

Archived Webinars

A New Paradigm For Depression In New Mothers

Recent research has revealed that depression is associated with systemic inflammation, frequently defined as the body's immune system response to infection. Inflammation significantly increases during the last trimester of pregnancy, putting women who have recently given birth at a higher vulnerability. In addition, common experiences of new motherhood, such as sleep deprivation, postpartum pain, and psychological trauma, also cause inflammation levels to rise.

This session describes how stress triggers the inflammatory response, and examine ways that breastfeeding and anti-inflammatory treatments protect maternal mental health.

Presenter: Kathleen Kendall Tackett, Ph.D., IBCLC

Original Air Date: February 15, 2011

Baby-Led Breastfeeding: How Babies and Mothers Are Hard-Wired to Breastfeed

This webinar examines how instinctive newborn behaviors help babies learn to feed with aid from their mothers' intuition. Dr. Christina Smillie will illustrate the interplay between mothers and babies as they learn and explore the possibility that teaching mothers various rules and positions for breastfeeding may be counterproductive. Dr. Smillie's alternative approach takes advantage of the innate competence of both mothers and babies.

**Prerequisite: Prior to viewing this webinar, you should watch the first section of Dr. Smillie's DVD, "Baby-led Breastfeeding: The Mother-Baby Dance" (approximately 15 minutes). Select "Main Program" on the DVD menu. The NYS WIC Training Center sent copies of Dr. Smillie's DVD to the main sites of all NYS WIC local agencies. Additional DVDs can be purchased directly from Geddes Production (<http://www.geddesproduction.com/breast-feeding-baby-led.php>) for \$39.95 plus shipping.*

Presenter: Dr. Christina Smillie

Original Air Date: August 2, 2010

Baby-Led Breastfeeding Part II – Dealing with Challenging Situations Webinar

Dr. Christina Smillie returns to the NYS WIC Training Center to facilitate Part II of her Baby-Led Breastfeeding presentation. In this webinar, she provides information which will help you to build your skills to support breastfeeding with one of the most difficult feeding challenges mothers face...when the baby refuses the breast or when the baby will not latch due to physical challenges. It can be easily remedied by following her principles. She focuses on the instinctive abilities of the newborn infant and the mother that make it possible to self attach to the breast when these challenging situations exist. Dr. Smillie also explains how the basic principles of learning can facilitate the natural abilities of mothers and babies to breastfeed.

Presenter: Dr. Christina Smillie

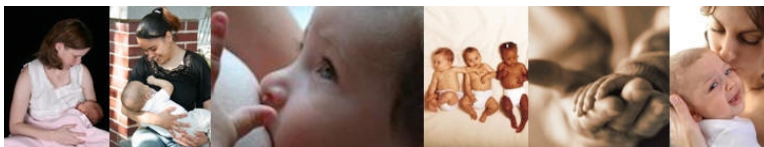
Original Air Date: March 11, 2011

Bone Health

Participants are presented with information on bone development/maintenance, osteoporosis, healthy choices which help support proper bone growth and maintenance today, plus how those same choices can have significant and far reaching implications on future skeletal health. In addition, emphasis is placed on how this information relates to a mother and her baby during pregnancy and through infancy.

Presenters: Thomas Ring and Elaine Zervos

Original Air Date: March 30, 2010



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Carbohydrates, Sugars, and Artificial Sweeteners

Information is presented on different carbohydrates, sugars, sugar alcohols and artificial sweeteners. Topics covered include: their function in foods, those commonly used, digestion and absorption, benefits and risks, and safe consumption.

Presenters: Heidi Militana and Nicole Ferguson

Original Air Date: March 5, 2010

Civil Rights Compliance – “The WIC Way” Webinar

As WIC is a program operated with Federal financial assistance, regulations about civil rights non-discrimination apply. USDA Food and Nutrition Service considers knowledge of civil rights concepts and expectations so central to WIC operations that FNS includes annual training for staff about civil rights topics among the requirements of the program. This two-hour session describes Federal non-discrimination laws/regulations/policies, explores typical scenarios faced by WIC staff, and discusses methods to comply in “The WIC Way”.

As a result of this training, participants will be able to:

Identify at least two federal non-discrimination laws that apply to WIC.

Explain how at least two non-discrimination features relating to age and sex are implemented in WIC.

Apply civil rights laws and information presented to WIC scenarios.

Identify where resources and contacts can be found which relate to civil rights compliance.

Presenters: Louis Meyi and Eduardo Ratchell

Original Air Date: October 28, 2011

Food Package Guidance for Breastfeeding Participants

Breastfeeding “Fully”, “Mostly”, “Some”, or “None”...this webinar covers creative participant-centered techniques to determine breastfeeding status especially during the first month of life. Don’t let formula drive the breastfeeding status...learn creative ways to work with participants at any stage of pregnancy or lactation to help them meet their goals.

Presenters: Pattie Garrett and Ann Ferritto

Original Air Date: September 11, 2009

Identifying and Reporting WIC Fraud Abuse Webinar

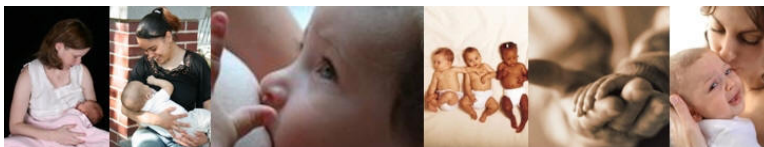
The Bureau of Special Investigations (BSI) is an office of public health law enforcement within the New York State Department of Health, charged with the mission of improving program integrity via the minimization of waste, fraud, and abuse. They conduct a broad range of investigations in support of the NYS WIC Program, including investigations of vendors, participants, local agency organizations and their employees, as well as any other party that may be suspected of abusing WIC.

