

Test Your Knowledge

MODULE 4

The following exercise will help you acquire knowledge to make breastfeeding successful.

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

1. It is important to begin breastfeeding as soon as possible after the birth of your baby.

- ☐ a) True
- ☐ b) False

2. You must breastfeed every four hours the first few days.

- ☐ a) True
- ☐ b) False

3. Do not give a pacifier or bottle to a breastfed baby.

- ☐ a) True
- ☐ b) False

4. Most mothers need help to learn how to breastfeed.

- ☐ a) True
- ☐ b) False

5. You must always give water to breastfed babies.

- ☐ a) True
- ☐ b) False

The answers are:

- 1. a) True.** Your baby is more alert and ready to start suckling at your breast during the first two hours following birth. Ideally, the baby should be given the breast within 30 minutes after birth. Beginning to breastfeed as soon as possible after the birth will help you to produce more milk. If baby is not effectively breastfeeding, skin to skin contact will help your milk production.
- 2. b) False.** During the first month, the baby will eat a minimum of 8 times a day. Babies are meant to feed frequently in the early days. It is common for babies to have many feedings in a short period (cluster feeding), and then sleep longer between feeds at other times. There are no set times to feed your baby.
- 3. a) True.** Sucking on a bottle or pacifier and suckling from the breast is completely different. If you decide to use a bottle or pacifier, it is better to wait until your baby has learned to breastfeed. This usually happens around the 6th week. If you give a pacifier or bottle too soon, the baby may prefer this type of feeding and not want to suckle at the breast. This may cause pain when breastfeeding.
- 4. a) True.** Ask the nurse to help place the baby to your breast. Ask for help immediately if you are having problems. Once you are home, there are supports available in the community to help you with your breastfeeding. A public health nurse calls within 48 hours of going home. There are free Breastfeeding Support drop-ins in the community where you can attend with your baby to receive hands-on help from a certified lactation consultant.
- 5. b) False.** During the first six months, a healthy baby does not require any additional liquid or food. If you give additional liquids or foods to your baby, your milk production may be reduced and this could be harmful to your baby's health (e.g.: your baby may be at increased risk for allergies). Health Canada along with Ottawa Public Health (OPH), recommends that babies be exclusively breastfed for the first six months. Breastfeeding should continue with the introduction of solids, for up to two years and beyond.