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**From:** Wayne, Kathleen A (HSS)  
**Sent:** Friday, August 08, 2014 3:16 PM  
**To:** HSS DPA WIC Coordinators; O'Gara, Kathy (HSS Sponsored); Bennis, Don; Welch, Scooter (HSS Sponsored)  
**Cc:** HSS DPA WIC Juneau; HSS DPA WIC Anchorage; 'Danielle Rybicki' ([afdrr@uaa.alaska.edu](mailto:afdrr@uaa.alaska.edu)); Olejasz, Aimee M (HSS)  
**Subject:** WIC Update August 8

Hi Everyone,

As we all head into back-to-school mode, it's a good time to remind staff and clients about the benefits of simple hand washing. Attached are two fliers on flu hygiene for families with small children and one for LA WIC staff. Please note that the flier for families states to reschedule appointments for clients who are ill. The third flier is on sanitation with bottle feeding.

Kathleen

**1. Award Opportunity: 2015 RWJF Culture of Health Prize** *2015 RWJF Culture of Health Prize: Call for Applications* September 17, 2014 (deadline for Phase I applications)

Sponsored by the Robert Wood Johnson Foundation, the *RWJF Culture of Health Prize* is an annual award celebrating communities that have placed a priority on health and are creating powerful partnerships and deep commitments to make change. Up to 10 winning communities will each receive a \$25,000 cash prize in 2015 and the chance to share their accomplishments with the nation. To be eligible, communities must be designated as a town, city, county, tribe or tribal community or region (such as contiguous towns, cities, or counties) in the United States. [Learn more and apply online.](#)

**2. WIC Training Update:** The State Office and UAA staff have been very busy over the last few months updating the training program and transferring the training programs to the State of Alaska Training Site. Please see the attached files "WIC Training Update Newsletter" and "Accessing Alaska WIC Training" to see an overview of training changes.

### 3. Success Story:

Sara has two boys in WIC-- the younger is underweight and the older is overweight. The family is working closely with the local Pediatric Dietitian, but Sara is discouraged about the lack of progress in her son's weight. WIC staff encourage the family to take advantage of the local swimming pool, especially for the older child. Sara shared her concerns about going to the pool and WIC staff worked through each one with her. The older child even started talking about wanting to go to the pool during the clinic visit. Later that afternoon, Sara called WIC to share that she and the boys had gone to the pool and all three had a great time. She said her older child won't stop talk about going to the pool. WIC staff is thankful for a clean and inexpensive local pool where they can refer families.

4. Happy (official) World Breastfeeding Week! Attached is a free online presentation "Raising Our Voice: Breastfeeding Advocacy for Health Care Providers, Professionals, and Volunteers". The webinar is available until August 10<sup>th</sup>. Another new resource is the Breastfeeding Solutions app available for smartphones. A resource for both staff and mothers and is a quick way to seek solutions to breastfeeding questions. See how the app works, view its [2-minute YouTube video](#).

The breastfeeding committee hopes that you are planning fun WBW activities for October. Let us know what you are planning! We hope to hear from you about your WBW activities in the upcoming months. Send your comments to [Dana.Kent@alaska.gov](mailto:Dana.Kent@alaska.gov).

**5. Final Food Rule Training-** There will be a training on the final food rule September 4. It will take the place of the Quarterly WIC Coordinator's meeting. Because the changes affect the CPAs, please plan to have CPAs and RDs attend. Please call Jennifer Johnson at 465-8104 with questions or suggestions.

**6. Next RD Working Group Meeting-** Our next scheduled RD Working Group Meeting is On September 18, so it falls during our Coordinator's meeting. Is there any interest in having a journal club one day at lunch? I could provide an article ahead of time- or someone else could suggest an article to me and I could distribute it. We had a lot of fun at our last journal club discussion on the human gut microbiome. Please let me know if you have interest in having a journal club, or if we should reschedule our RD meeting so we don't miss it. - Jennifer Johnson 465-8104.

