

# Workbook

*for the* Breastfeeding Module

## Florida Nutrition Training Guide

*Nutrition Education Series*



Staff Member: \_\_\_\_\_

Local Agency: \_\_\_\_\_

Supervising Nutritionist: \_\_\_\_\_

# Table of Contents

<b>Introduction to the Workbook for the Staff Member</b> .....	1
<b>Self-Check Questions</b> .....	3
<b>Answer Key to the Self-Check Questions</b> .....	19
<b>Practical Activity for the Performance Objectives</b> .....	29

## Introduction to the Workbook for the Staff Member

After completing each assigned set of *Self-Check* questions in your *Workbook*, you should **immediately** correct your responses by using the *Answer Key to the Self-Check Questions* that follows the *Self-Check* questions.

If you do not know the answer to one of the questions, reread the text to find the correct answer.

When you have finished reading/studying the module and have completed and corrected your own *Self-Check* responses, go to the *Practical Activity* in this *Workbook* and complete the assignments there. Be sure to read the *Instructions for Doing the Practical Activity*, which can be found at the beginning of the *Practical Activity*.

When you complete the *Practical Activity*, turn in your completed *Workbook* to your Supervising Nutritionist who will, in turn, correct/evaluate your completed *Practical Activity*. Also, he/she will do a quick review of your Self-Check answers for completeness.

**Record all your answers directly in this Workbook.**



# Self-Check Questions

## for the Breastfeeding Module

Write the correct word(s) to accurately complete the statement in question 1.

1) In Healthy People 2010, National Health Promotion and Disease Prevention Objectives, the breastfeeding objective is to have at least \_\_\_\_\_% of mothers breastfeeding in the early postpartum period, at least \_\_\_\_\_% breastfeeding until their babies are 6 months old, and 25% breastfeeding until their babies are one year of age.

Place a “T” (for True) or an “F” (for False) in the space to the left of each of the following statements:

- 2) \_\_\_\_\_ Breastfeeding is the best feeding and nurturing choice for infants.
- 3) \_\_\_\_\_ Begin to talk about and educate your clients about breastfeeding after their babies are born.
- 4) \_\_\_\_\_ Human milk plays a significant role in preventing illness in the infant.
- 5) \_\_\_\_\_ Research has shown that artificially fed (formula fed) babies get sicker, and are sick more often, than exclusively breastfed babies.
- 6) \_\_\_\_\_ It is important to discourage mothers from unnecessarily supplementing breastfeeding with infant formula.
- 7) \_\_\_\_\_ Exclusive breastfeeding during an infant’s first six months of life can reduce the risk of allergic disease.
- 8) The most common food allergy in infancy is to \_\_\_\_\_.

Write the correct word(s) to accurately complete the statements in questions 9 and 10.

- 9) The World Health Organization recommends that infants should be exclusively breastfed for about the first \_\_\_\_\_ months of life and continue breastfeeding, with appropriate solid foods added to the infant’s diet, well into the \_\_\_\_\_ year of life.
- 10) The iron contained in human milk is very well \_\_\_\_\_ by the infant. Iron-deficiency anemia is \_\_\_\_\_ among full-term, exclusively breastfed babies.

11) List 4 other benefits that breastfeeding provides to the infant.

- a) \_\_\_\_\_  
\_\_\_\_\_
- b) \_\_\_\_\_  
\_\_\_\_\_
- c) \_\_\_\_\_  
\_\_\_\_\_
- d) \_\_\_\_\_  
\_\_\_\_\_

12) List 4 benefits of breastfeeding for the mother.

- a) \_\_\_\_\_  
\_\_\_\_\_
- b) \_\_\_\_\_  
\_\_\_\_\_
- c) \_\_\_\_\_  
\_\_\_\_\_
- d) \_\_\_\_\_  
\_\_\_\_\_

13) Describe in simple terms any five of WHO/UNICEF's Ten Steps to Successful Breastfeeding.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_

*Stop now and check your answers against the Answer Key before proceeding to the next section. The Answer Key to the Self-Check Questions for the Breastfeeding Module begins on Page 19 of this Workbook.*

*The line that divides each group of Self-Check Questions indicates that you should STOP NOW to check your answers before you move ahead to the next section of the Module.*

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Write the correct word(s) to accurately complete the statements in questions 14 and 15.

14) \_\_\_\_\_ is the early milk produced in the breast and serves as the baby's first immunization against disease. It is a semi-transparent, thick liquid and is yellowish in color.

15) Successful lactation involves two mechanisms. These are the \_\_\_\_\_ stimulation and the \_\_\_\_\_ reflex.

