



Washington WIC – Certifier Competency Training Worksheet

16. Postpartum Nutrition

Competency	Certifier is able to:	Training Requirements
Understand the nutrition requirements and recommendations for breastfeeding and non-breastfeeding postpartum participants.	View the Postpartum Nutrition course and complete the post-test with 80% or higher score.	<p>The Learning Center (TLC)</p> <ul style="list-style-type: none"> DOH STATE WIC Postpartum Nutrition Curriculum <p>Participant Nutrition Education Handouts</p> <ul style="list-style-type: none"> Healthy Tips for New Moms <p>DHHS – Office on Women’s Health</p> <ul style="list-style-type: none"> Folic Acid Recovering from birth Getting pregnant again <p>National Institute of Health</p> <ul style="list-style-type: none"> Postpartum Depression Facts

Additional Training Resources
Perinatal Support Washington <ul style="list-style-type: none"> http://perinatalsupport.org/ 1-888-404-7763 (Washington Postpartum Support Warm Line) Note: Postpartum Online course warm line is for Arizona participants only.

Be sure to discuss any outstanding questions or issues with certifier. Document completion of this competency on Certifier Competency Training Documentation Form.



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For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
DOH-961-1118 February 2021

