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Dear Valued Partner,

Thank you for your interest in WIC's eLearning online training resources. I encourage you to take advantage of any or all of the following courses:

- Breastfeeding
- Basic Nutrition
- Child Nutrition
- Prenatal Nutrition
- Postpartum Nutrition
- Baby Behavior
- Anthropometrics
- Hematology
- Participant Centered Education

The course descriptions and approximate time to complete the courses are listed on the next two pages. These interactive, online courses are currently available through **iLearnOregon** and can be accessed from any computer, after following a few set-up steps.

Before you begin, you will need to: **1)** configure your computer to run our online courses; **2)** register in iLearnOregon; and **3)** set-up your iLearn account information. Once you're done, you will have access to all of the courses via a quick search. Instructions to complete these steps are on our [Training Modules and Online Courses](#) webpage. If you need assistance, or have any course-related questions, please let me know.

Happy learning!

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WIC Online Courses

Search “**WIC**” in iLearn to find all of our courses.

Title	Description	Approx Time to Complete Course
WIC Breastfeeding Level 1: Amazing Breast Milk - Module 1	Provides an overview of the benefits of breast milk and describes how WIC promotes and supports breastfeeding.	30 minutes
WIC Breastfeeding Level 1: Breastfeeding Services - Module 2		1 hour
WIC Basic Nutrition	Builds knowledge on basic nutrition concepts and covers a wide range of information.	4 hours
WIC Child Nutrition	Builds knowledge on child nutrition concepts.	2 hours
WIC Prenatal Nutrition	Builds knowledge on prenatal nutrition concepts.	2 hours
WIC Postpartum Nutrition	Builds knowledge on postpartum nutrition concepts.	2 hours
WIC Baby Behavior	Builds knowledge and skills in recognizing and responding to the behaviors of healthy term babies from birth to six months.	2.5 hours
WIC Anthropometrics	Focuses on techniques for obtaining accurate growth measurements for WIC participants & provides a basic understanding of growth charts.	2 hours
WIC Hematology	Focuses on building knowledge and skills on the process WIC uses to collect and measure hemoglobin values.	2 hours

Participant Centered Education

This course provides a foundation for positive behavioral change and is a solid introduction to motivational interviewing. It is simple, yet powerful information for those who counsel clients. *In 2009, WIC staff began applying the skills of Participant Centered Education (PCE), and since then, have significantly enhanced their relationships and impact with clients throughout the state.*

This PCE course consists of multiple modules. Each module can be taken on its own, however it's important to start with the introductory module prior to completing the remaining nine short modules. Each one is approximately 15 to 20 minutes in length.

Module	Title
Introduction	Introduction to WIC Listens
1	What Motivates People to Change?
2	The Spirit of Participant Centered Education
3	Opening the Conversation
4	Open-Ended Questions, Affirming, Reflective Listening and Summarizing (Four Strategies of Motivational Interviewing)
5	Roadblocks to Listening
6	Moving from Assessment to Counseling
7	Providing Advice: Offering Nutrition Education
8	Rolling with Resistance
9	Next Steps