

Module: Breastfeeding I - Getting Started (6/03) Post Test

Passing score is 13 correct of the below 16 questions (80%). Each question must be answered entirely correctly, i.e. selecting *all* answers that apply, correctly indicating *all* answers as T / F, or correctly filling in *all* the blank answers. If passing score is not obtained, applicable module sections should be reviewed and test should be retaken.

Application activities listed throughout the module must also be completed. A check list is below to document completion.

1. List 3 disadvantages of not breastfeeding (or using formula) for:

Mom

- 1) _____
- 2) _____
- 3) _____

Baby/Child

- 1) _____
- 2) _____
- 3) _____

2. List and briefly explain the three step counseling

3. If a mom told you:

"I can't breastfeed because my mother had a difficult time with breastfeeding; I don't think I will be able to produce enough milk."

In this situation, what would be the most appropriate response to starting a conversation? (Circle one)

You may be able to breastfeed, but all moms are different. WIC can help you with breastfeeding.

Wow, that must have been difficult for your mom. It sounds like since she had a problem, it concerns you too.

It depends, all moms are different, but I am sure you'll do fine.

Just try, any amount of breastfeeding is good for your baby. And if you have problems, and if you need help, we have Peer Counselors that will help you.

4. Due to the ample diversity in our community, cultural awareness is a key factor when counseling. List 3 ways you can interact appropriately that would show that you are culturally aware.

- 1) _____
- 2) _____
- 3) _____

5. Why is empowering so important?

6. Explain two ways you could empower a mom or future mom. (Hint: this could be in the areas of problem solving, listening, counseling, etc.)

- 1) _____
- 2) _____

7. List two practices in your clinic that provide early breastfeeding education to women.

- 1) _____
- 2) _____

8. List 3 recommendations women can practice during their hospital stay.

- 1) _____
- 2) _____
- 3) _____

9. True or False

T / F There is no necessary breast preparation or care during pregnancy

T / F History of breast surgery will not compromise breast milk production

T / F Milk is stored in the alveoli, not secreted by the alveoli

T / F Women with flat nipples often have so many problems breastfeeding their babies

10. Which hormone is referred to as the "milk-producing" hormone?

11. Which hormone helps with the "milk ejection" or "let down" of milk?

12. If the latch is not going well (mom has pain or/and baby is not getting much milk) what would you suggest to mom?
(Circle the most appropriate answer)

Reposition the baby and continue

Keep breastfeeding. It is completely normal to feel some pain for the first week.

Have the mom remove the baby by gently breaking the suction by inserting her finger in baby's mouth, pressing gently on lower gum line and lifting baby off.

As long as the baby is sucking it is a successful latch

13. What is the main difference between a non-nutritive sucking and an active sucking?

14. How would mom know that her 2 month-baby is getting enough breast milk? (Check all the apply)

Baby has 5 wet diapers or more in 24 hours

Baby nurses about every 1 ½ to 3 ½ hours

Baby nurses 8 or more times in 24 hours

Baby actively nurses for about 10 to 20 minutes in each side

Baby returns to birth weight by week 3

Baby has messy diapers every day

15. Of the listed, what are good indicators of a good latch.
(Check all that apply)

Lips are turned in and rolled over gums
Baby is tummy to tummy
Mom should be able to see at least 1/3 of her areola
Baby's tongue should be over the gum line
Baby's cheeks should dimple with each suckle

16. Match the different breastfeeding positions with the definitions

- | | |
|--------------------|---|
| a. Cradle hold | 1. Baby is held to the mom's side tucked under her arm, facing up, with hand supporting the baby's neck |
| b. Side clutch | 2. The baby's head should rest in the crook of mom's arm. The forearm supports the baby's back. The baby's arm can be placed around mom's waist |
| c. Side-lying hold | 3. Mom is on her side with pillows supporting her head, behind her back, and under the knee of her upper leg |

Application Check List

All the application activities listed throughout the module need to be completed.
(Use this check list is below to document completion.)

- _ Practiced Step1 & 2 (of the 3 Step Counseling) with co-workers, friends and family
- _ Completed Crossword Puzzle (answers in module appendix)
- _ Practiced counseling with co-workers by using scenarios on page 20
- _ Watch video on breastfeeding (page 29)