

## Additional Training Resources: Phase 3

JANUARY 2024

These trainings are optional exercises that may help you further develop your skills and understanding when working with WIC participants. If you have questions as you are learning and practicing what you have learned, reach out to your preceptor to assist you.

### Pregnancy

- Topic of the Month memos
  - [Healthy Pregnancy Outcomes](#)
  - [Preeclampsia](#)

### Child nutrition

- [Eat Play Love—Raising Healthy Eaters](#) (Dairy Council of California)
- [Early Childhood Nutrition: How to Get Feeding off to a Positive and Healthy Start](#) (Dairy Council of California)
- Topic of the Month: [Iron Deficiency Anemia](#)
- [Responsive Feeding Exercise for Staff](#) (MDH Learning Center- WIC Toddler Behavior Training Resource)

### Postpartum

- [Postpartum Care](#)- Topic of the Month

### Reference – complete listing of hyperlinks:

[Healthy Pregnancy Outcomes](#)

([www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2021/topic/0407topic.pdf](http://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2021/topic/0407topic.pdf))

[Preeclampsia](#)

([www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/0706topicmonth.pdf](http://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/0706topicmonth.pdf))

[Eat Play Love—Raising Healthy Eaters](https://healthy-food-choices-in-schools.extension.org/eat-play-love-raising-healthy-eaters/) ([healthy-food-choices-in-schools.extension.org/eat-play-love-raising-healthy-eaters/](https://healthy-food-choices-in-schools.extension.org/eat-play-love-raising-healthy-eaters/))

[Early Childhood Nutrition: How to Get Feeding off to a Positive and Healthy Start](https://www.vimeo.com/66840419) ([vimeo.com/66840419](https://www.vimeo.com/66840419))

ADDITIONAL TRAINING RESOURCES: PHASE 3

Iron Deficiency Anemia

([www.health.state.mn.us/docs/people/wic/localagency/topicmonth/anemia.pdf](http://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/anemia.pdf))

Responsive Feeding Exercise for Staff ([minnesota.myabsorb.com/files/787db6b6-4fdb-47ed-9f8e-f480e331b7db/Private/Courses/a85dd05b-7582-4b03-b756-6c6fe65c3540/Responsive%20Feeding%20Exercise%20for%20Staff\(1\).docx](http://minnesota.myabsorb.com/files/787db6b6-4fdb-47ed-9f8e-f480e331b7db/Private/Courses/a85dd05b-7582-4b03-b756-6c6fe65c3540/Responsive%20Feeding%20Exercise%20for%20Staff(1).docx))

Minnesota Department of Health (MDH) Learning Center

([www.health.state.mn.us/about/tools/learningcenter.html](http://www.health.state.mn.us/about/tools/learningcenter.html))

Postpartum Care

([www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/1005topic.pdf](http://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2022/topic/1005topic.pdf))

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