

ChickasawNationWIC

A PLACE FOR HERO MOMS



Reinventing WIC Nutrition and Breastfeeding Education Post-Pandemic

Emotional Drivers for WIC Moms



- Reinvention
- Family Values
- Nurturing

Emotion Based Nutrition Counseling



HeartButtonCounseling.com

ChickasawNationWIC

Virtual Nutrition Education Schedule

Chickasaw Nation WIC is using Zoom to provide specialized group nutrition education opportunities for you and your family. To participate, you can use a mobile device to call in or request a link from one of our WIC educators.

For Infant, Child or Shopping classes, contact: Shellie Lightle
(580) 495-8608
Shellie.Lightle@Chickasaw.net

For Prenatal or Breastfeeding classes, contact: Reva Howell
(580) 222-9501
Reva.Howell@Chickasaw.net

	Prenatal Group	Breastfeeding 101	Mommy Milk Group	Infant Nutrition Group	Child Nutrition Group	Shopping 101 Group
Monday	Noon	10 a.m.	11 a.m.			
Tuesday	2 p.m.	Noon	1 p.m.		10 a.m., 4 p.m. and 6 p.m.	
Wednesday	Noon	10 a.m.	11 a.m.	2 p.m.	9 a.m. and 11:30 a.m.	5:30 p.m.
Thursday	2 p.m.	Noon	1 p.m.	4 p.m.	10 a.m., noon and 5:30 p.m.	
Friday	Noon	10 a.m.	11 a.m.		10:30 a.m.	8:30 a.m.

Prenatal

Designed for pregnant women at any stage of pregnancy. Discussion topics include prenatal nutrition, weight gain and feeding your baby.

Breastfeeding 101

Designed for pregnant women in the last trimester of pregnancy. Knowledge is power. This session gives moms the knowledge of what to expect when breastfeeding their newborn and how to interpret what their baby is "saying" to them. Our once-weekly Spanish session is led by our bilingual peer counselor, Claudia Smith.

Mommy Milk Group

Designed for breastfeeding women at any stage of their breastfeeding journey by offering support, finding solutions to common challenges, celebrating successes and introducing solids when ready.

Infant Nutrition Group

Feeding Fun Before One is geared toward the parents of older infants and helps parents with feeding transitions from infant to toddler.

Child Nutrition Group

For the parents of young children. Topics of interest include nutrition, activity and screen time.

Shopping 101

Designed for families new to shopping for WIC foods. Learn about the foods included in your food package, maximizing your benefits, utilizing shopping resources and getting answers to all of your shopping questions.

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Chickasaw
Nation

Zoom Class Schedule

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Monday	Noon	10 a.m.	11 a.m.			
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Virtual Clinic

Schedule Group Education Class for Household (00028479)

Schedule

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

Date: March 2024

Clinic: 16 - VIRTUAL

Member Information

Member: [Dropdown]

Issuance Frequency: Tri-monthly

Education Frequency:

Education Method:

Refresh OK Close

Notes

Scheduled Group Education Class Enrollment: VIRTUAL - 3/28/2024

Time	Seats	Enrolled	Topic	Resource	Language
10:00 AM - 11:00 AM	25	5	CHILD NUTRITION	Shellie	English
11:00 AM - 12:00 PM	15	9	BF 101	Reva	English
12:00 PM - 1:00 PM	20	8	MOMMY MILK GROUP	Reva	English
12:00 PM - 1:00 PM	25	4	CHILD NUTRITION	Shellie	English
01:00 PM - 2:00 PM	15	2	PRENATAL NUTRITION	Reva	English
04:00 PM - 5:00 PM	25	13	INFANT 7-12 MONTHS	Shellie	English
05:30 PM - 6:30 PM	25	10	CHILD NUTRITION	Shellie	English



GROUP NUTRITION EDUCATION

Zoom Appointments

Steps for Success



1 Download App

Download the Zoom application to your phone or other device before the appointment.



2 Zoom Link

WIC will send a link to join the group before your appointment time.



3 Zoom Call In

If unable to download apps or access the internet, WIC will send a call in number before your appointment time. Join the group by phone call.



4 Missed Appointment

If you miss an appointment, or are unable to join at appointment time, call your WIC office to be rescheduled.



5 Benefits

Missing a scheduled appointment can affect your benefits.



