

Free Online Training Resources for WIC Staff Development

UPDATED OCTOBER 2022

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Purpose

This list of online education resources is provided to help local WIC agencies identify available training resources that are free and easily accessible. These training can be used to help strengthen and enhance the knowledge and skills of local agency staff.

NOTE: The trainings shared are a resource for staff development; many will not include continuing education credits.

Viewing Online Trainings

Below are some ideas to enhance the training experience and its effectiveness:

- **View and discuss the training with others.** This might involve viewing at a staff meeting, viewing with another person, or watching the training and then set up a time to discuss it with another person.
- **Watch the Training in Small Segments.** Many of the trainings listed are an hour in length. Consider watching the training in short, planned out segments, rather than all at once.
- **Practice WIC Application.** Many of these trainings are focused on nutrition and health knowledge. Reflect on how you could use this knowledge in the WIC clinic setting.

Sources

Inclusion of a training on this list is not an endorsement by MN WIC of the company who developed or sponsored the training. It is also not an endorsement of opinions that may be expressed by the presenters.

Comments and Suggestions

Please email any comments or suggested trainings to Carole.Kelnhofer@state.mn.us.

Growth and Health Assessment

[Using the WHO Growth Charts to Assess Growth in the United States Among Children Ages Birth to 2 Years](#) (CDC, 2015)

- **Description:** This comprehensive module discusses the recommendations for using the WHO growth charts, describes the attributes of a growth reference versus a growth standard, describes the differences between WHO and CDC growth charts for infants and young children aged 0-2 years, discusses the effect of infant feeding on growth, and identifies issues to consider when interpreting WHO growth charts.
- **NOTE:** After launching module, navigate through the different pages by clicking on the topical outline located on the left side of the web page.

[Hemocue OnCue Learning Module](#) (HemoCue, 2020)

- **Description:** There are two machine modules for Public Health and WIC Programs to choose from (201 or 301). **Register and select the HemoCue training module that correlates to the machine used in your clinic.** The modules provide detailed instructions on HemoCue use.

Nutrition Assessment

[VENA Training Videos](#) (USDA 2021)

- **Description:** These videos are intended to serve as a starting point for familiarizing WIC staff with the VENA process. It contains 3 lessons:
- **Lesson 1A. Introduction to VENA: Nutrition Assessment in WIC.** This video introduces the role VENA plays in a WIC nutrition assessment. It also details the components of a participant-centered and health outcome-based approach.
- **Lesson 1B. Introduction to VENA: A Systemic and Personalized Process:** This video focuses on maintaining flexibility and personalization within a systemic assessment. The video explores fostering partnership with participants using probing questions.
- **Lesson 1C. Introduction to VENA: Conducting a WIC Nutrition and Breastfeeding Assessment:** The video features role-plays of WIC staff and participants to show how the VENA approach allows WIC staff to systematically collect and evaluate participant information while also engaging the participant in dialogue about their individual needs and goals of healthy behavior.

Infant Nutrition

[Feeding Infants: Nourishing Attitudes and Techniques](#) (USDA, 2021)

- **Description:** This course includes information to assist WIC staff members in providing anticipatory guidance and nutrition education in the area of infant nutrition and feeding.

[Supporting the Mother Who Feeds with Bottles and/or Infant Formula](#) (MD Dept. of Health, 2016: Session 9)

- **Description:** This training discusses key education points for families who are choosing not to breastfeed, safe infant formula handling, storage and preparation, water sources, and the basics of how to bottle feed.
- **NOTE:** WIC follows FDA recommendations for heating water for formula preparation and refers parents to the formula label for dilution information. This presentation uses CDC guidelines.

High Risk Infant

[Neonatal Abstinence Syndrome](#) (IL Department of Health, 2020)

- **Description:** Discusses NAS symptoms, treatment, and diagnosis. Discusses breastfeeding and substance abuse, education, and parent support after release from hospital.
- **NOTE:** Diagnosis of NAS is outside the scope of WIC services but knowing signs to look for to offer a referral and parenting support is valuable knowledge for WIC staff.

[High Risk Newborns and Nutrition](#) (AAP, 2015)

- **Description:** This webinar focuses on preterm and low birthweight infants discussing long-term consequences and strategies to minimize these health consequences.

Toddler/Child Nutrition

[Supporting Responsive Feeding Using Baby Behaviors](#) (Cal WIC, 2020)

- **Description:** Dr. Jane Heinig recently expanded on her Baby Behavior research to identify six big changes of healthy toddlers that assist in the understanding of developmental change that can impact mealtime.

[Food for 'ME TOO' Nutrition for the Toddler and Preschooler](#) (Iowa State University Extension, 2020)

- **Description:** This publication teaches common eating patterns, gives tips for surviving the toddler rollercoaster, and provides a sample menu for children.

[Child Nutrition and Cooking](#) (Stanford University, free college course, 5 sessions, ongoing)

- **Description:** This is a 5-session college course. Topics include Why home cooking matters, what constitutes a balanced meal, From supermarket to dinner table, Sustainable eating, Labels, Allergies and Taste.

[Early Childhood Nutrition: How to Get Feeding off to a Positive and Healthy Start](#) (Dairy Council and Society for Nutrition Education and Behavior, 2013)

- **Description:** This webinar focuses on guiding parents to healthy feeding behaviors, focusing on toddler behavior, division of responsibility.