**7. Milk Changes-** As we prepare for the low fat milk changes, starting on October 1, here are some resources to help bridge the conversations with clients on this change. USDA/FNS did some focus groups with low income moms, and found that many moms were unaware that 1% and skim milk offers the "same nutrition but less fat" than 2% and whole milk. This misinterpretation may pose a barrier to behavior change and can serve as a starting point to nutrition education. Caregivers may also need some help in identifying milk types by reading the food label. Please consider doing some training with staff based on the handouts from prior Friday updates. Prior resources included how to address the changes with clients, how to make the changes, and goal setting. Please contact Jennifer Johnson at 465-8014 with questions and suggestions.

**8. ENPR Concerns-**We understand that several clinics had have concerns with the current ENPR regarding working with premature infants. State WIC staff have resolved this issue with Medicaid, so please contact Jennifer Johnson (465-8104) if you have any other concerns with using the ENPR form.

**5. Discontinue Goat Milk in MOV:** Goat milk will no longer be available as an MOV choice after October 1, 2014. It will still be available for participants receiving FIs. Please contact Jennifer Johnson (465-8104) with questions or concerns.

6.

**SPIRIT Tips and Reminders:**

⇒ Please remember to do a **statewide search** before adding a “new” client to SPIRIT.

⇒ Please continue to include the clinic that a client is assigned to when reporting an issue to the SPIRIT Help Desk. We appreciate it!



**SPIRIT Help Desk Info:**

Send all questions, issues and errors to the WIC SPIRIT Helpdesk at [wicpsirithelpdesk@alaska.gov](mailto:wicpsirithelpdesk@alaska.gov) or phone them at 907-334-4900. |

**Nice to Know:**

Language Help at the WIC clinic

Thanks to WIC Talks, here are some useful links for help with Mandarin/Chinese nutrition education materials:

Medline Plus (has information in various languages on a variety of topics)

<http://www.nlm.nih.gov/medlineplus/languages/breastfeeding.html>

<http://www.nlm.nih.gov/medlineplus/languages/infantandnewbornnutrition.html>

Here are some other links that you may find helpful:

<http://here.doh.wa.gov/search-by-language/materials-in-chinese/>

<http://health.mo.gov/living/families/wic/wiclwp/publications.php>

<http://spiral.tufts.edu/chinese.shtml>

<http://www.cdph.ca.gov/programs/wicworks/Pages/WICEducationMaterialsInfants.aspx>

[4woman.gov](http://4woman.gov) has the whole US government breastfeeding booklet in Mandarin, if that helps at all.

# Instructions for “Preceptor Training Access” for the Alaska WIC CPA and BFPC Training

Preceptor Training Access is for preceptors, WIC staff and others to view the WIC training programs without officially registering for the training programs as trainees. With this access you will be able to view training lessons and files/assignments but quizzes, tests and completion certificates have been removed. Please follow the steps below to access the trainings.

## Step 1: Set-up a State of Alaska WIC Training System Account in the ARIES Training – Learning Management System

ARIES Training is located at <https://learn.dhss.alaska.gov/login/index.php>

Click on the link above or copy and paste it into your internet browser.

You will need to create a new account by selecting the link at the right of the page: Create new account

Home > Login to the site

**Returning to this web site?**

Login here using your username and password  
(Cookies must be enabled in your browser) ?

Username

Password

Remember username

Forgotten your username or password?

**Is this your first time here?**

**Welcome to the Department of Health & Social Services Learning Management System**

For full access to courses you'll need to take a minute to create a new account for yourself on this site. In addition, each individual course will also have a one-time "enrollment key", which you can get from the agency providing the specific training you are interested in.

If you have problems logging onto the system, please contact the referring Division:

- Juvenile Justice carolynn.greene@alaska.gov
- Office of Children's Services debbie.mcdonald@alaska.gov
- Public Assistance dpatraining@alaska.gov
- Public Health colleen.mculty@alaska.gov
- Public Health Labs jessica.gould@alaska.gov
- Senior and Disabilities Services kara.thatcher-livingston
- Finance & Management Services edward.john@alaska.gov

Once you have selected Create new account you will be redirected to this page to enter your information:

Home > Login > New account

**Choose your username and password**

Username\*

Password\*   Unmask

**More details**

Email address\*

Email (again)\*

First name\*

Last name\*

City/town\*

Country\*

reCAPTCHA ?

