

## Competency Checklist

(√) when completed	Competency
	1. Know the benefits of breastfeeding.
	2. Utilize effective counseling methods to enable the pregnant woman to make informed decisions about infant feeding options.
	3. Teach the basic concepts that a woman needs to know to enable her to be successful with breastfeeding.
	4. Identify and manage breastfeeding problems throughout the WIC certification period.
	5. Identify characteristics of the local health unit and the community that enhance or distract from the promotion of breastfeeding.

Based on USDA and ADH policies and regulations.