Memorandum

#21-042

TO: WIC Regional Directors
    WIC Local Agency Directors

FROM: Amanda Hovis, Director
    Nutrition Education/Clinic Services Unit
    Nutrition Services Section

DATE: May 14, 2021

SUBJECT: Virtual Lactation Education classes

Texas WIC will be hosting lactation training classes virtually thru the end of the 2021 calendar year.

The Virtual Lactation Principles (VLP) class is held over 3 consecutive days and will be held during odd-numbered months. Each day is approximately 3.5 hours in the morning. Staff must attend all 3 days in order to receive a completion certificate.

Advanced Lactation Management (VALM) class will be held virtually beginning in June. This class will consist of 4 sessions held on the first and second Monday and Wednesday of even-numbered months. Each day is approximately 4 hours in the afternoon. Staff may attend the sessions in any order, during any month, and will receive a completion certificate after each session. Staff must complete all 4 within 6 months.

Due to expected high demand for the Advanced class, only WIC staff that counsel moms directly on breastfeeding should attend. If your job currently does not include counseling moms on breastfeeding, please refrain from taking a spot in the earlier sessions to allow those who need it to meet policy requirements for training.

This institution is an equal opportunity provider.
Sessions will cover the following topics:

Session 1 – Advanced Maternal Complications and Medications and Mother's Milk
Session 2 – Biomechanics of Lactation
Session 3 – Counseling During Complex Situations and Pediatric Complications
Session 4 – Advances in Maternal Nutrition during Lactation and Composition of Human Milk

**VALM Pre-Requisites:**

1) current Texas WIC Employee
2) completion of Virtual or in-person Lactation Principles class prior to registering for any ALM sessions

Orientation is required and will be used to explain how the platform works and to make sure attendees have the technology components needed to take the course successfully. We will practice toggling back and forth from the Main classroom into the small Team rooms for group work. This is helpful to practice prior to attending the actual class. Staff only need to attend an orientation once.

Attendees will need to make sure they have the proper equipment prior to orientation and class. This consists of:

- Desktop or Laptop Computer (notebooks, iPads and cell phones do not work for small groups)
- Internet browser: Chrome (preferred), Edge or Fire Fox
- Working video and audio capability on their computer
- If there are concerns about the technology for this course, consult your local agency IT person.

Things to consider prior to pre-registering:

- These workshop-style trainings are interactive and rely on active engagement and participation in small group activities and discussion. Attendees should be prepared to be on screen during small group sessions.
- Attendees must commit to attend and participate for the entire length of the training timeframe.
- If multiple staff will be attending from the same agency or clinic, each person must access the class from their individual computer. Staff cannot attend "as a group".
- If local agencies have multiple staff that need to attend, please be considerate of others and spread registrations throughout the various dates provided.
Active engagement is assessed in this virtual platform using participation in group discussion, chat and polls. Evidence of consistent active engagement throughout the entire training is required for a completion certificate. Please refrain from doing other clinic work or activities that will detract from learning or focusing during this event.

Classes are currently offered for Texas WIC staff only.

The classes do not offer or award continuing education contact hours.

Visit https://TALWD.Eventbrite.com for the class info and to pre-register. Since the classes are not open to the public, use these codes to display the hidden ticket.

- Code for VLP = TexasWIC
- Code for VALM = AdvLM

Upon completion of the pre-registration, an email confirmation is automatically generated confirming that your information was received. One to two weeks prior to class, an email will be sent to the student confirming their availability to attend and further instructions on registering in Livestorm. Substitutions of staff may be made if needed.

Please direct any registration or class questions to Missy.Hammer@HHS.Texas.gov.

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