summarize key research evidence showing that ecSatter works Distinguish between education and treatment with ecSatter Choose key data to collect when applying ecSatter <p>1.5 CEUs</p>		
Self-Paced 4-part series	Navigating Constipation, Reflux, FPIAP & FPIES <i>Nutrition Masterclass</i>	Virtual	<p>This is our wildly popular 4-part webinar series on common, and not so common GI conditions that affect infants. Each session is 1.5 hours and recorded, meaning you can enjoy at your own pace, anytime, anywhere.</p> <p>The series is approved for 6 CPEUs!</p>	\$229	Register here: Infant GI Series 2023: Navigating Constipation, Reflux, FPIAP and (nutritionmc.com)
Self-Paced	VENA Training Videos and Discussion Guides	Virtual	These videos serve as a starting point for familiarizing WIC staff with	Free	Go here: VENA Training Videos WIC Works Resource System (usda.gov)

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	N B		the VENA process. The accompanying discussion guides for each video can help to spark deeper discussions and encourage in-depth learning.		
Self-Paced 4-part series	Picky Eating-Next Level Strategies for Challenging Cases <i>Nutrition Masterclass</i>	Virtual	Topics include: <ul style="list-style-type: none"> • Children with Autism and Extreme Aversions • Identifying and Support Oral-Motor and Sensory Feeding Difficulties in Children • The Get Permission Approach R • What to Dow When EVERYTHING is Wrong 6 CPEUs	\$229.00	Register here: Picky Eating - Next Level Strategies for Challenging Cases Nutrition (nutritionmc.com)
Self-Paced	Picky Eating Series – Looking for New Techniques? <i>Nutrition Masterclass</i>	Virtual	Three powerhouse guest speakers that do this day in and day out. They'll not only share their years of experience with you, but their best tips.	\$199	Register here: Picky Eating Series - Looking for New Techniques? Nutrition (nutritionmc.com)

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Self-Paced 75 minutes	Classic Late Preterm Infant – Nutrition Pearls from NICU to Home <i>Nutrition Masterclass</i> N	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You have limited prior exposure to preterm infant nutrition You feel like you're winging it and want to increase your confidence You lack training and/or access to experienced pediatric dietitians You want to increase your knowledge and add practical tips to your toolbox 1.25 CPEUs	Free	Register here: Classic Late Preterm Infant – Nutrition Pearls from NICU to Home Nut (nutritionmc.com)
Self-Paced Learning	When Reflux Becomes Complicated: Interventions for a Breastfed Infant <i>Nutrition Masterclass</i>		CPEUs expired May 31, 2024		

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	E		communication, such as crafting key messages and talking points, developing engaging stories, and the importance of knowing your audience. Online module		Health Equity SHARE-NW (nwphp.org)
Self-Paced Learning	Visualizing Data Stories E	Virtual	Demonstrate how effective and inclusive visual data techniques can support public health communications. Learn key purposes behind different types of visual data and practice choosing data visuals to support key messages and connect with the audience. Online module	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwphp.org)
Self-Paced Learning	The National LGBTQIA+ Health Education Center <i>A Program of the Fenway Institute</i> A E	Virtual	Learning Resources - Webinars Access our extensive library of webinars publications, and materials to learn more about LGBTQIA+.	Free	Click here Webinar Archives » LGBTQIA+ Health Education Center

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Self-paced Learning	Foundations in Lactation- On Demand Webinar B	Virtual	A 4-part series updated in 2021 to be more inclusive of the diverse population WIC serves! This training covers staff roles, how to use client centered communication skills when talking about breastfeeding and what factors can affect milk production and exclusive breastfeeding.	\$145	Foundations in Lactation Support - On Demand Webinar (regfox.com)
Learning Series	Diversity, Equity, Inclusion Learning Series <i>United States Lactation Consultant Association (USLCA)</i> E B	Virtual	This 3 – day workshop includes: Session 1 Equity-Mindfulness: Identifying and Interrupting Implicit Bias Session 2 Equity-Mindfulness and Cultural Responsiveness in the Health and Lactation Space Panel Session 3 Allyship, Anti-Racism, and Cultural Responsiveness	Full workshop: BIPOC member: free Non-BIPOC: \$55.00 Note: Session 1 is free for everyone	Order here: DEI Learning Series - USLCA

