

<p style="text-align: center;"><b>NUTRITION SERVICES</b> <b>Department of State Health Services</b></p>
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Effective December 1, 2016

Policy No. BF:04.0

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## Breastfeeding Training

### Purpose

To ensure that breastfeeding (BF) is promoted and supported on a local agency (LA) level.

### Authority

7 CFR Part 246.11

### Policy

All WIC staff who provide direct clinic services to WIC participants shall receive initial and ongoing training on BF promotion and support.

### Definition

Department of State Health Services (DSH) Trained BF Educator - a person who has successfully completed both *Principles of Lactation Management* (POLM) and *Lactation Counseling and Problem Solving* (LCPS) courses in the last five years. LCPS must be completed within 3 years of completing POLM.

### Procedures

- I. All WIC staff who provide direct clinic services to WIC participants shall receive training on LA protocol regarding whom to contact to answer participant's questions on BF if beyond the staff person's expertise. This training shall utilize the Staff Referral Protocol document referenced in policy BF:01.0 and occur within one month of employment.
  
- II. All WIC staff who provide direct clinic services to WIC participants shall complete the Breastfeeding Promotion and Support Module within 6 months of employment with the exception of International

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Board Certified Lactation Consultants (See policy TR: 3.0.0). The module can be accessed in the WIC catalog.

- III. All WIC staff who provide direct clinic services shall receive ongoing annual updates in BF, at least once every fiscal year. Examples include, local agency in-services, state agency BF trainings, and/or BF conferences.
- IV. The BF Coordinator and all WIC CAs shall receive training on breast pump issuance, inventory control, retrieval, basic troubleshooting, assembly, use, and cleaning within 6 months of employment and prior to issuing breast pumps to WIC participants. Any other WIC staff designated by the WIC Director or BF Coordinator to issue breast pumps shall receive the same training. WIC staff shall receive the training listed in Procedures I, II, and V prior to issuing breast pumps to WIC participants.
- V. Breast pump training shall be satisfied by successful completion of state agency-developed Texas WIC Breast Pump training. For more information on this training, contact the Texas WIC Breast Pump Coordinator.
- VI. The BF coordinator shall be an International Board Certified Lactation Consultant (IBCLC) or a DSHS Trained BF Educator (see definition).
  - A. If the BF coordinator does not meet the above training requirements prior to assuming the position, the individual has one calendar year from assuming the position to become trained.
  - B. The required training in procedure I, A must be repeated, or the certification renewed in the case of IBCLCs, every five years.
  - C. The BF Coordinator must also complete the state-developed Peer Counselor Train the Trainer Course within one year of employment.

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VII. All CAs and WCSs (with the exception of IBCLCs) shall complete one of the following DSHS BF trainings within 12 months of employment and repeat this training no less than every five years:

- A. Principles of Lactation Management (POLM)
- B. Breastfeeding Management

To find the current BF training schedule and registration instructions go to <http://www.dshs.state.tx.us/wichd/lactate/courses.shtm>.

VIII. Any staff issuing or counseling moms on nipple shields must first complete training on issuance of nipple shields. For more information on the training, contact the Texas WIC Breastfeeding Training Coordinator.

- A. International Board Certified Lactation Consultants (IBCLCs) and the LA Designated Breastfeeding Expert (DBE), defined by GA: 14.0, are the most appropriate staff and should be utilized first, and when available, to counsel and issue nipple shields to mothers who need them.
- B. Non-IBCLC and DBE staff can issue a nipple shield and provide follow up only if both actions are performed under the direction of an IBCLC. IBCLCs direction can be provided by utilizing tele consult services provided by the Houston and Dallas lactation support centers. Phone direction can be used as a last resort.
- C. When an IBCLC or the LA DBE is not available to counsel a mom who is using a nipple shield that was not issued by WIC, a PC or TBE can assist by assessing latch and milk transfer with the nipple shield then assisting the mom to breastfeed without the nipple shield, assessing latch and milk transfer.
  - 1. If the baby will latch without the nipple shield and successfully transfers milk, the mother should be followed up within 24 hours by a PC, TBE, IBCLC, Breastfeeding Coordinator or DBE.
  - 2. If the baby will not latch without the nipple shield but milk is successfully being transferred, the mom should be offered a

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- consultation appointment with an IBCLC or a DBE if she would like assistance breastfeeding without the shield.
3. If the mom calls back to report trouble with latch or that she has gone back to using the nipple shield, she should be offered a consultation appointment with an IBCLC or a DBE.
- IX. PCs shall be trained in accordance with SA designated PC training materials prior to working with WIC participants and receive monthly in-services according to Policy BF:03.0.