Enter the words above

[Get another CAPTCHA](#)

[Get an audio CAPTCHA](#)

**More User Information**

Referring Division\*

Business Name\*

The next page will walk you through filling out the requested information on this screen. After completing the requested information you will click on the “Create my new account button” at the bottom of the page.

**Username** – If you are a State of Alaska employee your username is your employee ID number;

All other users will use the first initial of your first name and your last name all in lower case  
(for example: Jane Smith user name will be: jsmith)

**Password** Choose a password you will remember (you may click the Unmask box to see what you type for a password, otherwise the password will be masked and show ●●●● as you enter it)

**Email Address** Enter your work email address

**Email (again)** Reenter your email

**First name** Enter your first name

**Last name** Enter your last name

**City/town** Enter the name of the city where you work (i.e. Anchorage, Bethel, Nome....)

**Country** Leave this default setting at United States

reCAPTCHA Enter the letters & word you see above the picture

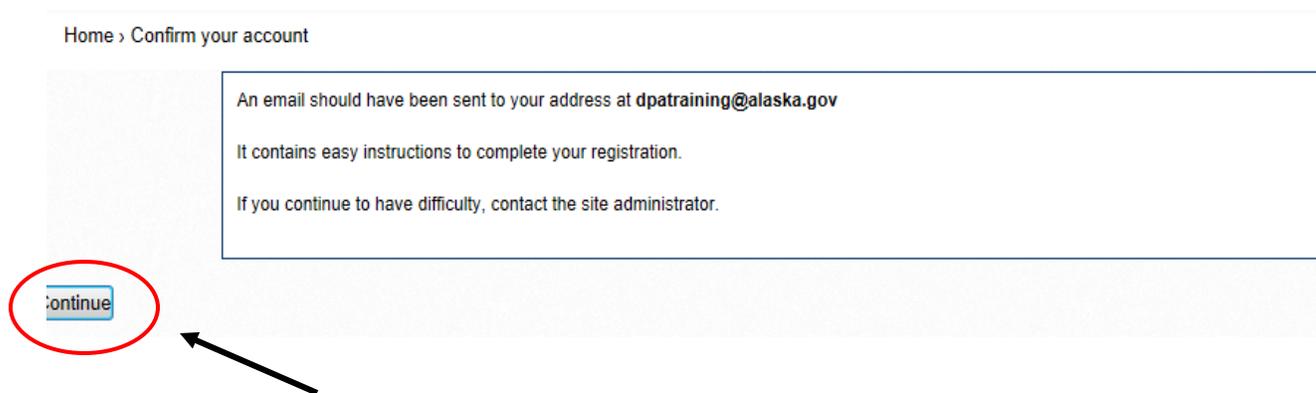
**Referring**

**Division** CHOOSE: *Public Assistance*

**Business**

**Name** Enter WIC and the local agency you are with

**Click the “Create my new account button” – you will see the following message:**



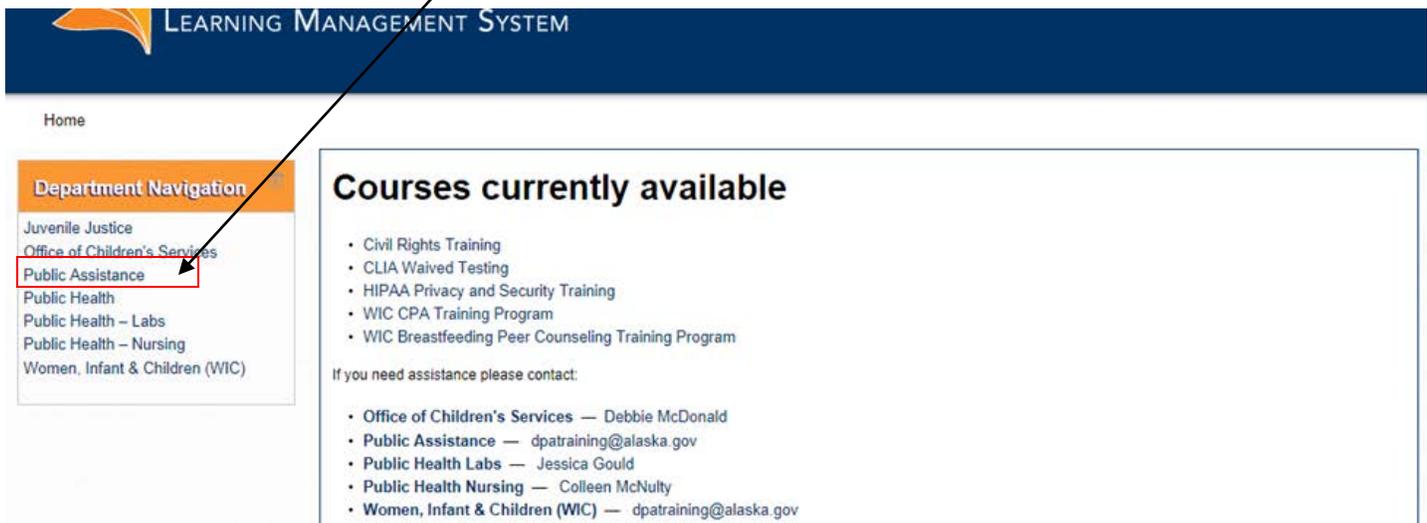
Click on the “Continue Button” in the lower left side of the screen.

