

Breastfeeding Module

Post Test

Name _____ Date _____ Score _____

Mark the following statements T for True or F for False

1. _____ Women should be advised against using soaps, creams, or lotions on their breasts during pregnancy and breastfeeding.
2. _____ Mature breast milk usually looks thin and watery and has a bluish cast.
3. _____ Too much caffeine may cause wakefulness in some babies.
4. _____ The quality of a mother's breast milk varies greatly, depending on her diet.
5. _____ The best way to release the baby from the breast is to slip a clean finger into the corner of the baby's mouth, between his gums.
6. _____ Severely sore nipples are a normal part of breastfeeding and will usually go away by 2 weeks postpartum.
7. _____ To thaw breast milk it should be placed in a microwave or warmed on the top of the stove.
8. _____ A battery-operated pump is as effective at maintaining a good milk supply as a more expensive electric breast pump.
9. _____ When separated from her baby, a mother should pump or express her milk as often as she would breastfeed.
10. _____ Pumped milk should be refrigerated and used within 24 hours, or if not, it should be frozen.
11. _____ Smoking should be actively discouraged during breastfeeding.
12. _____ When counseling a pregnant woman about breastfeeding, it is important to inform her of her options and let her make the final decision about breastfeeding.
13. _____ Women in the U.S. are advised not to breastfeed if they are HIV positive.
14. _____ Lactating women should be encouraged to drink 3-4 quarts of fluid a day to ensure an adequate milk supply.
15. _____ The number of times breastfeeding is discussed can have a bigger impact than the total amount of time discussing the topic.
16. _____ Progesterone-only oral contraceptives are safe for the breastfeeding women though should not be started until 6 weeks postpartum.
17. _____ Women who report having had breast surgery may have an increased risk for breastfeeding complications.

True and False (cont.)

18. _____ An infant typically starts gaining weight once mom's milk comes in.
19. _____ Breastfeeding women or infants identified with a breastfeeding complication or potential complication must be seen by the WIC RD/RN within 24 hours.
20. _____ Most medications taken by a nursing mother are not safe for the breastfeeding infant.

Fill in the blanks with the appropriate answer

21. The hormone Prolactin is responsible for the _____ of milk. Oxytocin is responsible for _____.
22. During the first few months babies should be breastfed _____ to _____ times a day, or every _____ to _____ hours, to ensure an adequate milk supply.
23. _____ is the early milk that is produced in small quantities during pregnancy and in the first few days postpartum. It is rich in protective factors for the newborn.
24. It is generally safe for an overweight breastfeeding woman to lose up to _____ pounds per month and for a normal weight woman to lose _____ pounds per month during the first 4-6 months of breastfeeding without dieting.
25. Breast milk can be frozen up to _____ months in the freezer compartment located above or below the refrigerator and _____ months in a deep freezer.
26. Once breast milk is removed from the freezer, how should it be thawed? _____

Check all that apply

27. What are good indicators that a newborn is receiving adequate quantities of breast milk?
- a. _____ 8-12 breastfeedings in 24 hours
 - b. _____ At least 6-8 wet diapers each day
 - c. _____ A happy, contented baby
 - d. _____ Four or more soft, yellow, seedy diapers each day
 - e. _____ Baby sleeps throughout the night
 - f. _____ A steady, acceptable weight gain
 - g. _____ Baby going 3-4 hours between feedings
 - h. _____ Baby doesn't take a bottle after breastfeeding
28. When a baby is latched-on and is sucking correctly, which of the following can be observed?
- a. _____ Approximately one inch of the areola is drawn into the baby's mouth.
 - b. _____ The upper and lower lip of the baby are flanged out.
 - c. _____ The baby's lower jaw is pulled far from the nipple.
 - d. _____ The tongue is gently moving in and out of the baby's mouth.
 - e. _____ The baby's chin is pressed into the mother's breast.

Check all that apply (cont.)

