



## Washington State WIC Nutrition Program Peer Counselor Training Checklist



**Peer counselor lead:** Before you begin training your new peer counselor(s) on the Loving Support© peer counseling curriculum, the following educational opportunities can help prepare them for their new job, and keep them engaged until the training.

Education	Learning Opportunities	Completed
WIC Program breastfeeding policies and procedures	Read Volume 1, <a href="#">Chapter 15 - Breastfeeding</a>	
Independent study: books, videos, websites and other resources	<p><b>Peer Counselor Toolkit:</b></p> <ul style="list-style-type: none"> <li>Ask your peer counselor(s) to review and be familiar with the valuable breastfeeding resources included in this toolkit</li> </ul>	

**Peer counselor lead:** This checklist is a resource to help you track your peer counselor’s initial training, during the first 6 months and ongoing training during the first year.

**Refer to these resources prior, during and after the training:**

- Peer Counselor Lead Resources
- Peer Counselor Resources

INITIAL TRAINING		Completed
Train the peer counselor(s) using the: <a href="#">“Loving Support© Through Peer Counseling: A Journey Together”</a> training modules below: <ul style="list-style-type: none"> <li>Each module varies in length of time depending on the training needs of the peer counselor(s). Generally, it takes about 20 hours to complete all of these modules.</li> </ul> <p> <input type="checkbox"/> Module 1               <input type="checkbox"/> Module 2               <input type="checkbox"/> Module 3               <input type="checkbox"/> Module 4               <input type="checkbox"/> Module 5               <input type="checkbox"/> Module 6  <input type="checkbox"/> Module 7               <input type="checkbox"/> Module 8               <input type="checkbox"/> Module 9               <input type="checkbox"/> Module 10               <input type="checkbox"/> Module 11  <input type="checkbox"/> Module 12               <input type="checkbox"/> Module 13 (optional)           </p>		
Cascade Training in Learning Management System (LMS)		Completed
<ul style="list-style-type: none"> <li>Complete Cascades training 1a-c.</li> <li>Peer Counselor Overview of Cascades</li> <li>Peer Counselor Documenting in Cascades</li> <li>Issuing Breast Pumps and Supplies in Cascades</li> <li>Breastfeeding Review training</li> </ul>		



## Washington State WIC Nutrition Program Peer Counselor Training Checklist



<b>DURING FIRST 6 MONTHS</b>		<b>Completed</b>
Attend the following either in person or virtual meetings or shadowing opportunities as available in your clinic and in your community (can be done before or after initial training)		
Meetings	WIC clinic staff meeting	
	Peer counselor GoToWebinars with State WIC breastfeeding peer counseling staff	
	Peer counselor clinic meetings	
	WIC breastfeeding group, if you do group education	
	La Leche League meeting(s), or other community breastfeeding support group(s)	
	Hospital breastfeeding class (as part of childbirth series)	
Shadowing Opportunities	WIC staff certifying a pregnant or breastfeeding participants for WIC	
	WIC clerk helping a new participant enroll in WIC	
	WIC staff member issuing a breast pump to a new participants	
	Peer counselor(s) making phone calls with pregnant and postpartum breastfeeding participants	
	Peer counselor(s) assisting a WIC participants with breastfeeding in the clinic	
	IBCLC or other lactation specialist assisting a new postpartum participant with breastfeeding in the hospital, home or WIC clinic	
<b>BY END OF 6 MONTH PROBATION PERIOD</b>		<b>Completed</b>
<b>Demonstrated ability to:</b>		
Correctly complete Peer Counselor Contact Log and Weekly Time Report		
Make appropriate referrals		
Counsel pregnant participants about breastfeeding		
Assist new breastfeeding participants with questions and concerns		
Remain within peer counselor scope of practice		



## Washington State WIC Nutrition Program Peer Counselor Training Checklist



<b>DURING Next 6 MONTHS</b>	
<b>Nutrition Online Courses in Learning Management System (LMS)</b> Peer counselor will need a LMS account to complete the following courses.	<b>Completed</b>
Basic Nutrition (4 hours), prerequisite to others	
Breastfeeding (2 hours)	
Baby Behavior (3hours)	
Postpartum Nutrition (2 hours)	
Prenatal Nutrition (2 hours)	
Anthropometrics (2 hours) and Chapter 15, if doing measurements	
<b>WIC Learning Online</b> Link: <a href="https://wicworks.fns.usda.gov/resources/wic-learning-online-wlol">https://wicworks.fns.usda.gov/resources/wic-learning-online-wlol</a>	
Feeding Infants: Nourishing Attitudes and Techniques	
WIC Baby Behavior	
WIC Breastfeeding Basics	
WIC 101	
Civil Rights training	
Using Active Listening in Workplace Situations	
Confronting Your Assumptions	
<b>Online Courses (WIC web)</b>	<b>Completed</b>
<b>Participant Centered Education Online Modules</b>	
Introduction to WIC Participant Centered Services	
Module 1- What motivates people to change?	
Module 2-The Spirit of PCE	
Module 3-Opening the Conversation	
Module 4- OARS	
Module 5-Roadblocks to Listening, if do individual nutrition education	
Module 6-Moving from Assessment to Counseling	
Module 7-Providing Advice: Offering Nutrition Ed	
Module 8-Rolling with Resistance	



## Washington State WIC Nutrition Program Peer Counselor Training Checklist



Module 9-Next Steps	
<b>Online Courses (WIC web)</b>	<b>Completed</b>
Participant Centered Services – Setting the Stage (2 hours)	
Principles of Influence (2 hours)	
Multicultural Awareness Module (30 minutes)	
Baby Behavior Online Course (3 hours) , within 1 year	
<b>Congratulations for completing your 1<sup>st</sup> year of trainings.</b>	

**This institution is an equal opportunity provider.**

Washington State WIC Nutrition Program doesn't discriminate.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

**DOH 961-1132 June 2020**

