



2025 Training Opportunities for WIC Staff

Dates/Time	Title and Sponsor	Virtual or In-person	Description	Cost per person	Registration Information
Trainings and Workshops					
June 4, 5, 11, 15, 2025	DEI Empowerment Conference <i>Washington State Office of Financial Management</i> E	Virtual	The goal of the conference is to foster a culture, systems, and practices that prioritize inclusion and belonging. Sessions highlight lived experience and ideas for creating inclusive Washington communities and workplaces.	Free	Register here.
June 12, 2025 12:00 pm PT	Practical Food Allergy Prevention: Applying Currently Available Guidelines to WIC Families <i>National WIC Association</i> N	Virtual	In this session, Michael Pistiner, MD will discuss recent studies and available guidelines regarding food allergy prevention. He and Sarah Yonker, RD will then discuss what this looks like in the real world for WIC teams and families.	Free	Register here.

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June 17, 2025 12:00 – 3:00 pm PT	Understanding Heavy Metals Data and Foods for Infants and Young Children - Hosted by Gerber <i>National WIC Association</i> N	Virtual	This presentation will explore the presence of heavy metals in the environment and their potential pathways into the food supply.	Free	Register here.
June 17, 2025 12:00-1:00 pm PT	Nurturing Young Eaters – Empowering Dietitians to Support Hispanic Families <i>Pork & Partners</i> N	Virtual	The Washington State Dairy Council is excited to invite you to a free educational webinar for dietitians, focused on nutrition during the first 1,000 days of life—a critical window for a child's development.	Free	Register here.

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June 25, 2025 10:00 am PT	Tariffs and Local Food: Federal Policies, Local Impacts <i>Association of State Public Health Nutritionists & National Fruit & Vegetable Nutrition Council</i> NE	Virtual	Learn about the uses of tariffs and the potential current implications for local food systems. This presentation will highlight what tariffs are and how they can be used, federal legislation that might impact local food production and procurement for child nutrition programs, and local-level data and examples.	Free	Register here.
June 26, 2025 11:30 am-1:00 pm PT	Families Affected by Incarceration 2025 – Part 1: Parenting from Prison <i>Washington Fatherhood Council</i> E	Virtual	Incarcerated fathers who stay connected with their children are more likely to be successful upon release, and their children benefit as well. Join us to hear staff from the Department of Corrections and justice-involved dads share the struggles of	Free	Register here.

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			keeping fathers connected with their children and what has worked for them.		
July 8-11, 2025	SNEB 2025: Research + Practice <i>Society for Nutrition Education and Behavior</i> N	Indianapolis, IN	The attendees of the Society for Nutrition Education and Behavior (SNEB) conference share your commitment to advancing nutrition education. They are professionals from universities, schools, government agencies, cooperative extension, the food industry, and various service organizations.	\$175-\$875	Register here.

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September 3-5, 2024	2025 NWA Technology, Innovation, and Vendor Management Conference <i>National WIC Association</i> N		This event is a prime opportunity to enhance your professional skills, expand your knowledge, and prepare for current and future WIC challenges and opportunities.	\$350-\$600	Register here.
September 15-19, 2025	2025 National Indigenous and Native American WIC Coalition Conference <i>NINAWC</i> NE		Save the date!		

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September 27 , 2025	17th Annual Black Women's Wellness Day <i>Foundation for Black Women's Wellness</i> NE		Save the date!		
Self-Paced	Feeding the Medically Complex Infant - Beyond the Textbook' <i>Nutrition Masterclass</i> N	Virtual	To make matters more challenging, medically complex infants face a higher risk of feeding intolerance for multiple reasons. At the same time, families are exhausted, overwhelmed and are often juggling more than just feeding difficulties. How can you support them and adjust their	Free	Find here.