You will then be sent a confirmation email with a link to confirm your registration.

Go to your email account that you used to set up the new training account and you should see an email from hsstraining.alaska.gov. Open the email and click on the link included in the email and you will be logged into the training system.

## Step 2: Access the training courses.

- Log on to the training system with your username and password (if you do not have a training account set-up, you will need a separate set up instruction to complete this first).
- Click on “Public Assistance”



LEARNING MANAGEMENT SYSTEM

Home

**Department Navigation**

- Juvenile Justice
- Office of Children's Services
- Public Assistance**
- Public Health
- Public Health – Labs
- Public Health – Nursing
- Women, Infant & Children (WIC)

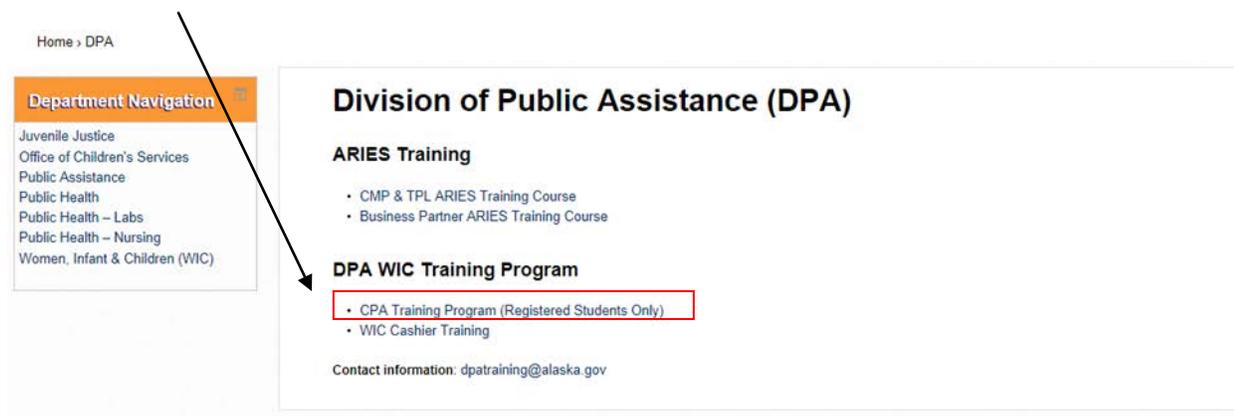
**Courses currently available**

- Civil Rights Training
- CLIA Waived Testing
- HIPAA Privacy and Security Training
- WIC CPA Training Program
- WIC Breastfeeding Peer Counseling Training Program

If you need assistance please contact:

- Office of Children's Services — Debbie McDonald
- Public Assistance — dpatraining@alaska.gov
- Public Health Labs — Jessica Gould
- Public Health Nursing — Colleen McNulty
- Women, Infant & Children (WIC) — dpatraining@alaska.gov

- Click on “CPA Training Program”.