[Eat Play Love—Raising Healthy Eaters](#) (Dairy Council and Society for Nutrition Education and Behavior, 2012)

- **Description:** This webinar focuses on best strategies for raising healthy eaters.

High Risk Children

[Let's Eat Together: Responsive Feeding Practices in Early Intervention](#) (EITP IL, 2019)

- **Description:** This webinar highlights the need to build trust between providers, families, and children to support family-focused mealtime routines.

[Parenting and Childhood Obesity Treatment/Prevention](#) (Cooperative Extension, 2014)

- **Description:** This webinar discusses primary care obesity prevention in healthcare settings and methods for engaging parents in weight-related conversations. Usable tips and suggestions are given that are applicable to the WIC setting.

[Many Faces of Autism: An Introduction to Characteristics and Simple Strategies](#)
(Ohio Department of Developmental Disabilities, 2017)

- **Description:** This introductory module presents information about unique characteristics of autism spectrum disorder (ASD), including social-communication, restricted interests, and patterns of behavior, sensory, cognition and information processing, and emotional regulation.

[Setting the Table: Initial Steps Towards Achieving Adequate Nutritional Intake in Children with Autism Spectrum Disorder \(ASD\) and Gastrointestinal Issues \(GI\)/ Food Allergies](#) (Nutricia Learning Center, 2015)

DISCLAIMER: This CPE approved webinar is sponsored by a medical formula company. To access it you must register on their website. The content has been reviewed.

- **Description:** This webinar focuses on autism spectrum disorder characteristics and assessment and practical strategies are identified to support eating and expansion of food choices to foster adequate nutritional intake and growth in children with autism.

Prenatal Nutrition

[Women w/ Obesity: Pre-Pregnancy Wt, Gestational Wt Gain, Impacts on Maternal/Child Health](#) (NASEM, 2018)

- **Description:** This webinar discusses the current understanding of pre-pregnancy weight, gestational weight gain, and the impacts on maternal and child health among women with obesity

[Food Safety for Mom's to Be](#) (FDA, 2015)

- **Description:** This video reviews basic food safety recommendations and special recommendations of food to avoid during pregnancy.

[Diabetes and Pregnancy](#) (Emory Univ., 2013)

- **Description:** This webinar discusses diabetes in pregnancy, adverse outcomes for mom and baby, and management of the condition.
- **NOTE:** A window will pop up asking for username, hit cancel. The video will then appear; advance video to the 21:32 minute mark and hit play.

Nutrition for Woman

[Every Woman, Every Time: Integrating Preconception Health Promotion](#) (CME approved, Univ North Carolina, 2014)

- **Description:** This is a comprehensive overview of the link between major threats to women's health and pregnancy outcomes, the importance of promoting preconception wellness and recommended factors to address at every encounter with women of childbearing age.

[In Between Time: Interconception health care starting with the Postpartum Visit](#) (CME approved, Univ. North Carolina, 2016)

- **Description:** This comprehensive presentation discusses the rationale for interconception care, examines the ten core content areas for postpartum care, and reviews evidence about interpregnancy intervals.

[Nutritional Trends and Implications for Weight Loss Surgery](#) (Cooperative Extension, CDR CPEU approved, 2016)

- **Description:** An in-depth discussion on the various types of weight loss surgery, who is a candidate for weight loss surgery, and the benefits and complications of these surgeries.
- **NOTE:** Start at 53:00 minutes for *Pregnancy after Weight Loss Surgery information*.

Breastfeeding Education

[Breastfeeding—Natures Best](#) (Cooperative Extension, 2016)

- **Description:** Discusses advantages of breastfeeding for infant and mother, positioning and frequency of nursing for establishing milk supply, skin to skin, laid back breastfeeding, how supplementation impacts milk supply, breast pump considerations, and returning to work.

[From Baby to Breast—Anatomy and Physiology](#) (MD Dept. of Health, 2016)

- **Description:** This module discusses basic breast anatomy and physiology, hormones that impact lactation, the process of milk production, baby's role in milk transfer and basic breast care instructions for mom.

Breastfeeding Counseling

[Promoting Breastfeeding During Pregnancy](#) (MD Dept. of Health, 2016)

- **Description:** This module discusses the history of breastfeeding, when to discuss BF with prenatal woman and the influence this conversation has on women's decision to BF. The 3-step counseling method is reviewed.

[Welcoming African American Families](#) (CWA 2018)

- **Description:** This webinar focuses on engaging AA families so that they get more out of WIC services. It discusses the ROSE network's work on addressing breastfeeding inequities among people of color to improve outcomes.

[Breastfeeding Support for Somali Mothers](#) (University of Washington, 2007)

- **Description:** This PowerPoint outlines breastfeeding in the Somali Culture and strategies to support pregnant and postpartum participants that encourage breastfeeding success.

[The Breastfeeding Partner: How Dads and Other Special People Make a Difference](#) (IL WIC 2016)

- **Description:** This presentation discusses both positive and negative influence that partners can have on breastfeeding, the importance of addressing the concerns of the partner, and ways the partner can have a role in breastfeeding.

[Preparing Moms for a Baby Friendly Experience](#) (IL WIC, 2016)

- **Description:** This presentation by Cathy Carothers talks through the various requirements that must be followed for a baby-friendly hospital, and why these requirements are important for successful breastfeeding.

[Helping Moms Gain Confidence in the Milk Production](#) (IL WIC, 2016)

- **Description:** This Cathy Carothers presentation discusses the milk production process, how we can talk with mom prenatally about changes in her breast and the milk production process to help build confidence that her body is able to make enough milk.