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			Workshop Recording		
Learning Series	The Impact of Racism in Healthcare and the Perinatal Period Webinar Series <i>Injoy Health Education</i> E	Virtual	Part I Examine the history of racism in the United States and discuss the timeline of reproductive justice. Learn how to put awareness into action. Part II Clarify the differences between health inequity and health disparity. Apply what you’ve learned and ensure you "do no harm" as you care for families during the maternal and perinatal period. Recorded webinars	Free	
Most Thursdays at 12:00 PM-1:30 PM PST (3:00 PM – 4:30 PM EST)	Webinar Series <i>National WIC Association</i> N B	Virtual	<ul style="list-style-type: none"> 1-hour long webinars Note: Staff who haven’t set up their member account must register for each webinar they plan to attend <u>ahead</u> of time. That is the	Free	Register at: https://www.nwica.org/snippet-webinars-intro

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			only way staff can access the recorded webinar, if staff can't participate during live webinar time.		
Every third Tuesday of the month 5:00 AM PST (8:00 AM EST)	Health and Equity Webinar Series <i>Michigan Breastfeeding Network (MIBFN)</i> E B	Virtual	<ul style="list-style-type: none"> MIBFN is committed to 4 core values: Access, evidence, equity, and relevance. These webinars are designed to support practice change among peer counselors, maternity care nurses, and home visitors. Past topics include: <ul style="list-style-type: none"> Lactation after loss Ethics, Online Messaging, and Pressure to Breastfeed Indigenous Breastfeeding: Trauma and Resilience 	Free	Register at: https://www.mibreastfeeding.org/webinars/ Note: Actual launching time is 5am PST (8am EST). To easily watch new webinars “on demand,” please make sure to register ahead of time for the upcoming webinar: Webinars – Michigan Breastfeeding Network (mibreastfeeding.org) Contact: info@mibreastfeeding.org

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			<ul style="list-style-type: none"> ○ ...and other important topics. Various CEU credits available for up to 1 year after the initial air date. 2022 Webinar Tentative Schedule		
Bi-monthly (in odd numbered months) on the 4 th Tuesday of the month from 11:00 AM -12:30 PM PST	USBC Racial Equity Webinars <i>United States Breastfeeding Committee (USBC)</i> E B	Virtual	<ul style="list-style-type: none"> • Webinars are part of its efforts to "create and model a culture of inclusion, diversity & equity" (USBC Strategic Framework Goal 4). This Webinar series focuses on building the capacity of the breastfeeding field to apply both an "equity lens" to inform and guide our strategies and activities, but also an "equity mirror" to examine our internal structures, culture, and policies. Webinar 	Free	Register at: https://register.gotowebinar.com/register/8175514735082416130

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Ongoing	California Breastfeeding Coalition B	Virtual	California BF Coalition shares events presented by local, ethnic, regional, and state breastfeeding coalitions; community-based organizations; and health care and educational institutions. Recorded and live webinars	Ongoing	Register at: http://californiabreastfeeding.org/events-calendar/
Ongoing	Online Lactation Education <i>Evergreen Perinatal Education</i> B	Virtual	Foundations for Best Practice in Lactation Care - FULL PROGRAM includes 48 hours & designation as a Certified Lactation Educator. Other Trainings: <ul style="list-style-type: none"> • Excellence in Care with The Ten Steps includes – 15 hours • Provider Ten Step Education – 4 hours • Additional Modules – 3 hours each 	Varies depending on module	Register at: http://www.evergreenperinataleducation.com/online-education/

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Washington WIC

September 2024



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			<ul style="list-style-type: none"> • Communication Modules – 3 hours • Individual "Foundations for Best Practice" Modules – 2 hours each Online		
Ongoing	Lactation and Dietetic Education Resources <i>Lactation Education Resources</i> B	Virtual	<ul style="list-style-type: none"> • Lactation Management Training focuses on providing exclusively online lactation consultant training and continuing education for practicing lactation consultants. <ul style="list-style-type: none"> ○ Basics of Lactation Management ○ Lactation Training ○ IBLCE Exam Review • Offers a variety of other trainings: <ul style="list-style-type: none"> ○ Communications Course 	Varies by course	Register at: https://www.lactationtraining.com/our-courses/online-courses/available-courses

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			<ul style="list-style-type: none"> RD courses Online		
Ongoing	National Nutrition Certification Program for Food Sense <i>Extension, Utah State University</i> N	Virtual	<ul style="list-style-type: none"> This online training course is designed to prepare those who teach nutrition to the public. This course is like a Nutrition 101 college class and includes 15 modules with pre- and post-assessments. Originally designed for Utah’s SNAP-Ed program, it has been made available for CPAs. 	Free (90 day time limit)	Register at: National Nutrition Certification Program (NNCP) - FoodSense (usu.edu)
Ongoing	Chest/Breastfeeding <i>National Association of County Health Officials (NACCHO) Breastfeeding</i> B	Recorded Webinars	<ul style="list-style-type: none"> NACCHO actively supports local approaches to chest/breastfeeding protection, promotion, and support. 	Free	View recorded webinars at: https://www.naccho.org/programs/community-health/maternal-child-adolescent-health/breastfeeding-support