Home > DPA

**Department Navigation**

- Juvenile Justice
- Office of Children's Services
- Public Assistance
- Public Health
- Public Health – Labs
- Public Health – Nursing
- Women, Infant & Children (WIC)

**Division of Public Assistance (DPA)**

**ARIES Training**

- CMP & TPL ARIES Training Course
- Business Partner ARIES Training Course

**DPA WIC Training Program**

- **CPA Training Program (Registered Students Only)**
- WIC Cashier Training

Contact information: dpatraining@alaska.gov

- Click on each of the courses that you would like to access under the Preceptor Training Access.

## Division of Public Assistance WIC Training

### WIC CPA Training Program

Registered Students Only

1. Getting Started with Alaska WIC
2. Nutrition Assessment
3. Maternal, Infant and Early Childhood Nutrition
4. Nutrition Education and Counseling
5. Breastfeeding Basics

### Breastfeeding Peer Counseling Training Program

- Breastfeeding Peer Counseling Training: A Journey Together

### Preceptor Training

1. Getting Started with Alaska WIC
2. Nutrition Assessment
3. Maternal, Infant and Early Childhood Nutrition
4. Nutrition Education and Counseling
5. Breastfeeding Basics
6. Breastfeeding Peer Counseling Training: A Journey Together

Once you have clicked on the course you would like to access you will receive a message on the next screen that states that you do not need a password to access the course. You will need to click on the “Enroll me in this course” button at the bottom of the page the first time you access each of the courses. Please remember that this is not the official training program only access to view the training program content.

# Commonly Asked Questions About Bottlefeeding Your Baby

## Q: What is the best way to feed my baby a bottle?

A: Wash your hands before feeding your baby. Hold your baby in a comfortable, upright position. Look into your baby's eyes—feedings are a time for bonding.

## Q: How much breastmilk or formula do I feed my baby and how often?

A: Newborns only drink a few ounces at a time. They need to be fed small amounts of breastmilk or formula often during the day and night because their stomachs cannot hold large amounts of liquid. The amount babies drink changes as they grow older and begin to eat solid foods. Here is a guide:

0-1 months	12-32 ounces/day
1-4 months	20-35 ounces/day
4-6 months	27-49 ounces/day
6-8 months	27-32 ounces/day
8-12 months	24-32 ounces/day

All babies have different feeding times. Review your baby's feeding pattern with your WIC nutritionist, doctor or nurse.

## Q: How will I know when my baby is full?

A: Your baby may turn away from the bottle, shut his/her lips or fall asleep. It is normal for babies to spit up a little breastmilk or formula after a feeding. While excessive spit-up could be a sign of overfeeding, you should check with your nutritionist, doctor or nurse.

## Q: Do I need to warm a bottle?

A: Some babies do not mind drinking cold bottles of breastmilk or formula. If you choose to give your baby a warm bottle, warm the bottle in a pan of hot water or under hot, running water. Gently shake or mix, then test a few drops on your wrist to make sure it's not too

hot. Do not microwave, since microwaving can create hot spots in the bottle that can burn the baby's mouth. Microwaving can also destroy nutrients and protective factors in breastmilk.

## Q: When should I burp my baby?

A: Every baby is different. You should burp your baby half way through a feeding or after every ounce and again when the feeding is over. Burping makes your baby more comfortable by getting the air out of his/her stomach. If there is a lot of spit up, you may need to burp your baby more often.

## Q: Should I give my baby water?

A: Babies under 6 months old should not be given water. Older babies may need a little water in certain situations, such as hot weather. If your baby is sick, ask your doctor before offering water.

## Q: Should I put anything in the bottle besides breastmilk or formula?

A: Breastmilk and formula are the only things that should go in a bottle. Older babies who drink juice should learn to drink juice from a cup. If you are giving both expressed breastmilk and formula, it is best not to combine them in the same bottle. Offer breastmilk first, and then formula if you have run out of expressed milk.

## Q: What kind of nipple should I use?

A: Newborns should start with a one hole nipple and progress to more holes as the baby gets older, develops a stronger suck, and requires more liquids per day. Avoid cutting, enlarging or adding holes to a baby bottle nipple. These kinds of nipples and feeders can cause choking, overfeeding and excessive intake of air, which can lead to gas or colic.

## Q: Until what age should my baby use a bottle?

A: You can begin to give your baby sips of expressed breastmilk or formula in a cup around six months. WIC recommends that your baby drink mostly from a cup by 12 months of age and is off bottles completely by 14 months.