[Ongoing Breastfeeding Support for Mothers](#) (MD Dept. of Health, 2016)

- **Description:** This session focus on breastfeeding support after hospital discharge. It identifies breastfeeding issues, the importance of community resources, challenges mom's face, and strategies for maintaining breastfeeding beyond a year.

[Getting Started with Breastfeeding Videos](#) (Stanford Medical Center)

- **Description:** This site contains short instructional videos appropriate for staff and participant education.

Breastfeeding Assessment

[Helping with a Breastfeed Session](#) (MD Dept. of Health, 2016)

- **Description:** This session discusses different breastfeeding positions, signs of an effective latch and signs of milk transfer.

[Part 1: Preparing Parents to Lay the Foundation for Milk Supply](#) (Illinois Department of Human Services, 2021)

- **Description:** This session discusses how to establish an adequate milk supply, the concerns that mothers have about not having enough breastmilk, and why they stop breastfeeding.
- **Additional Comments:** Presentation handout available at [Springfield Community Health Training Center](#).

[Overactive Milk Ejection Reflex and Oversupply](#) (IL WIC, 2014)

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- **Description:** This presentation describes the difference between milk oversupply and overactive milk ejection and discusses methods for controlling oversupply and techniques that can help the baby deal with overactive milk ejection for a successful breastfeed.

[Working with Parents Who Exclusively Pump](#) (Illinois Department of Human Services, 2021)

- **Description:** This session discusses why parents may choose to exclusively pump, explain the difference in pumps, and techniques to help with relatching if parents change their mind.
- **NOTE:** Presentation handout available at [Distance Learning, Springfield Urban League Inc.](#)

[Using a Nipple Shield](#) (Lactation Education Resources, 2021)

- **Description:** This handout discusses reasons baby may benefit from a nipple shield and how one should be properly used.

High Risk Maternal

[Infants and Mothers with Special Needs](#) (Maryland Department of Health, 2016)

- **Description:** This module discusses mothers and infants who will need additional support with breastfeeding, including preterm, low-birth weight, infants or mom with medical concerns or breastfeeding multiples.

[Breast and Nipple Concerns](#) (MD Dept. of Health, 2016)

- **Description:** This module discusses breast assessments, how to recognize and treat sore nipples, how to recognize and treat engorgement, blocked ducts, and mastitis.

[D-MER: What breastfeeding moms might not be telling you](#) (Illinois Department of Human Services, 2021)

- **Description:** This webinar discusses Dysphoric Milk Ejection Reflex (D-Mer), assessment, negative effects, possible treatment, the role in breastfeeding support, and education for the breastfeeding parent.
- **NOTE:** PowerPoint slides available at [Distance Learning, Springfield Urban League Inc.](#)

[If the Baby Can't Feed at the Breast](#) (MD Dept. of Health, 2016)

- **Description:** This session discusses reasons why babies may not be able to feed from the breast, milk expression methods, and alternate feeding methods which can be used to support breastfeeding and transitioning to the breast.

[Supporting Breastfeeding in the Presence of Tongue Tie/Lip Tie](#) (IL WIC, 2015)

- **Description:** This session discusses symptoms present in a breastfeeding mother or her baby that may indicate the presence of a tongue tie and/or lip tie.

[Breastfeeding the Infant with Cleft Lip and Palate](#) (IL WIC, 2014)

- **Description:** This presentation provides an overview of types of clefts and their impact on breastfeeding, and ways to support and assist mother and baby with cleft lip/palate.

Returning to Work/Community

[Successfully Combining Breastfeeding with Work or School](#) (Illinois Department of Human Services, 2018)

- **Description:** This webinar why parents should be encouraged to continue breastfeeding when returning to work/school, how to prepare, and how to keep it going.
- **NOTE:** PowerPoint slides available at [Distance Learning, Springfield Urban League Inc.](#)

[Breastfeeding and the Workplace Success Takes a Team](#) (Univ of Albany, NY, 2016)

- **Description:** This presentation discusses the importance of supporting breastfeeding mothers and the challenges mothers and employers face in doing so.
- **NOTE:** This presentation discusses NY breastfeeding laws. Contact the State Breastfeeding Coordinator if you have questions about MN Breastfeeding laws.

[It takes a Village Promoting Breastfeeding at the Community Level](#) (Univ. of Albany, NY, 2013)

- **Description:** This program will highlight community-level actions to support successful lactation.

General Nutrition Topics

[Maternal, Infant and Early Childhood Nutrition — The Thousand Day Window of Opportunity](#) (CDC, 2019)

- **Description:** This Public Health Grand Rounds explores maternal nutrition, identifies strategies that support women to breastfeed, and provide recommendations regarding an infant's transition to the family diet.

[Introduction to Human Nutrition](#) (UC-Berkeley, 2006 College lectures, 24 audio recordings)

- **Description:** Audio only—See link for audio recording titles for the various topics covered. Many topics are very applicable to WIC.

[Sugary Drinks Why the Fuss and What Can You Do?](#) (Univ. of Albany, 2013)

- **Description:** This webinar discusses the health impact of excess sugary drink consumption, trends in consumption among children and strategies to reduce consumption.

[Trans Fat Update](#) (Nutrition and Wellness Concentration Area, Military Families Learning Network, 2016)

- **Description:** This webinar explains the science behind trans fats in formulated foods versus naturally occurring trans fats and health implications of trans fats in the diet are explored.

