

## 2025 State Sponsored Lactation Courses

MARCH 26, 2025

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

For information on available courses and registration contact the State WIC Breastfeeding Coordinator [Rosie.Pierce-Martin@state.mn.us](mailto:Rosie.Pierce-Martin@state.mn.us).

### Minnesota is prioritizing the following trainings:

- Live virtual USDA Breastfeeding Training hosted by the Kansas Breastfeeding Coalition
  - Level 3- “Lactation bridge course” online
  - Level 4- “Lactation skills day” online with a live in person DBE workday in Marshall or Duluth!
- *(New)* Latching onto Culture
- *(New)* Exclusive Pumping Basics
- Exclusive Pumping Advanced
- Parental and Infant Health During Lactation
- Making More Milk Book Group with Lisa Marasco (must be able to purchase book)
- Lactation Pain Management
- Untangling Low Milk Supply
- IBCLC Exam Prep for Lactation Professionals & Recertification Help
- Certified Lactation Specialist (CLS) course
- *(New)* Curvaceous Lactation
- *(New)* Trauma-Informed Lactation Care
- *(New)* Post Partum Healing Lodge: Creating Dynamic WIC Classes

Note: The **Motivational Interviewing**, and **Full Circle Life Coaching: Love in the Margin** courses are NOT available for Minnesota WIC staff this year.

All Midwest Region WIC Programs use a shared website for registration. For information on available courses and registration contact the State WIC Breastfeeding Coordinator [Rosie.Pierce-Martin@state.mn.us](mailto:Rosie.Pierce-Martin@state.mn.us)

### Important tips:

- All registrations will be reviewed for application criteria and seat availability.

## 2025 STATE SPONSORED LACTATION COURSES

- 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 [Rosie.Pierce-Martin@state.mn.us](mailto:Rosie.Pierce-Martin@state.mn.us) so we can fill the open spot.

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](mailto:health.wic@state.mn.us), [www.health.state.mn.us](http://www.health.state.mn.us); to obtain this information in a different format, call: 1-800-657-3942.

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