## Q: How do I Prepare Formula?

Follow the instructions on the other side for safe formula preparation

## Safety & Storage

For concentrated and powdered formula

- Always wash your hands before making formula.
- Use clean bottles, nipples, mixing containers and utensils.
- Run tap water for 1-2 minutes or until cold to the touch. Never use hot water from the faucet.
- Up until your baby is four months old, boil both tap or spring water for one minute after water has come to a rolling boil. Let water stand until it is warm to the touch.
- Refrigerate prepared formula for up to 24 hours. Refrigerate open cans of concentrate formula for up to 48 hours.
- Only put the amount of formula that your baby usually drinks in the bottle. After feeding throw away any leftover formula. Do not store or re-use it!

**Note:** If you use spring water or your own well water, ask you doctor about fluoride supplements.

## Preparing Powdered Formula

1. Store scoop, found in can, separate from powder. Clean scoop with hot water after each use.
2. Powder should be loosely piled in scoop or cup. Do not pack powder. This will cause formula to be over-concentrated.
3. Measure amount of powder needed and add powder to water.

### Water (ounces) + Powder + Formula

If mixing small amounts of formula in a bottle:

- 2 ounces + 1 scoop = 2 ounces
- 4 ounces + 2 scoops = 4 ounces
- 6 ounces + 3 scoops = 6 ounces

If mixing large amounts of formula in a container:

- 29 ounces + 1 cup = 32 ounces

Always cover and refrigerate until ready to use.

**If your doctor has prescribed a special formula, be sure to follow the special instructions on the formula can.**

## Preparing Concentrated Formula

1. Rinse top of can.
2. Shake can well before opening.
3. Pour formula into a clean container, such as a glass container.
4. Add the same amount of water to the same container.
5. Stir formula.
6. Pour mixed formula into bottles, or leave in covered container, and store in refrigerator until ready to use. Use opened can of concentrate formula within 48 hours.

**Example:** 1 can (13 oz) concentrate + 1 can (13 oz) water = 26 ounces of formula

If you have any other questions about bottlefeeding, call or ask your WIC nutritionist, doctor or nurse.

# 1-800-WIC-1007



WIC Nutrition Program • 1-800-WIC-1007  
Nutrition Division • MA Department of Public Health  
[www.mass.gov/wic](http://www.mass.gov/wic) • TDD/TTY: 617-624-5992

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Form # 278

# Bottlefeeding

## Basics



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World Breastfeeding Week Giveaway

[Click Here to View Online](#)



Online Breastfeeding Continuing Education for  
Health Care Providers & Volunteers  
[www.GOLDLactation.com](http://www.GOLDLactation.com)

# FREE Online Presentation

by GOLD Lactation 2014 Speaker  
**Kimberly Seals Allers**

*"Raising Our Voice: Breastfeeding Advocacy for Health Care Providers, Professionals, and Volunteers"*

**HAPPY WORLD BREASTFEEDING WEEK!**



Celebrate World Breastfeeding Week with us! We are providing access to an invaluable and informative presentation that took place at our 2014 Online Lactation Conference.

"Raising Our Voice: Breastfeeding Advocacy for Health Care Providers, Professionals, and Volunteers" Webinar by Kimberly Seals Allers BA, MS will be **available to the public until August 10th**. Feel free to share with your colleagues!

[View Webinar](#)

## ADDITIONAL NEWS





## GOLD Perinatal 2014 Speakers Announced

Have you seen our line-up of speakers for the [2014 GOLD Perinatal Conference](#) yet? 14 amazing International Experts will be presenting on a range of topics during GOLD Perinatal 2014.

Visit the GOLD Perinatal Online Conference website to view this year's topics & abstracts, as well as to review registration pricing and group discount options. Please [download/print our Conference Poster](#) to share with your colleagues at work.

**Conference:** October 14 - December 1  
**Early Bird Registration:** August 14

[View Speakers](#)



## GOLD @ ILCA [Photos]

Team members Fiona Lang-Sharpe, *IBCLC*, Chelsea Prangell (with her little baby Neve) and Stephanie MacDonald, *IBCLC*, made the trip to Phoenix, Arizona to take part in the the Annual 2014 International Lactation Consultants Association Conference (ILCA) and the first Annual Lactation Summit. We had such a wonderful time running into past Delegates and Speakers as well as meeting so many new friends. Thanks to all who stopped by the booth!