Micronutrients

[The Importance of Monitoring Vitamin D Status in the US](#) (CDC, 2010)

- **Description:** This presentation explores vitamin D, why we need it, challenges to getting it, and ways to address this issue within the public health and medical settings.

[Folic Acid and the Prevention of Birth Defects](#) (CDC, 2010)

- **Description:** This grand round includes the topics of prevention of neural tube defects, global strategies in prevention efforts, research on whether intake of folic acid can cause harm, and folic acid supplementation.

[Safety of Dietary Supplements](#) (Harvard Forum, 2017)

- **Description:** Focus is on safety of dietary supplements, with emphasis on the safety of supplements marketed for weight loss/muscle building and sports performance/ sexual function.

Other General Nutrition Topics

[Enhancing Health and Wellness with Probiotics](#) (Military Family Learning Network, 2021)

- **Description:** Prebiotics and probiotics help support overall health by building and maintaining healthy gut bacteria and creating an environment for other healthy microorganisms. This webinar will explore the role of probiotics in health and disease and highlight tips for choosing food and probiotic supplements.

[Modulating the Gut Microbiome- The Role of Probiotics and Prebiotics](#) (Genova Diagnostics, 2016)

- **Description:** Learn the beneficial effects of the gastrointestinal microbiota on the development and function of the immune, gastrointestinal, and other organ systems, as well as mechanisms by which probiotics may confer benefit, how to effectively select probiotic formulas.

Nutrition Related Diseases/High-Risk Nutrition Topics

[Hypertension Update: Nutritional Guidelines and Strategies](#) (Military Families Learning Network, 2015)

- **Description:** This webinar discusses hypertension recommendations and focuses on lifestyle modifications and nutrition factors that can help with managing hypertension and counseling strategies to offer families support.

[Management of Celiac Disease: Now and Beyond](#) (University of Maryland Medical Center, 2017)

- **Description:** This webinar describes Celiac Disease and Gluten Sensitivities.

Food Allergies and Intolerances

[Food Allergy vs Food Intolerance](#) (Military Families Learning Network, 2021)

- **Description:** This webinar explores the differences between food allergies and food intolerances, list common food allergens and intolerances, and understand implications of medical nutrition therapy for diagnosis and intervention.

[The Diagnosis of Food Allergies, and the Role of Oral Food Challenges \(OFCs\)](#) (Food Allergy Research and Education 2016)

- **Description:** This webinar differentiates food allergy and food intolerances, and how allergies are diagnosed. It also discusses how misdiagnosis and unnecessary avoidance of foods has implications on health and nutrition and can have a significant impact on quality of life.

[Early Peanut Introduction: Recent Findings, Latest Guidelines, Q&A](#) (Food Allergy Research and Education, 2017)

- **Description:** This webinar discusses the LEAP trial (Learning Early About Peanut Allergy) and other follow up studies. It discusses the National Institute of Allergy and Infectious Diseases (NIAID) clinical guidelines for introducing peanut products for the prevention of peanut allergies.
- **NOTE:** WIC follows the AAP guidelines for introduction of peanut allergies. AAP guidelines are based on the NIAID recommendations.

[Breastfeeding and Beyond: Best Practices for Feeding an Infant with Cow Milk Allergy](#) (Nutricia Learning Center, 2016)

DISCLAIMER: This CPE approved webinar is sponsored by a medical formula company. To access the webinar, you have to register on their website. The content has been reviewed.

- **Description:** This webinar discusses the role of human milk in infants with cow milk allergy, discusses the maternal diet when managing cow milk allergy, distinguishes differences in composition and categorization of specialized pediatric formulas, and discusses the proper use of specialized pediatric formulas based on currently available evidence.

[Recognizing Food Protein-Induced Enterocolitis Syndrome \(FPIES\) and the Important Role of Dietary Management](#) (Nutricia Learning Center, 2015)

DISCLAIMER: This CPE approved webinar is sponsored by a medical formula company. To access the webinar, you have to register on their website. The content has been reviewed.

- **Description:** This webinar focuses on how to identify and manage the pediatric patient with FPIES. It also discusses the role of dietary management, including considerations when breastfeeding, starting complementary foods and table foods.

Substance Abuse/Mental Health

[FASD Primer for Healthcare Professionals \(Web-Based\) - WB2746R](#) (CDC, 2020)

- **Description:** This training course provides a broad foundation of knowledge about fetal alcohol spectrum disorders (FASDs). Topics include prevention, identification, referral, and treatment of FASDs.

[Primary Prevention and Public Health Strategies to Prevent Neonatal Abstinence Syndrome](#) (CDC, 2016)

- **Description:** This presentation focuses on NAS and its relation to the current opioid crisis, NAS prevention through public health interventions, screening and treatment of pregnant women for opioid use.

[Addressing the Unique Challenges of Opioid Use Disorder in Women](#) (CDC, 2017)

- **Description:** This presentation gives an overview of the federal response to opioid use across the nation and addresses approaches to care and prevention of substance use among women.