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			<p>infant's nutrition plan to improve their tolerance and quality of life?</p> <p>Pending 1.5 CPEUs</p>		
Self-Paced	<p>Let's Talk About Inclusion in Lactation: An Equity & Inclusive Language Toolkit <i>U.S. Breastfeeding Committee</i></p> <p>NBE</p>	Virtual	<p>To access the recording, please complete this form. Upon completion, you will receive an email with a link for viewing the webinar recording. After accessing the toolkit, please consider leaving feedback about this resource.</p>	Free	
Self-Paced	<p>New Rights for Lactating Students: Supporting Lactating Students Under Title IX <i>U.S. Breastfeeding Committee</i></p>	Virtual	<p>Starting fall 2024, students nationwide will have the legal right to lactation breaks, space, and other accommodations. This webinar offers an overview of the new legal obligations as well as practical solutions for</p>	Free	Watch the recorded session.

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	B		educational institutions looking to add lactation spaces and other supports for their employees and students.		
Self-Paced	Racism and the Colonial Roots of Gendered Language in Public Health and Biomedicine <i>U.S. Breastfeeding Committee</i> NBE	Virtual	During this presentation, hosted October 12, 2022, Dr. Aunchalee Palmquist, PhD, MA, IBCLC unpacks colonial influences on gendered language, the fluidity of language in other cultures, and inclusive approaches to transform the culture of the First Food field.	Free	Watch this recorded presentation now
Self-Paced	Mind, Mood, and Milk Feeding: Addressing the Challenges of Feeding When Maternal Mental Health Needs Are Present	Virtual		Free	Enroll here

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	<i>Great Lakes Breastfeeding Webinars</i> NBE				
Self-Paced	A Community-Driven Solution: Mama's Mobile Milk, Breaking Down Barriers to Human Milk Consumption <i>Great Lakes Breastfeeding Webinars</i> BE	Virtual		Free	Enroll here
Self-Paced	Supporting Families With Low Milk Supply <i>Great Lakes Breastfeeding Webinars</i> B	Virtual		Free	Enroll here

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Self-Paced	Safe Sleep: Educating Lactating Families <i>Great Lakes Breastfeeding Webinars</i> B	Virtual		Free	Enroll here
Self-Paced	Safety in Supplementation - Does it Exist? Informed and Fully Supported is Best <i>Great Lakes Breastfeeding Webinars</i> B	Virtual		Free	Enroll here
Self-Paced	Father Empowerment: Beneficial for Everyone	Virtual		Free	Enroll here

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	<i>Great Lakes Breastfeeding Webinars</i> BE				
Self-Paced	CPE Opportunities Webinars <i>Academy of Nutrition and Dietetics</i> N	Virtual	The Center for Lifelong Learning's webinar series provides nutrition professionals the opportunity to earn premier continuing education without the premier price. Choose from live events or recorded, on-demand experiences across a variety of topics and specialties!	\$24 each	
Self-Paced	Part One: Empowering Dietitians to Promote Maternal & Child Health Through Lactation Support <i>Nutrition Masterclass</i>	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You see infants or young children in your practice You want to help support lactation in the breastfeeding dyad 	Free	Register here: Part One: Empowering Dietitians to Promote Maternal & Child Health (nutritionmc.com)

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	NB		<ul style="list-style-type: none">You want to add to the advice you give surrounding latching tips & feed positioningYou are looking to confidently address common concerns such as pumping, bottling, pacifiers, medications, supplements and dietary myths as they relate to lactation 1 CPE		
Self-Paced	Part Two: Empowering Dietitians to Promote Maternal & Child Health Through Lactation Support <i>Nutrition Masterclass</i> NB	Virtual		Free	Register here: Part Two: Empowering Dietitians to Promote Maternal & Child Health (nutritionmc.com)

