

Baby Behavior Trainings

The UC Davis Human Lactation Center is proud to offer the Baby Behavior Trainings, based on the information from the FitWIC Baby Behavior Study. These trainings, which have been only available to study clinics, are now available to all California WIC agencies. Clinics participating in the training have seen improved breastfeeding rates, reduced formula distribution, improved infant weight status, and improved parent-infant interactions!

The basic training is provided in two sessions, with about a month between each session. The time in between the sessions allows for attendees to take the information they receive and observe and practice using it before the next session. Session 1 covers infant states, infant cues, sleep, and crying (approximately 5 hours). Session 2 covers counseling, WIC Baby Behavior materials, classes and group education (approximately 3 hours). Additional trainings on advanced topics will also be available for professional and education staff upon request.

The trainings have been designed to accommodate up to 75 people and can be conducted for individual agencies or as regional trainings. The training costs vary by location and attendance. For more information, contact the Human Lactation Center by email at lactation@ucdavis.edu or by phone at 530-754-5364.