GOLD Lactation is also a proud sponsor of the [2014 Lactation Summit](#), where in partnership with LEAARC, ILCA and IBCLE, put on a live pre-summit webinar which saw GOLD Speaker Cynthia Good Mojab, MS, LMHCA, IBCLC give a captivating presentation titled "Ready, Set, Listen! Preparing to Hear the Missing Voices of the Lactation Consultant Profession".

[View Photos](#)



## QUICK LINKS

- [Homepage](#)
- [How GOLD Works](#)
- [Blog](#)
- [Testimonials](#)
- [Value Comparison](#)
- [Speaker Interviews](#)
- [Become a Speaker](#)
- [FAQ's](#)

## About GOLD Lactation

With over 2300 Participants from 60+ Countries annually, the GOLD Lactation Conference is the largest breastfeeding and lactation conference in the World. Since 2007, we've provided evidence-based education to Health Care Providers and are dedicated to the promotion

and advocacy of breastfeeding  
culture.

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# Compare the Different Types of Milk



Fat	1g
Protein	9g
Calcium	31%
Vitamin D	25%



Fat	2g
Protein	10g
Calcium	38%
Vitamin D	25%



Fat	5g
Protein	10g
Calcium	35%
Vitamin D	25%



Fat	8g
Protein	8g
Calcium	30%
Vitamin D	25%

# Compare the Different Types of Milk



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Fat	8g
Protein	8g
Calcium	30%
Vitamin D	25%

# Fall is back-to-school time. It is also **FLU** time.

Kids are abuzz with energy and excitement to show-off new outfits and cool school items. Flu and hand-washing are the last things on their minds. Yearly flu epidemics occur during late fall and early spring. Recent outbreaks have been severe and widespread.

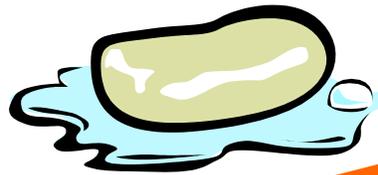
Since WIC kids go to Pre-School, too, we remind them (and their families) about basic tips to stay healthy and hopefully, flu-free:

Wash hands with soap and water before and after eating.  
Dry hands and fingers thoroughly.



Wash hands with soap and water after using the restroom, before touching food containers, and after playing outside.

Anti-bacterial sanitizers and “wipes” are fine but water and soap are ideal.

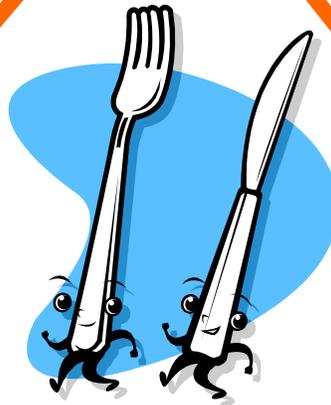


Wash fruits and uncooked vegetables before eating or cooking



Cough or sneeze into a tissue paper, napkin, or sleeve.

If using hands, wash them with soap and water after coughing.



Do not share straws, fork and spoons, and cups/glasses.

# Fight Colds And Flu



## **Disinfect Surfaces**

At the end of each work day, disinfect plastic and rubber toys using soap and household bleach water mixture (1Tbsp bleach to 1 gallon water). For work surfaces, telephone handsets and buttons, computer key boards, door knobs, changing tables, kid furniture, etc., mix 0.25 cup bleach to 1 gallon water. Do not mix bleach with other liquids or cleaners because the mixture can create toxic gas that could harmful.

## **Ill Participants**

Re-schedule appointment for clients with suspected or confirmed flu for 7 days after illness onset or 24 hours after fever has subsided or respiratory symptoms stopped.

## **Ill Staff Members**

The above applies to an ill staff member as well. Staff with flu symptoms must not interact with high-risk clients, i.e., preemies, those whose immune systems are compromised due to illness or medications, pregnant women, clients with cerebral palsy, etc.. without using a face mask or similar barrier.

