Principles of Maternal, Infant & Child Nutrition
Nutrition Training

- A basic understanding of nutrition for women, infants, and children is necessary to provide appropriate nutrition education.
  - Annual Nutrition Training
  - Bi-monthly calls
  - Online opportunities
    - Such as U of M training
    - Periodic webinars, conference calls, etc.

- While you will not learn everything about nutrition, you will acquire enough information and resources to improve the nutritional health of your clients.
Breastfeeding Training

- All clinic staff will receive breastfeeding education
  - Annual Breastfeeding Training
  - Bi-monthly calls for Clinic Breastfeeding Coordinators

- CPAs should attend at least one continuing educational opportunity on breastfeeding annually
Breastfeeding Training

- Clinic Breastfeeding Coordinator provides coordination for, and evaluation of, clinic breastfeeding training activities.
  - Clinic Breastfeeding Coordinator works with the State Breastfeeding Coordinator to maintain training activities

- Staff breastfeeding training is documented in SDWIC-IT
National WIC Association Formula Statement

“The WIC Program continues to work towards establishing breastfeeding as the norm for infant feeding. Breastfeeding promotion and support activities are a major priority for the program and for the National WIC Association. Provision of infant formula by the WIC Program offers a safety net for infants who may not otherwise have access to adequate nutrition.”
Formula Training

- WIC may provide iron-fortified infant formula for the first year of life when needed
- WIC contracts with Mead Johnson to provide a specific brand of infant formulas
  - Contract formulas are
    - Enfamil Infant
    - Enfamil ProSobee
- WIC provides exempt (non-contract) therapeutic infant formulas and medical foods for qualifying conditions through separate procedures.
Summary

- Nutrition and breastfeeding training are necessary to help clients improve their health status.

- WIC provides formula (including special formulas) when breastfeeding is not done.
Next Steps

- Read and complete the activities in the self-study modules on
  - Nutrition
  - Infant Nutrition
  - Child Nutrition
  - Maternal Nutrition
  - Breastfeeding
Next Steps

• Review South Dakota WIC formula list

• Complete self-study module and quiz on issuing special formulas and medical foods

• Refer to Policies 4.02 Breastfeeding Training, 7.02 Authorized WIC Foods, and 7.03 Food Package for Qualifying Conditions