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Self-Paced	Hot Topics in Practice <i>Northwest Center for Public Health Practices</i> N	Virtual	Did you miss a 'Hot Topics in Practice' webinar? All 2022 and 2023 webinars have been recorded and can be viewed at any time!	Free	Access Recorded Hot Topics in Practice Webinars here: PH LearnLink: All courses (nwcphp.org)
Self-Paced	Vegan/Vegetarian Nutrition For Infants <i>Nutrition Masterclass</i>	Virtual	Have you been feeling uncertain as to the best approach when seeing an infant fed a plant-based diet? The lack of universal definitions or consensus on guidelines surrounding plant-based diets can be confusing. With the increasing interest around plant-based eating, it's not surprising we're seeing more parents following a plant-based diet with their infants.	Free	Access Recorded Webinar here: Vegan/Vegetarian Nutrition for Infants Nutrition Masterclass (nutritionmc.com)

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	N		But, are plant-based diets safe for infants, and if so, how do we best support parents? 1 CEU		
Self-Paced	Resolving the Weight Dilemma <i>The Ellyn Satter Institute</i> N	Virtual	The weight dilemma is that at the same time as we are being told by health policy makers – that any degree of overweight is medically dangerous, there is no way to lose weight and keep it off. This webinar addresses health policy at the same time as it supports weight-neutral intervention. 1.5 CEUs	\$30	Register here: Resolving the Adult Weight Dilemma - On-Demand Ellyn Satter (teachable.com)
Self-Paced	The Satter Eating Competence Model in Context <i>The Ellyn Satter Institute</i>	Virtual	Empower you to base your wellness and medical nutrition therapy practice on the Satter Eating Competence Model (ecSatter)	\$30	Register here: The Satter Eating Competence Model In Context Ellyn Satter Institute (teachable.com)

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			<p>Participant will be able to:</p> <ul style="list-style-type: none">▪ Discuss how and why ecSatter grew out of interference▪ Identify key research evidence showing that interference doesn't work▪ Summarize key research evidence showing that ecSatter works▪ Distinguish between education and treatment with ecSatter▪ Choose key data to collect when applying ecSatter <p>1.5 CEUs</p>		

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Self-Paced 4-part series	Navigating Constipation, Reflux, FPIAP & FPIES <i>Nutrition Masterclass</i> N	Virtual	This is our wildly popular 4-part webinar series on common, and not so common GI conditions that affect infants. Each session is 1.5 hours and recorded, meaning you can enjoy at your own pace, anytime, anywhere. The series is approved for 6 CPEUs!	\$229	Register here: Infant GI Series 2023: Navigating Constipation, Reflux, FPIAP and (nutritionmc.com)
Self-Paced	VENA Training Videos and Discussion Guides NB	Virtual	These videos serve as a starting point for familiarizing WIC staff with the VENA process. The accompanying discussion guides for each video can help to spark deeper discussions and encourage in-depth learning.	Free	Go here: VENA Training Videos WIC Works Resource System (usda.gov)
Self-Paced 4-part series	Picky Eating-Next Level Strategies for Challenging Cases	Virtual	Topics include: <ul style="list-style-type: none"> Children with Autism and Extreme Aversions 	\$229.00	Register here: Picky Eating - Next Level Strategies for Challenging

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	<i>Nutrition Masterclass</i> N		<ul style="list-style-type: none"> Identifying and Support Oral-Motor and Sensory Feeding Difficulties in Children The Get Permission Approach R What to Dow When EVERYTHING is Wrong 6 CPEUs		Cases Nutrition (nutritionmc.com)
Self-Paced	Picky Eating Series – Looking for New Techniques? <i>Nutrition Masterclass</i> N	Virtual	Three powerhouse guest speakers that do this day in and day out. They'll not only share their years of experience with you, but their best tips.	\$199	Register here: Picky Eating Series - Looking for New Techniques? Nutrition (nutritionmc.com)
Self-Paced 75 minutes	Classic Late Preterm Infant – Nutrition Pearls from NICU to Home <i>Nutrition Masterclass</i>	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You have limited prior exposure to preterm infant nutrition You feel like you're winging it and want to increase your confidence 	Free	Register here: Classic Late Preterm Infant – Nutrition Pearls from NICU to Home Nut (nutritionmc.com)