16) Explain in simple terms what is meant by the statement: human milk is produced on a "supply and demand" basis.

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17) Explain in simple terms why the "milk ejection reflex" is important.

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18) Explain why your support is so important to the breastfeeding mother.

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Fill in the blanks with the correct answers to complete the statements in questions 19 and 20.

- 19) A well-balanced diet during breastfeeding is important primarily for the well-being and health of the \_\_\_\_\_.
- 20) It is important that breastfeeding women eat a well-balanced diet for their own well-being. But of equal importance is that they consume enough \_\_\_\_\_.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 21) \_\_\_\_\_ The breastfeeding woman who does not have a well-balanced diet and does not consume enough calories may experience increased fatigue, less energy, and be more vulnerable to illnesses (especially mastitis).
- 22) \_\_\_\_\_ One good way to help mothers choose diets that will be nutritionally adequate is to introduce them to the Food Guide Pyramid.
- 23) \_\_\_\_\_ Successful lactation can be combined with a gradual weight reduction for the mother.
- 24) \_\_\_\_\_ Since breastfeeding women’s sizes and activity levels are different, there is no ideal calorie intake for all breastfeeding women.

Fill in the blank with the correct answer to complete the statement.

- 25) While it is important to help the breastfeeding teenager plan a nutritious, well-balanced diet, it may be necessary to stress the importance of increasing her daily \_\_\_\_\_ intake, especially if she hasn’t yet finished growing herself.
- 26) Breastfeeding mothers should listen to their bodies and drink enough fluids to satisfy themselves. That is, they should drink \_\_\_\_\_.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statement:

- 27) \_\_\_\_\_ The Food Guide Pyramid may not be modified to meet an individual’s dietary preferences and practices.

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- 28) The mother who smokes around her infant or allows others to smoke around her infant is increasing the baby’s risk of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, regardless if the baby is breastfed or bottle fed.



- 29) A pregnant woman who wants to breastfeed, but who also smokes, should be advised to:
- a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  - e) \_\_\_\_\_
  - f) \_\_\_\_\_
  - g) \_\_\_\_\_

Place a “T” (for True) or an “F” (for False) in the space to the left of each of the following statements:

- 30) \_\_\_\_\_ It is best to avoid, or at least limit, one’s intake of alcohol and nicotine throughout the duration of breastfeeding.
- 31) \_\_\_\_\_ Mothers should always inform their health care provider that they are breastfeeding before taking any over-the-counter or prescription drugs.
- 32) \_\_\_\_\_ All “street” drugs such as cocaine, marijuana, etc., should be avoided by the breastfeeding mother.
- 33) \_\_\_\_\_ A pregnant women should plan ahead and consult her health care provider for family planning advice for after the delivery.
- 

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 34) \_\_\_\_\_ To get off to the best start with breastfeeding, healthy, full-term babies should have uninterrupted, skin-to-skin contact with mother immediately after birth and breastfeed within the first hour after birth.
- 35) \_\_\_\_\_ It is important to teach mothers to watch their baby carefully for “cues” that their babies are ready to breastfeed.
- 36) \_\_\_\_\_ Full term, healthy babies should room-in with their mothers after birth in order to get off to the best start with breastfeeding.
- 37) \_\_\_\_\_ The baby should be encouraged to breastfeed on the first breast until he comes off on his own and then offered the second breast until he seems satisfied.
- 38) \_\_\_\_\_ Normally, a mother should have a good milk supply if she breastfeeds her infant at least 10 to 12 times per day.

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statement:

39) \_\_\_\_\_ The average breastfed infant will probably want to breastfeed and needs to be fed as often as every 1 to 3 hours during the first few weeks of life.

40) Why is it important to “teach” the baby how to latch-on to the breast correctly?

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41) Describe at least 3 early cues for mother to watch for that may indicate readiness to feed on the baby’s part.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

42) List 4 signs to look for that will reassure a mother that her baby is breastfeeding adequately.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_

43) Explain appropriate counseling if a WIC breastfeeding mom requests infant formula (artificial baby milk) for supplementation for a non-medical reason.

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Place a “T” (for True) or an “F” (for False) in the space to the left of the following statement:

44) \_\_\_\_\_ Mothers and babies instinctively know how to breastfeed. They need no help with this new skill.

45) \_\_\_\_\_ The presence of an experienced, caring person who helps the mother to relax and feel self-confident can make the difference between success and failure at breastfeeding.

