



Washington State WIC 2010 Regional Breastfeeding Trainings

Training Dates and Locations:

April 12-13, 2010 Spokane

Doubletree Hotel Spokane City Center
322 North Spokane Falls Court
Spokane, WA 99201

April 15-16, 2010 Yakima

Hilton Garden Inn Yakima
401 East Yakima Avenue
Yakima, WA 98901

April 29-30, 2010 Moses Lake

Best Western Lakefront Hotel
3000 Marina Drive
Moses Lake, WA 98837

May 10-11, 2010 Olympia

Phoenix Inn Suites
415 Capitol Way N
Olympia, WA 98501

May 13-14, 2010 Mount Vernon

Cotton Tree Convention Center
2300 Market Street
Mount Vernon, WA 98273

May 24-25, 2010 SeaTac

Doubletree Hotel Seattle Airport
18740 International Blvd
Seattle, WA 98188

Training Details:

This 2-day training, "*Grow and Glow in WIC*" is a United States Department of Agriculture training designed to provide all WIC staff with the knowledge and skills they need to provide effective breastfeeding promotion and support to WIC clients. Attendees are strongly encouraged to attend both days of this training as different information will be covered each day.

The training will take place from 8:00-5:00 each day. Morning coffee and lunch will be served both days. There will be no breakfast or snacks provided so please plan accordingly.

Draft Training Agenda:

Day One:

- 7:45 Registration
- 8:00 Welcome and Introductions
- 8:15 How WIC supports breastfeeding
- 9:15 Break
- 9:30 Personal feelings towards breastfeeding
- 10:30 Communicating with WIC families about breastfeeding
- 12:15 Lunch (provided)
- 1:00 Barriers to breastfeeding
- 2:00 Break
- 2:15 Promoting and encouraging exclusive breastfeeding
- 4:15 Questions, evaluations
- 4:30 Adjourn

Draft Training Agenda:

Day Two:

- 7:45 Registration
- 8:00 Welcome and Introductions
- 8:15 Promoting breastfeeding during pregnancy
- 9:45 Break
- 10:00 Providing support to new breastfeeding moms (birth to 1 month)
- 11:30 Lunch (provided)
- 12:15 Helping mothers continue breastfeeding relationship
- 1:15 Break
- 1:30 Talking with mothers about breastfeeding when mother and baby are separated
- 3:00 Solutions for Common Breastfeeding Problems
- 4:30 Questions, evaluations
- 4:45 Adjourn

Information about the Trainers:

Michelle Crockett, IBCLC

Michele has worked in breastfeeding peer support for over 27 years as a La Leche League Leader and administrator. Her work in LLL has enabled her to work with mothers throughout the full course of normal breastfeeding from newborn to natural or mother-led weaning with hundreds of breastfeeding dyads. She was in the first class in Washington trained as a Peer Counselor Program Administrator in 1992. She has administrated four Peer programs; St. Clare's WIC, Tacoma Community Health, Swinomish Health Center and Pregnancy Aid/WIC of Snohomish County. In 2006 Michele became an International Board Certified Lactation Consultant. Michele has worked with WIC as a certifier and PCPA for 5 years and served on the WIC Breastfeeding Workgroup. In addition to her work with a local agency as Breastfeeding Coordinator and PCPA, she is a contractor of Nutrition First to do breastfeeding education. The work Michele honors highest is that of mother of four breastfed babies, now adults, and grandmother of eight exclusively breastfed babies, including a set of twins!

Sara Knight, B.S, Lactation Specialist, LLL Leader, CPA, WIC Trainer

One of Sara Knight's prized possessions is her La Leche League Leader card signed by founder Marian Thompson in 1975. Sara has been supporting breastfeeding women ever since! She received the support she needed to successfully breastfed her 3 children and is looking forward to the arrival of her first grandbaby in April 2010. As a mother to 3 sons, she is thrilled to share that it's a girl!

As a professional trainer for WIC with over 20 years of WIC experience, Sara shares her knowledge and passion for breastfeeding. She is the secretary for the South Sound Breastfeeding Network and highly involved with the daily work in the Washington State WIC Nutrition Program. She continues to refresh her breastfeeding skills by attending lactation courses and is amazed that there is always more to explore!

Gwen Marshall, BS, RD, CD, IBCLC, State Nutritionist and Lactation Consultant

Although no one in her family had breastfed their babies since her great grandmother (who was born in Italy), it never crossed Gwen Marshall's mind to do anything else. Her two daughters, ages 16 and 18 are in awe of her passion for breastfeeding. Gwen hopes not to have grandchildren any time soon.

Gwen started working for WIC in 1996 as a WIC dietitian and discovered her passion for helping other women be successful at breastfeeding (who knew they could have so many problems?). In 1999 she became the president of the South Sound Breastfeeding Network after awakening the network from a long coma. She continues to serve as treasurer and dishwasher. In 2005 she became an International Board Certified Lactation Consultant (IBCLC) and in 2008 joined the State WIC office as a nutrition and lactation specialist. She enjoys her new role in helping WIC staff support and promote breastfeeding and looks forward to further sharing her passion for breastfeeding in the upcoming trainings.