29. The number one cause of sore nipples is:

- a. Breastfeeding too frequently
- b. Breastfeeding when no milk has come in
- c. Incorrect latch-on or positioning
- d. Allowing the baby to suckle too long

30. A mother can encourage her baby to latch-on correctly by:

- a. Holding the baby with his chest to mother's chest
- b. Waiting until the baby's mouth is open very wide before pulling him onto the breast
- c. Holding the breast with the scissor hold
- d. Making sure the fingers supporting the breast are back behind the areola
- e. Touching the baby's lower lip with her nipple to get the baby to open wide

31. Engorgement is best prevented or managed by:

- a. Nursing frequently
- b. Making sure the baby is positioned and latched-on correctly at the breast
- c. Letting nipples dry after feedings
- d. Nursing on both breasts at each feeding
- e. Tightly binding the breasts to relieve pain
- f. Avoiding missed feedings

32. One of the national objectives outlined by the U.S. Department of Health and Human Services–Healthy People 2010– is to increase breastfeeding rates to:

Rates at initiation (choose one)

- a. 90%
- b. 75%
- c. 50%
- d. 35%

Rates at 5-6 months (choose one)

- a. 75%
- b. 50%
- c. 35%
- d. 25%

Rates at 1 year (choose one)

- a. 75%
- b. 50%
- c. 25%
- d. 10%

Check all that apply (cont.)

33. Women with the following conditions should be advised not to breastfeed:
- a. Abusing alcohol, illegal drugs, or certain prescription medications
 - b. HIV positive
 - c. Active tuberculosis
 - d. Human T-Cell Leukemia Virus Type 1 (HTLV-1)
 - e. Mastitis
34. To ensure women receive adequate breastfeeding information and support, all WIC staff are responsible for:
- a. Encouraging all women to breastfeed
 - b. Providing education and information at each prenatal visit
 - c. Providing education and support during the postpartum period
 - d. Identifying breastfeeding problems and making referrals
 - e. Encouraging all women to know their HIV status as it is a contraindication to breastfeeding
35. During a prenatal visit a woman tells you she is going to formula-feed. How would you respond?
- a. Acknowledge her decision to formula-feed and discuss WIC's contract formulas
 - b. Ask mom why she came to that decision
 - c. Discuss the "how to" of breastfeeding
 - d. Discuss why formula-feeding is not the best
 - e. Correct any misinformation and discuss the benefits of breastfeeding, as appropriate
36. Eric was born October 10, 1999. He weighed 8 pounds 1 ounce at birth. You are certifying him today, October 22, 1999, and his weight is 7 pounds 9 ounces. How would you respond to mom's inquiry on Eric's weight status?
- a. Newborns usually experience a lot of weight loss in the first few weeks of life
 - b. Some weight loss is normal, but we'd like to see him back to birth weight by 2 weeks
 - c. Eric has lost ½ pound since birth and you would like the WIC RD/RN to see him
 - d. Mom must not have enough milk because Eric is not growing very well
 - e. None of the above
37. The following methods of family planning are appropriate for a breastfeeding woman.
- a. Norplant implants
 - b. DepoProvera injections
 - c. Mini-pills
 - d. Hormonal methods containing estrogen
 - e. Hormonal methods containing progesterone

Check all that apply (cont.)

38. Sue is returning to work full-time at 2 months postpartum and would like to continue exclusively breastfeeding. What recommendations would you make?
- a. _____ Express her milk three times a day—possibly during morning and afternoon breaks and during lunch
 - b. _____ Return to work mid-week if possible
 - c. _____ Encourage her to start collecting her breast milk two weeks prior to returning to work
 - d. _____ Introduce some formula to get the baby used to the bottle
 - e. _____ Look for a day care provider that supports breastfeeding

Complete the following questions

39. List 3 advantages of breastfeeding for the infant.

- a. _____
- b. _____
- c. _____

40. List 3 advantages of breastfeeding for the mother.

- a. _____
- b. _____
- c. _____

41. List two plans a breastfeeding mother could use when she is returning to work or school

- a. _____
- b. _____

42. List 2 different breastfeeding positions and 1 advantage of each.

- a. _____ Advantage: _____
- b. _____ Advantage: _____

43. List 3 ages growth spurts are likely to occur and describe the proper management.

Growth spurts are at: _____

44. Jessica is about due to deliver her baby within the next 30 days. What 3 recommendations would you suggest to enhance her breastfeeding success?

- a. _____
- b. _____
- c. _____

Complete the following questions (cont.)

45. Carrie Smith is a breastfeeding WIC mother. She called and asked if she could take a prescription medication that she acquired before her pregnancy. What would you advise her?
46. When asked what she knows about breastfeeding, Lacy Lockhart says she feels “sort of embarrassed” to think about breastfeeding. What would be the best way to counsel Lacy?
47. List 3 types of pumps and 1 indication for use.

	Type	Indication for use
a.	_____	_____
b.	_____	_____
c.	_____	_____