[Marijuana, The Latest Scientific Findings and Legalization](#) (Harvard Forum, 2017)

- **Description:** This talk discusses what we know about the notable gaps in scientific data on the short- and long-term effects of marijuana use and the impact on health.
- Learn more at [Marijuana and Public Health](#) (CDC, 2021)

[E-Cigarettes an Emerging Public Health Challenge](#) (CDC, 2015)

- **Description:** This session of Grand Rounds explores the public health challenge of electronic cigarettes, including the surveillance and research gaps that must be addressed to assess the impact of e-cigarettes on the health of our nation.
- Learn more at [Electronic Cigarettes](#) (CDC, 2021)

Cultural Awareness and Civil Rights

[Implicit Bias in the Academy: Professional and Personal Implications](#) (Duke University & Duke University Health Systems, 2017)

- **Description:** This lecture discusses the significance of implicit bias, research findings, the impact of implicit bias on decision-making, what helps to diminish implicit bias, and implications for future research.

Customer Service

Training Videos- WIC Customer Service (AZ WIC, 2016)

- **Description:** These videos illustrate positive and negative interactions between WIC participants and WIC staff. At the end of each video, the participant is interviewed about how he/she felt during the interaction.

Leadership/Management

Becoming a Successful Leader (Inclusive Leadership Skills) (EdX 2017)

- **Description:** This course covers how to develop and refine the key inclusive leadership skills of Empowerment, Accountability, Courage, and Humility—known as the “EACH” framework.

Staff Wellness

Wellness in the Workplace (Cooperative Extension, 2014)

- **Description:** This webinar will explore the essential components of a workplace wellness program, talking to management about wellness, and defining issues and prioritizing goals.

Creating a Healthier Life, A Step-By-Step Guide (Substance Abuse and Mental Health Services Administration (SAMHSA), 2017)

- **Description:** This guide offers a broad approach for things we can do—at our own pace, in our own time, and within our own abilities—that can help us feel better and live longer.

Other WIC Related Topics

2016 CWA Learning Collaborative Webinar- Engaging Men & Dads (California WIC Assoc. 2016)

- **Description:** This webinar discusses best practices for making programs more father friendly and how to make WIC more welcoming to fathers.

Open Wide: Oral Health Training for Health Professionals (OHRC, Georgetown University, 2010)

- **Description:** A series of four web-based, self-study modules to help health and early childhood professionals (such as WIC staff!) working in community settings promote oral health.

Maternal Immunization: Current Status and Future Directions (CDC, 2019)

- **Description:** Learn about the burden of influenza and pertussis during pregnancy and among infants, the benefits of maternal immunization, and the development of new vaccines.

Vaccinating Children (Harvard Forum, 2014)

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- **Description:** This Forum event examined the drivers of public perceptions of vaccinations, the threats that vaccine-preventable illnesses pose, and the steps to be taken to restore trust in one of public health's greatest weapons against infectious diseases.

Parenting for a Digital Future: How Hopes and Fears about Technology Shape Children's Lives (Sesame Workshop, 2020)

- **Description:** This presentation discusses technology and the effects it has on our identities, our relationships, our values, and our children's life chances.

Recognizing Child Abuse: For Non-Medical Professionals (MD WIC, Johns Hopkins presenter, 2015)

- **Description:** This presentation describes the non-medical professional's role in recognizing child abuse and the role in intervention.

Reference- Complete Listing of Hyperlinks:

Using the WHO Growth Charts to Assess Growth in the United States Among Children Ages Birth to 2 Years (<https://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm>)

Hemocue OnCue Learning Module (<https://hemocueoncue.education/>)

VENA Training Videos (<https://wicworks.fns.usda.gov/resources/vena-training-videos>)

Feeding Infants: Nourishing Attitudes and Techniques
(<https://wicworks.fns.usda.gov/resources/wic-learning-online-wlol>)

Supporting the Mother Who Feeds with Bottles and/or Infant Formula
(https://www.youtube.com/watch?v=_HrQ9vDXou8)

Neonatal Abstinence Syndrome (https://ilpqc.org/ILPQC%202020%2B/MNO-Neonatal/MNO-Neonatal%20Folder_All%20Materials_1.28.2020.pdf)

High Risk Newborns and Nutrition
(https://players.brightcove.net/6056665225001/default_default/index.html?videoId=6079348009001)

Supporting Responsive Feeding Using Baby Behaviors
(<http://californiabreastfeeding.org/events-calendar/ongoing-tutorials-and-webinars/supporting-responsive-feeding-using-baby-behavior/>)

Food for 'ME TOO' Nutrition for the Toddler and Preschooler
(<https://store.extension.iastate.edu/product/4597>)

Child Nutrition and Cooking (<https://www.coursera.org/learn/childnutrition>)

Early Childhood Nutrition: How to Get Feeding off to a Positive and Healthy Start
(<https://vimeo.com/66840419>)

Eat Play Love—Raising Healthy Eaters (<https://www.youtube.com/watch?v=iiopq6YAX1g>)

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[Let's Eat Together: Responsive Feeding Practices in Early Intervention](https://www.youtube.com/watch?v=9D_osZ8ifxY)

(https://www.youtube.com/watch?v=9D_osZ8ifxY)

[Parenting and Childhood Obesity Treatment/Prevention](https://connect.extension.org/event/parenting-and-childhood-obesity-treatment-prevention)

(<https://connect.extension.org/event/parenting-and-childhood-obesity-treatment-prevention>)

[Many Faces of Autism: An Introduction to Characteristics and Simple Strategies](https://autismcertificationcenter.org/preview/course/1/module/29)

(<https://autismcertificationcenter.org/preview/course/1/module/29>)