## **Vaccination**

Encourage staff to get vaccinated.

## **Hygiene**

At clinic entry way, have available hand-hygiene products such as wipes or hand sanitizers

**For more information, please visit the CDC website below:**

<http://www.cdc.gov/flu/professionals/infectioncontrol/healthcaresettings.htm>

Low fat milk is a  
**healthy choice**  
for you  
and your  
family.

**All Milk Has:**

- ✓ Calcium and vitamin D for strong teeth and bones
- ✓ Protein for muscle growth
- ✓ Calcium, potassium and magnesium for healthy blood pressure



**Low Fat Milk Has:**

- ✓ Same calcium and vitamin D
- ✓ Same protein
- ✓ Same minerals and vitamins
- ✓ Less fat
- ✓ Fewer calories

**Treat yourself to a healthy, heart friendly glass of milk**



**Moving to lower fat milk?  
*Take your time...***

- ✓ **Step 1:** mix whole and reduced fat (2%) for a few days
- ✓ **Step 2:** mix reduced fat (2%) and low fat (1%) for a few days
- ✓ **Step 3:** stay with low fat (1%) if you like or try fat free

*Revised with permission of National Dairy Council*

**My Milk Goal is:**

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## What's New with Training?

The WIC CPA Training Program and the Breastfeeding Peer Counseling Training have been updated and are now located on the State of Alaska Training Site. The training program is very similar to the prior set-up in the UAA blackboard system. The State of Alaska will continue to work with UAA to administer WIC training. UAA will continue review applications/learning agreements and oversee trainee progress throughout the process. Below are a few training changes in the new training system:

- Skills Checklists will now need to be scanned and submitted directly into the training program after they have been completed and signed off. Trainees will receive instructions on where to file them in their training.
- After completing each course, the trainee will be able to print a certificate of completion. A program completion certificate can be printed at the end of the training program and used until the final certificate sent by UAA is received.
- The Maternal, Infant and Early Childhood Nutrition Course will now be self-paced. This format will be a trail and information covered will be the same. The change in format will hopefully eliminate holding trainees back or the need to provide temporary certificates until this important information is available to trainees. We will no longer be offering the option to skip this course if a trainee has taken a college level nutrition course.

All current trainees have been transferred to the new training system and provided instructions on how to enroll in the state training. Their grades from work completed in blackboard have also been transferred to the new training system. They should be able to proceed with their training where ever they are at in the program. New trainees will be sent the information they need to set-up a training account and enroll in the training program after their application/learning agreement has been received and reviewed by UAA.

## Training Kits

We will continue to use training kits. The training kits are intended to be used for multiple trainees. Each local agency should have at least one WIC CPA training kit and larger agencies and agencies with more than one location may have multiple training kits. Local agencies that receive Breastfeeding Peer Counseling funding should also have at least one BFPC Training Kit.

Please use the content list and forms to check out the training kits or any of the items in the training kits. There is limited money to replace training kit items. If you are missing an item please contact the training program and we will replace it if we can or provide you with the ordering information for that item.

## Training Information and Forms

All training information can now be found on the State of Alaska Website. The training manuals and forms have been recently updated so make sure to reference the website for all the current information. From the WIC homepage, click on *Local Agencies* and then click on *Training*. [Click here](#) or see the web address below to access the training area.

The following items are posted on the website:

### WIC CPA Training Program

- Policy & Procedure Manual (contains Practical Exam)
- Application
- Learning Agreement
- Progress Report
- Continuing Education Record
- Training Kit Content List and Forms

### Breastfeeding Peer Counseling Training Program

- Training Guide
- Learning Agreement
- Progress Report
- Continuing Education Record
- Training Kit Content List and Forms

<http://dhss.alaska.gov/dpa/Pages/nutri/wic/localagencies/latraining.aspx>

## How to Access the Training

WIC Coordinators, preceptors, other WIC Staff can still access the training program. Individuals that are not registered trainees can use "preceptor access". This will allow access to all lessons, files, and skills checklists but will not allow access to quizzes, tests or certificates. You will still set up a training account on the State of Alaska following the instructions on the document "Accessing Alaska WIC Training".

## UAA WIC Training Program

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