

# ALASKA WIC Breastfeeding Peer Counselor (BFPC) Training Program

## LEARNING AGREEMENT

Trainee Name: \_\_\_\_\_ Local WIC Agency: \_\_\_\_\_

Trainee Education:  High School Diploma/GED  College Degree: \_\_\_\_\_

Phone number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Current Job Title for WIC: \_\_\_\_\_ Trainee Starting Date: \_\_\_\_\_

Preceptor's Name: \_\_\_\_\_ Preceptor Credentials: \_\_\_\_\_

---

### The WIC BFPC Trainee agrees to:

Complete the following Alaska WIC BFPC Training Modules within six months of the initiation of the learning agreement. Any modifications to this training plan must have written approval from the Alaska WIC CPA Training Program.

#### Alaska WIC Breastfeeding Peer Counselor Course:

1. Becoming a Peer Counselor
2. Helping Moms Say Yes to Breastfeeding
3. Helping Moms Overcome Common Barriers
4. How to Talk with Moms About Breastfeeding
5. Ways to Counsel Effectively With New Moms
6. Promoting and Encouraging Exclusively Breastfeeding
7. Supporting New Breastfeeding Moms
8. Helping Moms When Things Don't Go as Planned
9. Talking with Pregnant Moms About Breastfeeding
10. Talking with Moms About Breastfeeding in the First Month
11. Talking with Pregnant Moms About Breastfeeding as Baby Grows
12. Talking with Moms About Breastfeeding: When Mother and Baby are Separated
13. Providing Peer Counseling Services in Other Settings

### The WIC BFPC Training Preceptor Agrees to:

1. Answer questions and provide direction and advice.
2. Provide opportunities for observational learning.
3. Evaluate hands on learning activities.
4. Certify achievement of the modules' performance objectives by signing off the "Skills Checklist Forms" for each module.

\_\_\_\_\_  
WIC BFPC Trainee Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Preceptor's Signature

\_\_\_\_\_  
Date