[Setting the Table: Initial Steps Towards Achieving Adequate Nutritional Intake in Children with Autism Spectrum Disorder \(ASD\) and Gastrointestinal Issues \(GI\)/ Food Allergies](http://www.nutricialearningcenter.com/en/gi-allergy/webinar/recognition--management-of-gi--nutrition-related-issues-in-children-with-autism/)

(<http://www.nutricialearningcenter.com/en/gi-allergy/webinar/recognition--management-of-gi--nutrition-related-issues-in-children-with-autism/>)

[Women w/ Obesity: Pre-Pregnancy Wt, Gestational Wt Gain, Impacts on Maternal/Child Health](https://www.youtube.com/watch?v=hbn4Cpd-smM)

(<https://www.youtube.com/watch?v=hbn4Cpd-smM>)

[Food Safety for Mom's to Be](https://www.bing.com/videos/search?q=food+safety+video+for+pregnant+moms&&view=detail&mid=12505B8507C98D795AC412505B8507C98D795AC4&FORM=VRDGAR)

(<https://www.bing.com/videos/search?q=food+safety+video+for+pregnant+moms&&view=detail&mid=12505B8507C98D795AC412505B8507C98D795AC4&FORM=VRDGAR>)

[Diabetes and Pregnancy](https://emory.adobeconnect.com/_a812723154/p7wc1400rmc/?launcher=false&fcsContent=true&pbMode=normal)

(https://emory.adobeconnect.com/_a812723154/p7wc1400rmc/?launcher=false&fcsContent=true&pbMode=normal)

[Every Woman, Every Time: Integrating Preconception Health Promotion](http://beforeandbeyond.org/wp-content/uploads/2016/06/CME_Module_1.pptx)

(http://beforeandbeyond.org/wp-content/uploads/2016/06/CME_Module_1.pptx)

[In Between Time: Interconception health care starting with the Postpartum Visit](http://beforeandbeyond.org/wp-content/uploads/2016/06/CME_Module_4.pptx)

(http://beforeandbeyond.org/wp-content/uploads/2016/06/CME_Module_4.pptx)

[Nutritional Trends and Implications for Weight Loss Surgery](https://www.youtube.com/watch?v=WQJ1Sb0rmoo)

(<https://www.youtube.com/watch?v=WQJ1Sb0rmoo>)

[Breastfeeding—Natures Best](https://www.youtube.com/watch?v=hf06hOyfHHE) (<https://www.youtube.com/watch?v=hf06hOyfHHE>)

[From Baby to Breast—Anatomy and Physiology](https://www.youtube.com/watch?v=rv3HBWZdqvM)

(<https://www.youtube.com/watch?v=rv3HBWZdqvM>)

[Promoting Breastfeeding During Pregnancy](https://www.youtube.com/watch?v=o_jBL7ZUGbk)

(https://www.youtube.com/watch?v=o_jBL7ZUGbk)

[Welcoming African American Families](https://www.youtube.com/watch?v=EdmSpEq9ovs) (<https://www.youtube.com/watch?v=EdmSpEq9ovs>)

[Breastfeeding Support for Somali Mothers](https://ethnomed.org/wp-content/uploads/2020/01/breast_feeding_soma_mothers.pdf) (https://ethnomed.org/wp-content/uploads/2020/01/breast_feeding_soma_mothers.pdf)

[The Breastfeeding Partner: How Dads and Other Special People Make a Difference](http://multimedia.illinois.gov/dhs/ul-110116.html)

(<http://multimedia.illinois.gov/dhs/ul-110116.html>)

[Preparing Moms for a Baby Friendly Experience](http://multimedia.illinois.gov/dhs/ul-030116.html) (<http://multimedia.illinois.gov/dhs/ul-030116.html>)

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[Helping Moms Gain Confidence in the Milk Production](http://multimedia.illinois.gov/dhs/ul-040516.html) (<http://multimedia.illinois.gov/dhs/ul-040516.html>)

[Ongoing Breastfeeding Support for Mothers](https://www.youtube.com/watch?v=KMRKesPFxtM)
(<https://www.youtube.com/watch?v=KMRKesPFxtM>)

[Getting Started with Breastfeeding Videos](http://med.stanford.edu/newborns/professional-education/breastfeeding.html) (<http://med.stanford.edu/newborns/professional-education/breastfeeding.html>)

[Helping with a Breastfeed Session](https://www.youtube.com/watch?v=EVjzjNwz36I) (<https://www.youtube.com/watch?v=EVjzjNwz36I>)

[Part 1: Preparing Parents to Lay the Foundation for Milk Supply](https://multimedia.illinois.gov/dhs/dhs-Managing-Human-Milk-Supply-Part1-2021.html)
(<https://multimedia.illinois.gov/dhs/dhs-Managing-Human-Milk-Supply-Part1-2021.html>)

[Overactive Milk Ejection Reflex and Oversupply](https://springfieldul.org/Custom/Library/1/documents/2014-03-04/OversupplyandOveractiveLetdownReflex_nophotos.pdf)
(https://springfieldul.org/Custom/Library/1/documents/2014-03-04/OversupplyandOveractiveLetdownReflex_nophotos.pdf)

[Working with Parents Who Exclusively Pump](https://multimedia.illinois.gov/dhs/ul-110519.html) (<https://multimedia.illinois.gov/dhs/ul-110519.html>)