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			<ul style="list-style-type: none"> Through webinars, ongoing technical assistance, and success stories, NACCHO shared lessons learned and effective strategies for local level implementation. NACCHO continues to provide training and technical assistance to local health departments and other community-based organizations to advance community support and continuity of care. 		
Ongoing	Webinar Series <i>UC Davis Human Lactation Center</i> B	Webinar	<ul style="list-style-type: none"> Pre-recorded webinars hosted by Dr. Jane Heinig. Designed for Physicians, Nurses, Dietitians, Lactation Consultants, and other health 	\$30-\$120	Register at: https://lactation.ucdavis.edu/webinars/ Continuing education units are provided for IBCLCS (through IBLCE), RNs (through CA BRN), and for RDs (through CDR as part of a

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			professionals working with families of young infants. Current webinars: <ul style="list-style-type: none"> • Supporting Breastfeeding Mothers under Acute Stress (\$30) • Lactation Support in the Shadow of Maternal Trauma – 3 part series (\$90) • Who’s in Charge? The Ethics of Control in Decision-making Related to Infant Feeding (\$30) • Building Professional Relationships: Understanding and Addressing Rudeness in the Workplace (\$30) • Baby Behavior for Lactation Professionals – 4 part series (\$120) 		Professional Development Portfolio).

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Ongoing	La Leche League International Webinar Library B	Webinar and recorded Webinars	<ul style="list-style-type: none"> • LLLI aims to provide those in the health field and community, interested parties, and our Leaders with cutting-edge research and new developments in the breastfeeding world. • Through their webinars, LLLI hosts global industry-leading speakers and subject matter experts who will help the viewer grasp new concepts and learn new approaches to working with families in need of breastfeeding support. • Each of their webinars also has the option of obtaining CERP credit (Continuing Education Recognition Points) for 	Varies	To view the webinars Webinar Library - La Leche League International (llli.org)

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			IBCLCs who want to recertify.		
Ongoing	Medela Webinar series on breastfeeding and lactation B	Webinar and recorded webinars	<ul style="list-style-type: none"> Medela provides you the latest information and research results on breastfeeding, breast milk, safety and health of pregnant women, nursing mothers and their babies in the COVID-19 era, we have created a bespoke webinar series. Such a format gives us the opportunity to convene, ask questions and discuss ideas and approaches to improve our support to mothers in these difficult times to help them achieve their breastfeeding goals. Furthermore, all past webinars can be watched here too. 	Varies	To view the webinars Webinar series Medela

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Ongoing Last week of month, 12:00 – 1:00 PM PST	Hot Topic in Public Health – offers unique topic monthly <i>Northwest Center for Public Health Practice – School of Public Health University of Washington</i>	Webinar and recorded webinars	<ul style="list-style-type: none"> <i>Hot Topics in Practice</i> is a monthly webinar forum to discuss issues currently affecting public health practice. Each month guest speakers from local, state, tribal, and national public health organizations present and take questions from the audience. 	Free	Find monthly topic and register at: https://www.nwcphp.org/training/hot-topics-in-practice
Ongoing	USDA, FNS Webinars & Videos N B	Virtual	Variety of topics	Varies	View here: FNS Documents & Resources Food and Nutrition Service (usda.gov)
Ongoing	Academy of Nutrition and Dietetics Webinar Series N B	Virtual	Variety of topics	Varies	View here: Webinar Series (eatrightpro.org)

Legend: Training marked “N” can be used to meet staff’s nutrition training requirements. Trainings marked “B” can be used to meet staff’s breastfeeding requirements (B-E counts towards the Breastfeeding Equity required training).

- A = ACES focus B = Breastfeeding focus
- E = Equity focus N = Nutrition focus



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Ongoing	National WIC Association Webinars N B	Virtual	Variety of topics	Free	View here: Webinars National WIC Association (nwica.org)
Ongoing	United States Lactation Consultant Association Live Webinars B	Virtual	USLCA’s live webinars provide participants the opportunity to gain valuable education and engage in real-time discussion with the presenter. Earn CERPs and CNEs from the convenience of your own home, workplace, or on-the-go with your mobile device. RD and DTRs, please note: The CDR accepts self-study material that have been approved by ANCC.	Varies	View here: Live Webinars USLCA - United States Lactation Consultant Association

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