46) List 3 suggestions that you can share with a new breastfeeding mother that will help to make her breastfeeding experience a successful one and that will help her as she adjusts to her new role:

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

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47) When counseling a breastfeeding mother about the appropriate care of her breasts, it is always good advice to tell her to:

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

48) Circle the letters of the sentences that correctly state the guidelines that a mother should follow to help avoid nipple discomfort:

a) If using nursing pads, wear 100% cotton nursing pads. (Do not use plastic bra liners.)

b) Use soap on nipples to clean them.

c) Be sure that the baby is positioned correctly at the breast during a nursing.

d) Make sure that the baby is “latched on” to the breast properly.

e) Use nipple cream to soften the nipple area.

f) When removing the baby from the breast, gently break the suction by inserting your finger between the baby’s gums.

49) Describe how pathological engorgement can usually be avoided.

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50) List 3 things that may lead to plugged ducts in a breastfeeding woman:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

51) Circle the letters of the sentences that are correct statements about mastitis:

- a) If a woman has mastitis, she must first be referred to her health care provider and to the breastfeeding educator in the WIC clinic.
- b) A woman needs to get additional rest if she has mastitis.
- c) If a woman develops mastitis, she must stop nursing her baby.
- d) A woman with mastitis should inform her health care provider that she wants to continue breastfeeding.

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52) List 4 signs to look for that may indicate dehydration in a baby:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_

53) List 5 factors (either maternal or infant) that increase the risk of low maternal milk production.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_

Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 54) \_\_\_\_\_ When breastfeeding mothers and their infants are discharged from the hospital early, before lactation has been fully established, they need close follow-up to ensure that breastfeeding is proceeding optimally.
- 55) \_\_\_\_\_ Low maternal milk production is usually caused by infrequent and/or incomplete milk removal from the breast in the first few days after birth.
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Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 56) \_\_\_\_\_ It takes about 2 weeks for lactation to become firmly established.
- 57) \_\_\_\_\_ It is very possible for the mother to have a successful breastfeeding experience combined with her return to work or school.
- 58) \_\_\_\_\_ It is important to give realistic advice and support to breastfeeding mothers who are returning to employment/school.
- 59) \_\_\_\_\_ Breastfeeding is valuable to both mother and infant only if it is done for a very long period of time.
- 60) List two things a breastfeeding mother can do, starting approximately 2 weeks before her return to work/school, to prepare herself and her baby for their frequent separations; and then list two things a mother should do once she begins work/school to ensure a successful breastfeeding experience:

*2 weeks before:*

- a) \_\_\_\_\_
- b) \_\_\_\_\_

*Once at work/school:*

- a) \_\_\_\_\_
- b) \_\_\_\_\_
-

61) List 3 of the methods that can be used to express breastmilk:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

62) Circle the letters of the statements that are True about expressing one's breastmilk:

- a) To prepare for manual expression, one necessary step is to thoroughly wash the container for catching the milk in hot soapy water. It is also necessary to thoroughly rinse and air-dry it.
- b) Massaging one's breasts before manual milk expression is very helpful.
- c) Nipple stimulation triggers milk production and ejection.
- d) A mother will always express the same amount of milk at each expression.
- e) The appearance of the breastmilk will probably change while the mother is expressing it.
- f) If a mother has difficulty expressing her milk, this means that her baby is not getting enough milk during the breastfeeding sessions.
- g) Becoming skilled at manual hand expression takes practice and time.

Place a "T" (for True) or an "F" (for False) in the space to the left of the following statements:

- 63) \_\_\_\_\_ After expressing and collecting her milk, the mother should store it either in the refrigerator or a cooler.
- 64) \_\_\_\_\_ Mothers who choose to continue breastfeeding after the baby's first birthday need to be supported in their decision.

65) Complete each sentence with the correct word or words:

- a) Breastmilk can be stored in a regular, cold refrigerator for up to \_\_\_\_\_ days.
- b) Breastmilk can be safely frozen in a self-contained freezer compartment of a refrigerator for \_\_\_\_\_ months.

66) Describe how to thaw frozen breastmilk:

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67) Why should breastmilk never be placed in a microwave oven or heated on a regular stove?

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68) Regarding “mother-led” weaning, describe the steps that a mother should take if she begins to wean her baby from the breast.

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69) Describe at least two benefits of breastfeeding the toddler.

- a) \_\_\_\_\_
- b) \_\_\_\_\_

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Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 70) \_\_\_\_\_ A mother with small breasts cannot successfully breastfeed.
- 71) \_\_\_\_\_ Feeding human milk to premature babies helps to prevent necrotizing enterocolitis (NEC) and enhances their brain development.
- 72) \_\_\_\_\_ A woman who delivers by cesarean section should not breastfeed.
- 73) \_\_\_\_\_ The mother who chooses to supply her breastmilk for her premature infant will need to receive a lot of physical and emotional support from her family and friends.
- 74) \_\_\_\_\_ A full-size, “piston-drive” electric breast pump with automatic suction release and double pumping capacity usually is the best choice of breast pump for a mother expressing milk for a premature baby or twins.

