

2026 state sponsored lactation courses

MARCH 26, 2026

The Minnesota WIC program offers continuing education courses at no cost for WIC staff to increase their knowledge of various lactation topics.

Spaces are very limited. Register quickly to ensure a spot in the training you want! <https://mwrtrainings.com/>

Minnesota is prioritizing the following trainings:

- Live in-person Lactation skills day hosted by the Kansas Breastfeeding Coalition in Brainerd or Minneapolis!
- Confidence in Counseling
- Breastfeeding Benefits and Barriers
- Latching, Lifestyle and Limitations of Breastfeeding
- Breastfeeding from a Global Perspective
- (New) Mastitis: What is the new guidance
- (New) Lasting Latch: Encouraging breastfeeding duration
- Exclusive Pumping: The Basics
- Exclusive Pumping: Beyond the Basics
- Parental and Infant Health During Lactation
- Low Milk Production Workshop
- Lactation Pain Management: Symptoms, causes and solutions
- (New) Avoiding and Resolving Lactation Struggles
- Certified Lactation Specialist (CLS) course
- DBE Enhancement Workshop
- Enhancing Counseling Skills
- (New) Refresh, Renew, Recertify: A Lactation Update
- Certification Cram Review Course
- (New) Ethics and WHO Course
- Beyond the Shape: Compassionate Support for Curvaceous Breastfeeding Mothers

- The Milk of Human Kindness: Trauma-Informed Lactation Care
- (New) Tiny Fighters, Strong Families: Navigating Feeding at Home after NICU and Critical Illness

All Midwest Region WIC Programs use a shared website for registration.

For information on available courses and registration visit:

[MWRTrainings.com](https://mwrtrainings.com)

Important tips:

- All registrations will be reviewed for application criteria and seat availability.
- Open all the drop downs and explore the course information on the website.
- The selection criteria are dependent on the state. There will be several questions to complete.
- Pay attention to the time zone (the region is across the Central and Eastern time zones)
- Let your supervisor know you've registered.

Supervisors:

If someone from your agency is no longer able to attend a training (schedule change, left the agency, etc.) please email MWRtrainings@MPHI.org and Rosie.Pierce-Martin@state.mn.us so we can fill the open spot.

Reference – Complete Listing of Hyperlinks

[MWRtrainings.com \(https://mwrtrainings.com/\)](https://mwrtrainings.com/)

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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