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	N		<ul style="list-style-type: none"> You lack training and/or access to experienced pediatric dietitians 1.25 CPEUs		
Self-Paced Learning	Pediatric Iron Deficiency Nutrition Masterclass	Virtual	This webinar is for you if: <ul style="list-style-type: none"> You are interested in building your skills and confidence related to iron deficiency You feel unsure when to recommend bloodwork and who is at the greatest risk You lack training and/or access to experienced pediatric dietitians You struggle with managing the anorexia 	Free	Register here: Pediatric Iron Deficiency Nutrition Masterclass (nutritionmc.com)

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			that accompanies iron deficiency anemia 1 CPEUs N		
Self-Paced Learning	Understanding Population Health Concepts <i>Northwest Center for Public Health Practice</i> E	Virtual	Explore population health concepts such as health equity, health disparities, health inequities, and social determinants of health Online module	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwccphp.org)
Self-Paced Learning	Communicating Effectively E	Virtual	Understand principles of effective public health messaging and communication, such as crafting key messages and talking points, developing engaging stories, and the importance of knowing your audience. Online module	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwccphp.org)

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Self-Paced Learning	Visualizing Data Stories E	Virtual	Demonstrate how effective and inclusive visual data techniques can support public health communications. Learn key purposes behind different types of visual data and practice choosing data visuals to support key messages and connect with the audience. Online module	Free	Go here to access the training: Trainings and Webinars: Data and Health Equity SHARE-NW (nwcp.org)
Self-Paced Learning	The National LGBTQIA+ Health Education Center <i>A Program of the Fenway Institute</i> AE	Virtual	Learning Resources - Webinars Access our extensive library of webinars publications, and materials to learn more about LGBTQIA+.	Free	Click here Webinar Archives » LGBTQIA+ Health Education Center
Self-paced Learning	Foundations in Lactation <i>On Demand Webinar</i>	Virtual	A 4-part series updated in 2021 to be more inclusive of the diverse population	\$145	Foundations in Lactation Support - On Demand Webinar (regfox.com)

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	B		WIC serves! This training covers staff roles, how to use client centered communication skills when talking about breastfeeding and what factors can affect milk production and exclusive breastfeeding.		
Learning Series	Diversity, Equity, Inclusion Learning Series <i>United States Lactation Consultant Association (USLCA)</i> EB	Virtual	This 3 – day workshop includes: Session 1 Equity-Mindfulness: Identifying and Interrupting Implicit Bias Session 2 Equity-Mindfulness and Cultural Responsiveness in the Health and Lactation Space Panel Session 3 Allyship, Anti-Racism, and Cultural Responsiveness Workshop Recording	Full workshop: BIPOC member: free Non-BIPOC: \$55.00 Note: Session 1 is free for everyone	Order here: DEI Learning Series - USLCA

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Learning Series	The Impact of Racism in Healthcare and the Perinatal Period Webinar Series <i>Injoy Health Education</i>	Virtual	Part I Examine the history of racism in the United States and discuss the timeline of reproductive justice. Learn how to put awareness into action. Part II Clarify the differences between health inequity and health disparity. Apply what you've learned and ensure you "do no harm" as you care for families during the maternal and perinatal period. Recorded webinars	Free	
Most Thursdays at 12:00 PM-1:30 PM PST (3:00 PM – 4:30 PM EST)	Webinar Series <i>National WIC Association</i>	Virtual	<ul style="list-style-type: none"> 1-hour long webinars Note: Staff who haven't set up their member account must register for each webinar they plan to attend <u>ahead</u> of time. That	Free	Register at: https://www.nwica.org/snippet-webinars-intro