This presentation focuses on “red flags” that may indicate fraud on the part of WIC participants in such areas as household income, household composition, custody, medical referral forms, and questionable pregnancies.

Viewers learn how to support program integrity through effective interviewing, including what questions to ask during the certification process. The case studies covered include actual referrals and illustrate the entire investigation process – the circumstances which led to the referral, questions asked during the investigation, what was determined by the investigation, and the final disposition of the case.

Presenter(s): Debra L. Hathaway

Original Air Date: September 16, 2011



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Keep It Simple! Make It Real!

This webinar features author, educator, and breastfeeding expert Amy Spangler, MN, RN, IBCLC! As a breastfeeding advocate, Spangler has been working with mothers, babies, and families for over 30 years and has authored numerous publications, including *Breastfeeding: A Parent's Guide*, *Breastfeeding: Keep it Simple*, and *Breastfeeding: Your Guide to a Happy Healthy Baby*. She currently serves as President of Baby Gooroo (www.babygooroo.com) and lectures extensively on a wide variety of maternal and child health topics.

Presenter: Amy Spangler

Original Air Date: July 31, 2009

Making It Work: Supporting Nursing Moms in the Workplace Webinar

Show me how to make it easier! Although new moms who return to work after having their baby often WANT to continue breastfeeding, the demands of motherhood and employment often make breastfeeding seem overwhelming. WIC staff and peer counselors can help moms feel confident and comfortable continuing to breastfeed. This webinar gives practical tips for supporting nursing moms in the workplace, including practical strategies for helping moms approach their supervisor and co-workers and creative ways to breastfeed in the settings where WIC moms work. This webinar presents brand-new research just completed with New York WIC moms who returned to work, and exciting new resource tools being launched for low-income working moms.

Presenter: Cathy Carothers and Rayane AbuSabha

Original Air Date: August 1, 2011

New Weight Gain Guidelines for Prenatal Women

In 2009, the Institute of Medicine/National Research Council published new guidelines for weight gain during pregnancy and also made recommendations for improvements in the care of women of reproductive age. Together these guidelines and recommendations call for a “radical change” in the care of women of reproductive age. This webinar reviews the components of gestational weight gain and discusses several theories about how guidelines for gestational weight gain should be developed. This webinar also covers the need for and basis of the new guidelines and recommendations for their implementation.

Presenter: Dr. Kathleen M. Rasmussen

Original Air Date: May 18, 2010

Preventing Child Overweight and Obesity: Raising Children to be Competent Eaters Webinar

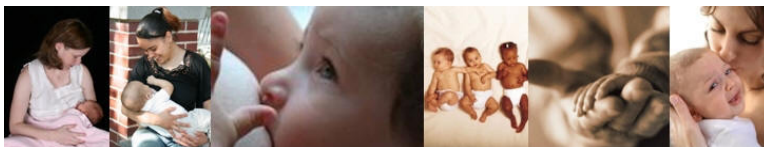
This webinar explores how child overweight can be prevented from birth with optimum, stage-related feeding based on Satter's division of responsibility with feeding. Child weight acceleration can be neutralized by correcting feeding problems and restoring optimum feeding. Optimum feeding raises children to be competent eaters who enjoy eating, have positive food acceptance and food regulation skills, and participate happily in family meals.

As a result of taking this webinar, the audience will:

- Understand the evidence-based principles of the Satter Eating Competence Model
- Consider how feeding in accordance with the Satter Feeding Dynamics Model (fdSatter) raises children to be competent eaters.
- Understand the connection between eating competence and obesity prevention.
- Learn to incorporate positive, practical obesity prevention strategies into WIC certification and nutrition education.

Presenter: Ellyn Satter

Original Air Date: July 15, 2011



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Secrets of Baby Behavior: Preventing Overfeeding Webinar

Parents and caregivers are often focused on ways they can keep their babies happy and well-fed. New moms may express concerns to WIC staff about how much their babies drink, whether they are satisfied, and the impact diet has on sleeping and other habits. This is true for both formula-fed and breastfed babies. As part of a USDA funded “Fit WIC Baby Behavior Study,” the staff at the UC Davis Human Lactation Center developed an educational program to help WIC staff respond to mothers’ concerns about their infants’ behavior. Their studies of California WIC participants confirm that infant behaviors such as crying and waking may trigger inappropriate infant feeding behaviors. Additionally, attempts to “keep the baby full” result in weaning from the breast, overfeeding, and early or inappropriate introduction of foods and fluids. In this webinar, Dr. Jane Heinig helps us learn more about normal infant behavior, ways to prevent overfeeding, and other risk factors for childhood obesity and diabetes.

Presenter: Jane Heinig, Ph.D, IBCLE

Original Air Date: April 6, 2011

Vitamin D - New Research, Deficiency and Treatment

Vitamin D has emerged from obscurity and its effects on various organ systems throughout the body down to the cellular level are being discovered. What was once thought to be a simple hormone affecting only bone and calcium metabolism has shifted. We no longer see vitamin D as a “vitamin” important only in childhood, but as a complex endocrine and paracrine/autocrine hormone that is involved not only in calcium homeostasis but also in immune, cardiac, neurologic, and various other bodily functions. This webinar review how we came to view vitamin D and how that view led to one of the largest epidemics of nutrient deficiencies of the century and the solutions to correct this major health problem.

Presenter: Bruce Hollis, Ph.D.

Original Air Date: December 10, 2010

Whole Grains and Fiber

This webinar reviews information on whole grains and fiber, including such topics as: the difference between whole grains and fiber, serving sizes, shopping tips, recommended daily intakes, WIC-eligible whole grains, and counseling tips.

Presenters: Heidi Militana and Nicole Ferguson

Original Air Date: February 5, 2010