6 Future Appointment

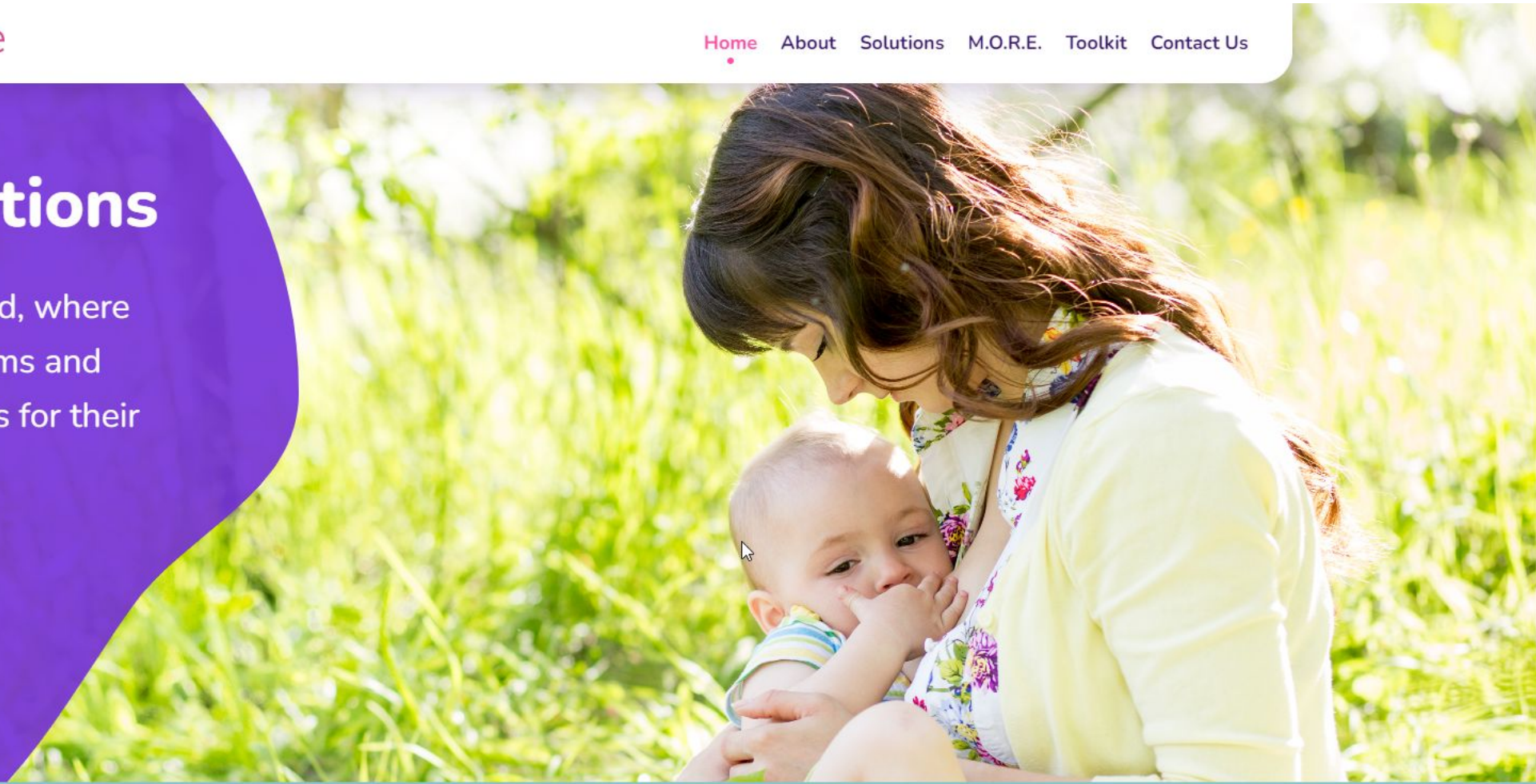
If you miss multiple zoom appointments, you will be scheduled for an in-person appointment.



Congratulations

Welcome to motherhood, where women dream big dreams and imagine endless success for their children.

[Read More](#)



Laura Robinson, IBCLC

Breastfeeding
Coordinator



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Moving from In-person to Virtual



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The Look of Love



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Seasons



Focusing on Nutrition



Benefits of Virtual Platforms

- Accessibility for diverse families
- Providing new insights and encouragement
- Focusing on baby's needs amongst challenges
- Flexibility on class times offered



2023 Data

- 1,234 attend Zoom
- Lowest attendance: 31%
- Highest attendance: 89%
- Average attendance: 59.4%

Breastfeeding Rate

- 2020- 70%
- 2023- 76%