[Using a Nipple Shield](https://www.lactationtraining.com/resources/educational-materials/handouts-parents?task=document.viewdoc&id=41) (<https://www.lactationtraining.com/resources/educational-materials/handouts-parents?task=document.viewdoc&id=41>)

[Infants and Mothers with Special Needs](https://www.youtube.com/watch?v=yX71cmhJkZY) (<https://www.youtube.com/watch?v=yX71cmhJkZY>)

[Breast and Nipple Concerns](https://www.youtube.com/watch?v=UclwDhKLK08) (<https://www.youtube.com/watch?v=UclwDhKLK08>)

[D-MER: What breastfeeding moms might not be telling you](https://multimedia.illinois.gov/dhs/ul-020221.html)
(<https://multimedia.illinois.gov/dhs/ul-020221.html>)

[If the Baby Can't Feed at the Breast](https://www.youtube.com/watch?v=fhYGK2iU6DE) (<https://www.youtube.com/watch?v=fhYGK2iU6DE>)

[Supporting Breastfeeding in the Presence of Tongue Tie/Lip Tie](https://www.springfieldul.org/Custom/Library/1/documents/20150303/SupportingBreastfeedinginthePresenceofTongue-TiePPT.pdf)
(<https://www.springfieldul.org/Custom/Library/1/documents/20150303/SupportingBreastfeedinginthePresenceofTongue-TiePPT.pdf>)

[Breastfeeding the Infant with Cleft Lip and Palate](https://www.springfieldul.org/Custom/Library/1/documents/2014-09-02/BreastfeedingtheInfantwithCleftLipandPalate.pdf)
(<https://www.springfieldul.org/Custom/Library/1/documents/2014-09-02/BreastfeedingtheInfantwithCleftLipandPalate.pdf>)

[Distance Learning, Springfield Urban League Inc.](https://www.springfieldul.org/chtcdistance-learning) (<https://www.springfieldul.org/chtcdistance-learning>)

[Successfully Combining Breastfeeding with Work or School](https://multimedia.illinois.gov/dhs/ul-020618.html)
(<https://multimedia.illinois.gov/dhs/ul-020618.html>)

[Breastfeeding and the Workplace Success Takes a Team](http://www.albany.edu/sph/cphce/bfgr15.shtml)
(<http://www.albany.edu/sph/cphce/bfgr15.shtml>)

[It takes a Village Promoting Breastfeeding at the Community Level](http://www.albany.edu/sph/cphce/bfgr13.shtml)
(<http://www.albany.edu/sph/cphce/bfgr13.shtml>)

FREE ONLINE TRAINING RESOURCES FOR WIC STAFF DEVELOPMENT

[Maternal, Infant and Early Childhood Nutrition — The Thousand Day Window of Opportunity](https://www.cdc.gov/grand-rounds/pp/2019/20190618-early-childhood-nutrition.html)
(<https://www.cdc.gov/grand-rounds/pp/2019/20190618-early-childhood-nutrition.html>)

[Introduction to Human Nutrition](https://archive.org/details/NS_10_Spring_2006_UC_Berkeley)

(https://archive.org/details/NS_10_Spring_2006_UC_Berkeley)

[Sugary Drinks Why the Fuss and What Can You Do?](http://www.albany.edu/sph/cphce/phl_0113.shtml)

(http://www.albany.edu/sph/cphce/phl_0113.shtml)

[Trans Fat Update](https://militaryfamilieslearningnetwork.org/event/28577/) (<https://militaryfamilieslearningnetwork.org/event/28577/>)

[The Importance of Monitoring Vitamin D Status in the US](https://www.youtube.com/watch?v=8Judlqr19hk)

(<https://www.youtube.com/watch?v=8Judlqr19hk>)

[Folic Acid and the Prevention of Birth Defects](https://www.youtube.com/watch?v=VxWq3z1n61c&t=7s)

(<https://www.youtube.com/watch?v=VxWq3z1n61c&t=7s>)

[Safety of Dietary Supplements](https://theforum.sph.harvard.edu/events/supplements-and-health/) (<https://theforum.sph.harvard.edu/events/supplements-and-health/>)

[Enhancing Health and Wellness with Probiotics](https://militaryfamilieslearningnetwork.org/event/91278/)

(<https://militaryfamilieslearningnetwork.org/event/91278/>)

[Modulating the Gut Microbiome- The Role of Probiotics and Prebiotics](https://www.youtube.com/watch?v=ZnRwbDWz2ek)

(<https://www.youtube.com/watch?v=ZnRwbDWz2ek>)

[Hypertension Update: Nutritional Guidelines and Strategies](https://www.youtube.com/watch?v=zVqPEjui2yQ)

(<https://www.youtube.com/watch?v=zVqPEjui2yQ>)

[Management of Celiac Disease: Now and Beyond](https://www.youtube.com/watch?v=at5nBYNCnoM)

(<https://www.youtube.com/watch?v=at5nBYNCnoM>)

[Food Allergy vs Food Intolerance](https://militaryfamilieslearningnetwork.org/event/107316/) (<https://militaryfamilieslearningnetwork.org/event/107316/>)

[The Diagnosis of Food Allergies, and the Role of Oral Food Challenges \(OFCs\)](https://www.youtube.com/watch?v=nl34GT4_exM)

(https://www.youtube.com/watch?v=nl34GT4_exM)

[Early Peanut Introduction: Recent Findings, Latest Guidelines, Q&A](https://www.youtube.com/watch?v=_PUHkv706Wg)