75) List 3 conditions in which breastfeeding is not recommended.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

76) List the 5 barriers to breastfeeding which many women face.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_

77) A woman's lack of confidence is the biggest barrier to overcome. This lack of confidence can translate into doubts and fears about mothering and breastfeeding. List 2 common misconceptions or worries that these women often express about breastfeeding:

- a) \_\_\_\_\_
- b) \_\_\_\_\_

78) List the 3 basic steps (the three-step plan) to follow with your clients when motivating them to breastfeed:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

Place a "T" (for True) or an "F" (for False) in the space to the left of the following statements:

- 79) \_\_\_\_\_ Ask open-ended questions which will inspire the client to share with you her perceptions of breastfeeding.
  - 80) \_\_\_\_\_ Being diplomatic opens the door to communication and gives you the opportunity to offer accurate information to your client.
-



Place a “T” (for True) or an “F” (for False) in the space to the left of the following statements:

- 81) \_\_\_\_\_ Women can expect to feel embarrassed at first when breastfeeding in front of others.
- 82) \_\_\_\_\_ Clients can be taught a variety of discreet breastfeeding positions which ensure that their breasts are not exposed.
- 83) \_\_\_\_\_ If a woman cannot breastfeed for the duration of at least 6 months, then she should not be encouraged to breastfeed for a shorter period of time.
- 84) \_\_\_\_\_ Breastfeeding usually “spoils” a baby.
- 85) \_\_\_\_\_ It is normal to have mixed feelings about the sacrifices and responsibilities of motherhood.
- 86) \_\_\_\_\_ Successful breastfeeding mothers can and do lead active lives.
- 87) \_\_\_\_\_ Combining breastfeeding with bottle feeding when returning to work or school can be very difficult to accomplish.

For question 88, circle the letter of the *one* correct choice.

- 88) When presenting a women with dietary and health guidelines for breastfeeding, it is important:
- a) to stress that she needs to be in superior health and have a superior diet.
  - b) to supply her with detailed information about her nutrient requirements.
  - c) to keep the guidelines simple and easy to follow.

Place a “T” (for True) and an “F” (for False) in the space to the left of each of the following statements:

- 89) \_\_\_\_\_ Babies who are exposed to “second-hand” smoke, whether breastfed or bottle fed, can suffer from its ill effects.
- 90) \_\_\_\_\_ Encouragement and support are vitally important to a woman who chooses to breastfeed.
- 91) \_\_\_\_\_ It is *not* normal for human breastmilk to appear thin and watery.

92) Regarding dietary guidelines for a breastfeeding woman, circle the letters of all the following statements that are accurate.

- a) It is important to emphasize a well-balanced, low-fat diet for all postpartum women.
- b) Fast foods and occasional junk foods “ruin” breastmilk.
- c) A breastfeeding client should “watch” each and every bite of food she eats.
- d) When breastfeeding, a woman may be hungrier and thirstier.
- e) Regarding alcohol, smoking, and caffeine— always stress moderation.

93) List the three people in a woman’s life who typically have the biggest influence on her infant feeding decisions:

- a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
- 

94) List 3 reasons women are attracted to breastfeeding.

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

95) Why is it important for you, the staff member, to know and understand the factors that attract women to breastfeeding?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

96) Explain why breastfeeding can be especially appealing to teenagers.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Place a “T” (for True) or “F” (for False) in the space to the left of each of the following statements.

97) \_\_\_\_\_ A “breastfeeding friendly” clinic should have a written policy to promote and support breastfeeding in its clinic.

98) \_\_\_\_\_ It is okay to have infant formula cans sitting out in view of clients in your clinic.

99) \_\_\_\_\_ Each staff member has role to play to make breastfeeding promotion and support work.

100)\_\_\_\_\_ Formula and formula coupons in the hospital discharge packets for breastfeeding women promote breastfeeding.

101)\_\_\_\_\_ Encouraging women to breastfeed and offering formula “just in case” is a positive breastfeeding message.

102)\_\_\_\_\_ La Leche League International is a mother-to-mother organization that promotes and supports breastfeeding.

103) Describe, in simple terms, the World Health Organization Code of Marketing of Breastmilk Substitutes.

