



Participant Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. **Indicate the false statement: Benefits of early skin-to-skin include**
  - a. Helps to stimulate maternal milk production and supply
  - b. A mother less likely start to breastfeed and will breastfeed for a shorter period
  - c. Helps to regulate the baby's breathing, heart rate, temperature, and glucose levels, which is especially valuable for low-birth-weight babies and premature babies
  
2. **The lactation reflex is involved in the maintenance of milk supply and involves two hormones. What are they called?**
  - a. Oxytocin and prolactin
  - b. Estrogen and progesterone
  - c. Estrogen and prolactin
  
3. **Positioning and attachment for breastfeeding requires a baby**
  - a. To automatically deeply attach to the breast
  - b. To approach the breast from above the nipple with mouth closed
  - c. To be held close to the breast and approach the breast from underneath
  
4. **Signs that a baby is attached well to the breast are:**
  - a. Most of nipple taken into infant's mouth and infant has flanged lips.
  - b. Most of the areola is taken into the infant's mouth, infant's chin is touching breast, bottom lip is curled outwards and nose is free to breath.
  - c. Most of the areola is taken into the infant's mouth, the infant's head is pushed close to the breast, breast tissue is indented to allow infant to breathe freely.
  
5. **How often should a healthy full term infant breastfeed?**
  - a. Every 4 hours
  - b. Every 2-3 hours
  - c. When the infant wants to feed
  
6. **What are the early feeding cues or signs?**
  - a. Baby becomes alert and start moving
  - b. Baby cries
  - c. Baby is sleepy
  
7. **What is a major cause of sore nipples:**
  - a. Baby suckling for too long
  - b. Frequent feeding
  - c. Flat nipples
  - d. Poor attachment

**8. Please choose the diagram that reflects poor attachment at the breast**

- a. Diagram B
- b. Diagram A

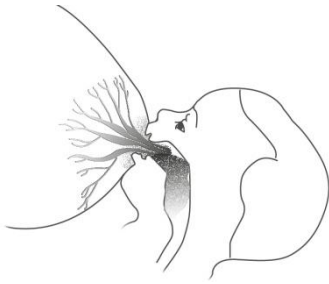


Diagram A

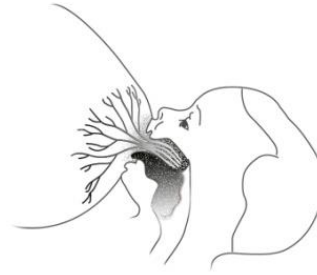


Diagram B

**9. How can mothers be practically supported to breastfeed their babies?**

- a. Allowing them to rest and sleep after birth by having well-baby areas
- b. By giving supplemental feeds
- c. Ensuring mothers and babies are rooming in

**10. It is not necessary to measure an infant's weight at birth as they lose some weight in the first few days?**

- a. True
- b. False

**11. What equipment is required to do a full birth anthropometry?**

- a. Scale only
- b. Scale, length board and tape
- c. Scale and length board only

**12. Birth weight can be used to divide infants into high risk and low risk categories.**

- a. True
- b. False

**13. Choose the incorrect answer**

- a. Most infants weigh between 2500 g and 4000 g at birth.
- b. Infants weighing less than 2500 g and infants weighing 4000 g or more have an abnormal birth weight and are at an increased risk of neonatal problems.
- c. Infants weighing less than 3500 g are called low birth weight (LBW) infants.

**14. Where do we plot the birth anthropometry for full term infants?**

- 1. Inter-Growth Charts (International Standards for Size at Birth)
  - 2. Road to Health Booklet
  - 3. Maternity record
- a. All three above
  - b. 1 and 2
  - c. 1 only
  - d. 2 only

15. In a well-nourished community 80% of infants will be appropriate for gestational age, 10% overweight and 10% underweight for gestational age. However, in a poor community there may be far more underweight and far fewer overweight for gestational age infants.
- True
  - False
16. When do you start using the daily weight chart in full term babies?
- Day 2
  - Day 3
  - Day 4
17. Knowing the head circumference at birth also assists in the clinical assessment of an older child with developmental delay or cerebral palsy.
- True
  - False
18. What is the expected weight gain in a newborn full term baby?
- Approx. 0.5% / kg / day
  - Approx. 1% / kg / day
  - Approx. 2% / kg / day
19. Classifying according to gestational age is the same as classifying according to birth weight.
- True
  - False
20. Growth and development in infancy have no relation to some mental and physical disorders that may occur later in life.
- True
  - False

Result: \_\_\_\_\_%