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	NB		is the only way staff can access the recorded webinar, if staff can't participate during live webinar time.		
Every third Tuesday of the month 5:00 AM PST (8:00 AM EST)	Health and Equity Webinar Series <i>Michigan Breastfeeding Network (MIBFN)</i>	Virtual	<ul style="list-style-type: none"> MIBFN is committed to 4 core values: Access, evidence, equity, and relevance. These webinars are designed to support practice change among peer counselors, maternity care nurses, and home visitors. Past topics include: <ul style="list-style-type: none"> Lactation after loss Ethics, Online Messaging, and Pressure to Breastfeed Indigenous Breastfeeding: 	Free	<p>Register at: https://www.mibreastfeeding.org/webinars/</p> <p>Note: Actual launching time is 5am PST (8am EST). To easily watch new webinars “on demand,” please make sure to register ahead of time for the upcoming webinar: Webinars – Michigan Breastfeeding Network (mibreastfeeding.org)</p> <p>Contact: info@mibreastfeeding.org</p>

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	EB		<p>Trauma and Resilience</p> <ul style="list-style-type: none"> ○ ...and other important topics. <p>Various CEU credits available for up to 1 year after the initial air date.</p> <p>2022 Webinar Tentative Schedule</p>		
Bi-monthly (in odd numbered months) on the 4 th Tuesday of the month from 11:00 AM -12:30 PM PST	USBC Racial Equity Webinars <i>United States Breastfeeding Committee (USBC)</i>	Virtual	<ul style="list-style-type: none"> • Webinars are part of its efforts to "create and model a culture of inclusion, diversity & equity" (USBC Strategic Framework Goal 4). <p>This Webinar series focuses on building the capacity of the breastfeeding field to apply both an "equity lens" to inform and guide our strategies and activities, but also an "equity mirror" to examine</p>	Free	Register at: https://register.gotowebinar.com/register/8175514735082416130

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	EB		our internal structures, culture, and policies. Webinar		
Ongoing	California Breastfeeding Coalition B	Virtual	California BF Coalition shares events presented by local, ethnic, regional, and state breastfeeding coalitions; community-based organizations; and health care and educational institutions. Recorded and live webinars	Ongoing	Register at: http://californiabreastfeeding.org/events-calendar/
Ongoing	Online Lactation Education <i>Evergreen Perinatal Education</i>	Virtual	Foundations for Best Practice in Lactation Care - FULL PROGRAM includes 48 hours & designation as a Certified Lactation Educator. Other Trainings: <ul style="list-style-type: none"> Excellence in Care with The Ten Steps includes – 15 hours 	Varies depending on module	Register at: http://www.evergreenperinataleducation.com/online-education/

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	B		<ul style="list-style-type: none"> • Provider Ten Step Education – 4 hours • Additional Modules – 3 hours each • Communication Modules – 3 hours • Individual "Foundations for Best Practice" Modules – 2 hours each Online		
Ongoing	Lactation and Dietetic Education Resources <i>Lactation Education Resources</i>	Virtual	<ul style="list-style-type: none"> • Lactation Management Training focuses on providing exclusively online lactation consultant training and continuing education for practicing lactation consultants. <ul style="list-style-type: none"> ○ Basics of Lactation Management ○ Lactation Training 	Varies by course	Register at: https://www.lactationtraining.com/our-courses/online-courses/available-courses

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2025 Training Opportunities for WIC Staff

Dates/Time	Title and Sponsor	Virtual or In-person	Description	Cost per person	Registration Information
	B		<ul style="list-style-type: none"> ○ IBLCE Exam Review • Offers a variety of other trainings: <ul style="list-style-type: none"> ○ Communications Course ○ RD courses <p>Online</p>		
Ongoing	National Nutrition Certification Program for Food \$ense <i>Extension, Utah State University</i>	Virtual	<ul style="list-style-type: none"> • This online training course is designed to prepare those who teach nutrition to the public. • This course is like a Nutrition 101 college class and includes 15 modules with pre- and post-assessments. • Originally designed for Utah's SNAP-Ed program, it has been made available for CPAs. 	Free (90 day time limit)	Register at: National Nutrition Certification Program (NNCP) - FoodSense (usu.edu)

