



Washington State WIC Nutrition Program Peer Counselor Lead Training Resources



The following is a list of resources available to train your peer counselors
Use peer counseling funds to purchase, if needed.

Training resource	Description	Location
<p>Required training:</p> <ul style="list-style-type: none"> <i>Loving Support</i>© Through Peer Counseling Training – A Journey Together 	<p>The curricula:</p> <ul style="list-style-type: none"> Were developed as a result of a cooperative agreement with Every Mother, Inc., a nonprofit organization Includes: <ul style="list-style-type: none"> Loving Support Through Peer Counseling – For WIC Managers (updated in 2016) Loving Support Through Peer Counseling – For Training WIC Peer Counselors (updated in 2011) 	<p>Loving Support© Through Peer Counseling Training Program</p>
References	Description	Location
<p>The Breastfeeding Answer Book by LLL International</p>	<ul style="list-style-type: none"> 3rd revised edition Offers complete information for those who help mothers breastfeed Easy-to-use format makes it practical for quick reference when a mother calls with a breastfeeding question 	<p>Should have a copy in your clinic Fulfillment Center</p>
<p>Breastfeeding: A Guide for the Medical Professional By Ruth Lawrence</p>	<ul style="list-style-type: none"> 8th Edition Delivers complete, authoritative, evidence-based information on all of the scientific and clinical topics related to breastfeeding For staff use 	<p>Should have a copy in your clinic or order online</p>
<p>Breastfeeding Triage Tool Available in English only</p>	<ul style="list-style-type: none"> Helps staff identify, and offer solutions to, breastfeeding problems Helps determine when clients need to be seen 	<p>Fulfillment Center</p>
Optional Books	Description	Location



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<p>Medications and Mothers' Milk by Thomas W. Hale, PHD</p>	<ul style="list-style-type: none"> • 2019 edition • For staff use • Considered the best source of medication information for breastfeeding patients in the world • Most up-to-date information on the use of medications in breastfeeding mothers • 900 drugs, diseases, vaccines, and other material included 	<p>Should have a copy in your clinic or order online</p>
<p>The Womanly Art of Breastfeeding by LLL International</p>	<ul style="list-style-type: none"> • Real-mom wisdom on breastfeeding comfortably—from avoiding sore nipples to simply enjoying the amazing bonding experience • Guidance on breast health issues, weight gain, day care, colic, postpartum depression, food allergies, and medications, nursing special-needs infants, preemies and multiples • Internet references for further information, including La Leche League support sites and groups 	
<p>Quick Reference for the Lactation Professional By Judith Lauwers</p>	<ul style="list-style-type: none"> • Provides the lactation specialist with quick access to critical information when working with breastfeeding mothers 	
Optional Videos	Description of Item	Location
<p>Baby Led Breastfeeding...The Mother-Baby Dance. By Christina Smillie, MD</p>	<ul style="list-style-type: none"> • DVD 16 minutes with bonus materials • Shows babies learning to latch and self-attach with mom's help • Great for staff training, breastfeeding classes and educating hospital staff • Digital Copy is the same price as DVD • It's available in multiple languages. 	<p>Should have a copy in your clinic or order online. It's available to download</p> <p>https://www.geddesproduction.com/product/baby-led-breastfeeding-the-mother-baby-dance/</p>
Optional Videos	Description of Item	Location



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<p>DVD or digital download: “A Premie Needs his Mother, First Steps to Breastfeeding Your Premature Baby</p> <p>English and Spanish on one DVD</p>	<ul style="list-style-type: none"> • This DVD and digital copy is a good training tool for WIC staff and Peer Counselors • Part I is 35 minutes and focuses on the benefits of breastmilk for preterm infants and pumping • There is additional footage in English on hand expression and hands-on pumping • Part II is 21 minutes and focuses on transitioning to the breast and coming home 	<p>Should have a copy in your clinic or order online.</p> <p>It’s available to download in English and Spanish. http://www.breastmilk solutions.com/premie_needs.html</p>
Training and demonstration materials	Description of Item	Location
<p>Belly Ball Display Set</p>	<ul style="list-style-type: none"> • Refer to the Belly Ball Information Sheet • Display of 3 different sized marbles to illustrate the stomach capacity of a newborn on Day 1, Day 3 and Day 10 	<p>Use peer counseling funds to purchase, if needed.</p> <p>Marbles can be purchased at: www.rainbowturtle.com To make your own you can use: Small marble 16mm (5/8”) Shooter marble 25 mm (1”) Larger marble 40 mm (1 5/8”) (or) Ping Pong ball</p>
<p>Cloth Breast Model (or) Picture/Poster – Anatomy of the Lactating Breast (A PDF copy of the poster can be found here:</p>	<ul style="list-style-type: none"> • The peel-back "skin" layer of this breast model reveals a full-color rendering of the inner structure of the breast that has been updated to reflect recent breast anatomy research. 	<p>Use peer counseling funds to purchase, if needed</p> <p>Childbirth Graphics: www.childbirthgraphics.com (or) Download and print color picture from: http://www.medelabreastfeedingus.com/for-professionals/lactation-professional-information/106/breast-anatomy-research.</p>



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Other Optional Materials	Description of Item	Location
Breast Shells Nipple Shields	These items are for demonstration only	Use Peer Counseling funds to purchase, if needed
Cotton Swabs Newborn Diapers Small container w/lid Cottage cheese (rinsed) Mustard Sesame seeds	“Poopy Diaper” Ingredients used in the Loving Support curriculum to train peer counselors	Use peer counseling funds to purchase, if needed
Flip Chart Stand Flip Chart Paper Post it Notes Pens Colored Markers Note Pads Three Ring Binder (2”) Tote for peer counselor kit	Accessory items needed for training	Use peer counseling funds to purchase, if needed
Growth Charts	Accessory item needed for training	Should be available at your clinic or WA WIC website
Additional Resources	Location	
Breastfeeding Resources spreadsheet	WA WIC website	

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