

## WIC Breastfeeding Nutritionist

### PROFESSIONAL SUMMARY

WIC breastfeeding nutritionist with deep expertise in maternal nutrition, lactation support, and culturally informed care. Known for empathetic support of postpartum clients and strong collaboration with healthcare teams.

### EDUCATION

#### Bachelor of Science in Nutrition and Health Sciences

University at Buffalo | Buffalo, NY

Graduated: 2018

#### Certifications

- Certified Lactation Counselor (CLC), 2022
- NYS Breastfeeding Peer Counselor Certification, 2021

#### Additional Information

- Guest speaker for WIC Breastfeeding Awareness Week 2025
- Developed mobile-friendly breastfeeding FAQ tool for new mothers

### SKILLS

- Breastfeeding consultation **Expert**
- Infant growth tracking **Expert**
- Lactation risk identification **Expert**
- Client-centered coaching **Expert**
- Health record software (NYWIC) **Expert**
- Group session facilitation **Expert**
- Cross-cultural communication **Expert**

### EXPERIENCE

2021 - Now

#### WIC Breastfeeding Nutritionist

##### Monroe County WIC Program / Rochester, NY

- Deliver evidence-based lactation support to over 500 clients annually, improving exclusive breastfeeding rates at 6 weeks by 40% through tailored counseling and follow-up.
- Facilitate bilingual breastfeeding support groups and educational seminars, creating safe, culturally inclusive spaces that encourage open dialogue and peer encouragement.
- Collaborate directly with pediatricians and registered nurses to manage feeding issues, triage complications, and coordinate referrals to IBCLCs and external lactation services.
- Develop accessible, multilingual handouts and video tutorials for new mothers on topics including milk storage, latching, and nursing nutrition, adopted by all clinics in the county.

2019 - 2021

#### Nutrition Technician

##### Unity Hospital / Rochester, NY

- Assist with dietary assessments and infant feeding plans in maternity and NICU units, supporting the hospital's breastfeeding-friendly designation initiative.
- Track daily nutrient intake and weight progression of newborns, flagging potential concerns and escalating them to clinical dietitians for intervention.
- Coordinate postpartum discharge packets that included customized nutrition plans, breastfeeding resources, and contact information for continued WIC support.
- Create educational video content and handouts in collaboration with nurses and dietitians, later distributed through local pediatric offices and community organizations.