

Test Your Knowledge

MODULE 4

Congratulations! By completing this module, you have learned how to prepare to breastfeed your baby. The following exercise will allow you to verify if you are ready to begin the wonderful experience of breastfeeding.

Select the option that matches the correct answer and validate your answer on the next page.

1. The newborn should be placed to the breast

- ☐ a) immediately following birth or as soon as possible.
- ☐ b) two hours after birth.
- ☐ c) three hours after birth.
- ☐ d) when the baby is hungry.

2. Among the following people, who would be best suited to part of your breastfeeding support group?

- ☐ a) Your mother who has never breastfed.
- ☐ b) Your neighbor who has breastfed her two children.
- ☐ c) Your health care provider.
- ☐ d) Your sister who does not have children but is always ready to give you advice.

3. How long is it recommended to breastfeed exclusively?

- ☐ a) 2 months
- ☐ b) 4 months
- ☐ c) 6 months
- ☐ d) 12 months

4. What is the best thing your partner can do to help you breastfeed?

- ☐ a) Give the baby a bottle of breast milk during the night to allow you to rest.
- ☐ b) Prepare the bottles of formula ahead of time in case you do not have enough breast milk.
- ☐ c) Carry the baby in a baby carriage while you take a relaxing bath.
- ☐ d) Sleep in another room during the first month following the baby's birth.

5. While breastfeeding during the first days following birth it is better to

- ☐ a) always use the same position in order for the baby to learn the latch-on skills.
- ☐ b) always begin with the left breast so as not to confuse the baby.
- ☐ c) use different positions and offer both breasts at each feeding.
- ☐ d) give the baby a pacifier after breastfeeding.

6. While in hospital, it is better to

- ☐ a) keep your baby with you 24 hours a day in order to get a good start at breastfeeding.
- ☐ b) leave the baby in the nursery as much as possible so that you can rest.
- ☐ c) enjoy as much company as possible.
- ☐ d) take the baby only when he/she is hungry or crying.

7. When is the best time to get ready for breastfeeding?

- ☐ a) Before you are pregnant.
- ☐ b) During your pregnancy.
- ☐ c) In the hospital after the delivery.
- ☐ d) It is not necessary to get ready because breastfeeding is natural and you will automatically know how to do it.

8. Which among the following statements is not a good prenatal breastfeeding goal?

- ☐ a) I will tell the hospital personnel that I intend to breastfeed my baby.
- ☐ b) I will ask my partner for help so that breastfeeding is a success in our family.
- ☐ c) I will wait to see how I make out at the hospital before deciding if i will continue breastfeeding.
- ☐ d) I will learn as much as possible about breastfeeding in order to gain confidence.

The answers are:

- 1. a) Immediately following birth or as soon as possible.** Your baby should be put skin to skin on your chest immediately following birth or as soon as possible. It is the start of a special time between you and your baby. Your baby may not feed at this time but you can still enjoy the time together.
- 2. b) Your neighbor who has breastfed her two children.** Your neighbor who has breastfed her two children is best suited to be part of your support group.
- 3. c) 6 months.** Breast milk is all the food your baby needs during the first six months.
- 4. c) Carry the baby in a baby carriage while you take a relaxing bath.** The best thing your partner can do is to take care of the baby while you relax.
- 5. c) Use different positions and offer both breasts at each feeding.** During the first days of breastfeeding, it is better to offer both breasts and use different positions at each feeding to ensure a good supply of milk.
- 6. a) Keep your baby with you 24 hours a day in order to get a good start at breastfeeding.** During your stay at the hospital, it is preferable to keep your baby with you as much as possible. Often, babies breastfeed better if they have skin to skin contact with their mother.
- 7. b) During your pregnancy.** Pregnancy is the ideal time to prepare for breastfeeding.
- 8. c) I will wait to see how I make out at the hospital before deciding if I will continue breastfeeding.** Waiting to see how you will make out at the hospital is not the ideal way to prepare for breastfeeding.