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Ongoing	Chest/Breastfeeding <i>National Association of County Health Officials (NACCHO) Breastfeeding</i>	Recorded Webinars	<ul style="list-style-type: none"> NACCHO actively supports local approaches to chest/breastfeeding protection, promotion, and support. Through webinars, ongoing technical assistance, and success stories, NACCHO shared lessons learned and effective strategies for local level implementation. NACCHO continues to provide training and technical assistance to local health departments and other community-based organizations to advance community support and continuity of care. 	Free	View recorded webinars at: https://www.naccho.org/programs/community-health/maternal-child-adolescent-health/breastfeeding-support

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			<ul style="list-style-type: none"> Building Professional Relationships: Understanding and Addressing Rudeness in the Workplace (\$30) Baby Behavior for Lactation Professionals – 4 part series (\$120) 		
Ongoing	La Leche League International Webinar Library <div>B</div>	Webinar and recorded Webinars	<ul style="list-style-type: none"> LLLI aims to provide those in the health field and community, interested parties, and our Leaders with cutting-edge research and new developments in the breastfeeding world. Through their webinars, LLLI hosts global industry-leading speakers and subject matter experts who will help the viewer grasp new concepts 	Varies	To view the webinars Webinar Library - La Leche League International (llli.org)

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			and learn new approaches to working with families in need of breastfeeding support. <ul style="list-style-type: none">Each of their webinars also has the option of obtaining CERP credit (Continuing Education Recognition Points) for IBCLCs who want to recertify.		
Ongoing	Medela Webinar series on breastfeeding and lactation B	Webinar and recorded webinars	<ul style="list-style-type: none">Medela provides you the latest information and research results on breastfeeding, breast milk, safety and health of pregnant women, nursing mothers and their babies in the COVID-19 era, we have created a bespoke webinar series.	Varies	To view the webinars Webinar series Medela

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			<ul style="list-style-type: none">Such a format gives us the opportunity to convene, ask questions and discuss ideas and approaches to improve our support to mothers in these difficult times to help them achieve their breastfeeding goals. Furthermore, all past webinars can be watched here too.		
Ongoing Last week of month, 12:00 – 1:00 PM PST	Hot Topic in Public Health – offers unique topic monthly <i>Northwest Center for Public Health Practice – School of Public Health</i>	Webinar and recorded webinars	<ul style="list-style-type: none"><i>Hot Topics in Practice</i> is a monthly webinar forum to discuss issues currently affecting public health practice.Each month guest speakers from local, state, tribal, and national public health	Free	Find monthly topic and register at: https://www.nwcphp.org/training/hot-topics-in-practice

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	<i>University of Washington</i> N		organizations present and take questions from the audience.		
Ongoing	USDA, FNS Webinars & Videos NB	Virtual	Variety of topics	Varies	View here: FNS Documents & Resources Food and Nutrition Service (usda.gov)
Ongoing	Academy of Nutrition and Dietetics Webinar Series NB	Virtual	Variety of topics	Varies	View here: Webinar Series (eatrightpro.org)
Ongoing	National WIC Association Webinars NB	Virtual	Variety of topics	Free	View here: Webinars National WIC Association (nwica.org)
Ongoing	United States Lactation Consultant Association Live Webinars	Virtual	USLCA's live webinars provide participants the opportunity to gain valuable education and	Varies	View here: Live Webinars USLCA - United States Lactation Consultant Association

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			engage in real-time discussion with the presenter. Earn CERPs and CNEs from the convenience of your own home, workplace, or on-the-go with your mobile device. RD and DTRs, please note: The CDR accepts self-study material that have been approved by ANCC.		

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