

Alaska WIC Breastfeeding Peer Counseling: A Journey Together Training

Progress Record

Trainee Name: _____

Training Preceptor: _____

Training Start Date: _____

Section 1: The WIC Peer Counseling Program

Becoming a WIC Peer Counselor

Quiz Skills Checklist

Yes Yes Date: _____

Helping Moms Say YES to Breastfeeding

Yes Yes Date: _____

Section 2: Counseling and Communication Skills

Helping Moms Overcome Common Barriers

Yes Yes Date: _____

How to Talk with Moms about Breastfeeding

Yes Yes Date: _____

Ways to Reach New Moms

Yes Yes Date: _____

Section 3: Getting Started with Breastfeeding

Encouraging Exclusive Breastfeeding

Yes Yes Date: _____

Supporting New Breastfeeding Moms

Yes Yes Date: _____

Helping Moms When Things Don't Go as Planned

Yes Yes Date: _____

Section 4: Talking With Mothers about Breastfeeding

Talking with Pregnant Women About Breastfeeding

Yes Yes Date: _____

Talking with Mothers About Breastfeeding in the 1st Month

Yes Yes Date: _____

Baby Behavior Self-Check

Yes

Talking With Mothers About Breastfeeding as Baby Grows

Yes Yes Date: _____

Talking About Breastfeeding when Mother and Baby are Separated

Yes Yes Date: _____

Providing Peer Counseling Services in Other Setting

Yes Yes Date: _____

Training Completion Date: _____