(https://www.youtube.com/watch?v=_PUHkv706Wg)

[Breastfeeding and Beyond: Best Practices for Feeding an Infant with Cow Milk Allergy](http://www.nutricialearningcenter.com/en/gi-allergy/webinar/breast-feeding-and-beyond-best-practices-for-feeding-an-infant-with-cow-milk-allergy1/)

(<http://www.nutricialearningcenter.com/en/gi-allergy/webinar/breast-feeding-and-beyond-best-practices-for-feeding-an-infant-with-cow-milk-allergy1/>)

[Recognizing Food Protein-Induced Enterocolitis Syndrome \(FPIES\) and the Important Role of Dietary Management](https://www.nutricialearningcenter.com/en/gi-allergy/webinar/recognizing-food-protein-induced-enterocolitis-syndrome-fpies-and-the-important-role-of-dietary-management/)

(<https://www.nutricialearningcenter.com/en/gi-allergy/webinar/recognizing-food-protein-induced-enterocolitis-syndrome-fpies-and-the-important-role-of-dietary-management/>)

[FASD Primer for Healthcare Professionals \(Web-Based\) - WB2746R](https://www.train.org/cdctrain/course/1096762/)

(<https://www.train.org/cdctrain/course/1096762/>)

[Primary Prevention and Public Health Strategies to Prevent Neonatal Abstinence Syndrome](https://www.youtube.com/watch?v=g5RW_y60En0)

(https://www.youtube.com/watch?v=g5RW_y60En0)

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[Addressing the Unique Challenges of Opioid Use Disorder in Women](https://www.cdc.gov/grand-rounds/pp/2017/20170117-opioid-overdose.html)

(<https://www.cdc.gov/grand-rounds/pp/2017/20170117-opioid-overdose.html>)

[Marijuana, The Latest Scientific Findings and Legalization](https://theforum.sph.harvard.edu/events/marijuana/)

(<https://theforum.sph.harvard.edu/events/marijuana/>)

[Marijuana and Public Health](https://www.cdc.gov/marijuana/) (<https://www.cdc.gov/marijuana/>)

[E-Cigarettes an Emerging Public Health Challenge](https://www.cdc.gov/grand-rounds/pp/2015/20151020-e-cigarettes.html) (<https://www.cdc.gov/grand-rounds/pp/2015/20151020-e-cigarettes.html>)

[Electronic Cigarettes](https://www.cdc.gov/grand-rounds/pp/2015/20151020-e-cigarettes.html) (<https://www.cdc.gov/grand-rounds/pp/2015/20151020-e-cigarettes.html>)

[Implicit Bias in the Academy: Professional and Personal Implications](https://echo360.org/media/21f43c44-0bd7-4f87-a690-e4561c388def/public)

(<https://echo360.org/media/21f43c44-0bd7-4f87-a690-e4561c388def/public>)

[Training Videos- WIC Customer Service](https://www.youtube.com/playlist?list=PLeL9ROmy1WLSGVpILHRx6y0_w4UA_GsJx)

(https://www.youtube.com/playlist?list=PLeL9ROmy1WLSGVpILHRx6y0_w4UA_GsJx)

[Becoming a Successful Leader \(Inclusive Leadership Skills\)](https://www.edx.org/course/becoming-successful-leader-inclusive-catalystx-il2x-0?utm_source=sailthru&utm_medium=email&utm_campaign=newsletter_student_disengaged_20170606&utm_content=A&utm_term=Disengaged%20Learners#!)

(https://www.edx.org/course/becoming-successful-leader-inclusive-catalystx-il2x-0?utm_source=sailthru&utm_medium=email&utm_campaign=newsletter_student_disengaged_20170606&utm_content=A&utm_term=Disengaged%20Learners#!)

[Wellness in the Workplace](https://connect.extension.org/event/wellness-in-the-workplace) (<https://connect.extension.org/event/wellness-in-the-workplace>)

[Creating a Healthier Life, A Step-By-Step Guide](https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf)

(<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>)

[2016 CWA Learning Collaborative Webinar- Engaging Men & Dads](https://www.youtube.com/watch?v=IGJXeXPNEYk)

(<https://www.youtube.com/watch?v=IGJXeXPNEYk>)

[Open Wide: Oral Health Training for Health Professionals](https://wicworks.fns.usda.gov/resources/open-wide-oral-health-training-professionals)

(<https://wicworks.fns.usda.gov/resources/open-wide-oral-health-training-professionals>)

[Maternal Immunization: Current Status and Future Directions](https://www.cdc.gov/grand-rounds/pp/2019/20190918-maternal-immunization.html) (<https://www.cdc.gov/grand-rounds/pp/2019/20190918-maternal-immunization.html>)

[Vaccinating Children](https://theforum.sph.harvard.edu/events/vaccinating-children/) (<https://theforum.sph.harvard.edu/events/vaccinating-children/>)

[Parenting for a Digital Future: How Hopes and Fears about Technology Shape Children's Lives](https://joanganzcooneycenter.org/2020/08/12/parenting-for-a-digital-future/)

(<https://joanganzcooneycenter.org/2020/08/12/parenting-for-a-digital-future/>)

[Recognizing Child Abuse: For Non-Medical Professionals](https://www.youtube.com/watch?v=74eVd8Knacg)

(<https://www.youtube.com/watch?v=74eVd8Knacg>)

Minnesota Department of Health - WIC Program, 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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