

# Women & Infant Support Education

# W.I.S.E

Nutrition • Breastfeeding • Doula • Mother & Infant Health

*January 27<sup>th</sup>, 2021*

**Nutrition During Pregnancy**, by Shendy Lalmansingh, B. Sc.

- Eating right during pregnancy
- Foods to avoid
- Important vitamins and nutrients

*February 17<sup>th</sup>, 2021*

**Accidental Poison Prevention**, Jemima Dougé, MD, MBA

- Reducing the incidence of accidental poisonings
- Prevention measure

*February 3<sup>rd</sup>, 2021*

**Doula**, by Jamilah Channels, Certified Doula

- Preparation for birth
- Postpartum

*February 24<sup>th</sup>, 2021*

**Mother-Infant Health During Covid-19**, by Perla Acosta, B.A.S.S

- Transmission
- Prevention measure
- Keeping baby safe

*February 10<sup>th</sup>, 2021*

**Benefits of Breastfeeding**, by Nyteema Booker, WIC Breastfeeding Counselor

- Benefits for mother & baby
- Positioning
- Support person role
- Breast pump and more

*March 3<sup>rd</sup>, 2021*

- Panel review
- Reflections
- Recognitions & Certificates