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# Answer Key to the Self-Check Questions

## for the Breastfeeding Module

- 1) 75%; 50%
- 2) T
- 3) F You should promote breastfeeding while your clients are pregnant.
- 4) T
- 5) T
- 6) T
- 7) T
- 8) cow's milk
- 9) six; second
- 10) absorbed; rare
- 11) There are numerous unique properties of breastfeeding for the infant. Any four of the following are correct:
  - Human milk plays a significant role in preventing illness in the infant.
  - Human milk enhances infant brain development. Breastfed infants may have higher IQs.
  - Exclusively breastfed infants rarely have ear infections.
  - Exclusively breastfed infants rarely have gastrointestinal problems.
  - Exclusively breastfed infants rarely are hospitalized in the first year of life.
  - Breastfeeding reduces the risk of Sudden Infant Death Syndrome (SIDS).
  - Breastfeeding reduces the risk of many chronic diseases such as: juvenile diabetes, certain childhood cancers, and adult-onset diseases such as Crohn's disease and multiple sclerosis.
  - Breastfeeding reduces the risk of lead poisoning.
  - Human milk plays a significant role in reducing the incidence of or delaying the onset of allergic reactions in the baby.
  - Suckling at the breast helps promote the development of well-formed jaws and healthy teeth. Baby bottle tooth decay is rare in breastfed children.
  - Breastmilk is not subject to preparation errors.
  - The baby receives psychological and emotional benefits from breastfeeding.

12) There are numerous reasons breastfeeding is good for mothers. Any four of the following are correct:

- Breastfeeding may reduce a woman's risk of pre-menopausal breast cancer and ovarian cancer.
- A very close bond may be formed between a breastfeeding mother and her breastfeeding baby.
- Most breastfeeding mothers find "feeding time" to be physically and emotionally enjoyable.
- Breastfeeding may help a mother to regain her figure sooner.
- Breastfeeding is convenient, once lactation is established.
- Breastfeeding empowers mothers to be self-sufficient.
- Breastfed infants smell better.
- Breastfeeding usually delays the return of ovulation and menstruation, allowing the new mother time to replenish her iron stores that were depleted during pregnancy and reducing her fertility.
- It is likely that health care costs for the infant will be less.

13) Any five of the following ten steps are acceptable:

- Have a written breastfeeding policy that is routinely communicated to all health care staff.
- Train all health care staff in skills necessary to implement this policy.
- Inform all pregnant women about the benefits and management of breastfeeding.
- Help mothers initiate breastfeeding within a half hour of birth.
- Show mothers how to breastfeed and how to maintain lactation, even if they should be separated from their infants.
- Give newborn infants no food or drink other than breastmilk, unless *medically* indicated.
- Practice rooming-in while the mother and baby are in the hospital (mothers and infants remain together 24 hours a day).
- Encourage breastfeeding on demand.
- Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
- Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

- 14) Colostrum
  - 15) suckling stimulation; milk ejection reflex
  - 16) The more often the baby breastfeeds, the more breastmilk is produced.
  - 17) The milk ejection reflex is a reflex that causes the milk producing cells in the breast to release the milk they have made. It is during this reflex that the baby receives the breast milk that has been produced and stored in the alveoli between feedings. If the milk ejection reflex is inhibited for an extended period, then an infant will not be able to consume adequate amounts of milk to meet his/her nutritional needs.
  - 18) Since the milk ejection reflex can be sensitive to psychological factors, it is important to give support and encouragement to the nursing mother by helping her to feel confident in her role as a breastfeeding mother and providing her with the information she needs. This may be the only positive support she receives.
- 

- 19) mother
  - 20) calories or energy
  - 21) T
  - 22) T
  - 23) T
  - 24) T
  - 25) caloric or energy
  - 26) “to thirst”
  - 27) F The Food Guide Pyramid can be modified according to an individual’s dietary practices.
- 

- 28) pneumonia; bronchitis; other upper respiratory problems; Sudden Infant Death Syndrome or SIDS
- 29)
  - limit her smoking to 10 cigarettes or less per day
  - use low-nicotine cigarettes
  - not smoke just before or during breastfeeding
  - delay feedings as long as possible after smoking
  - increase her intake of vitamin C
  - go outside of the home to smoke
  - not smoke at all in her car

- 30) T
  - 31) T
  - 32) T
  - 33) T
- 

- 34) T
- 35) T
- 36) T
- 37) T
- 38) T
- 39) T

40) Correct latch-on helps to prevent sore nipples and encourages efficient suckling.

41) Any 3 of the following are correct. The baby will:

- start to make rapid eye movements under the eyelids.
- lift his arms above his head while sleeping, and squirm around.
- suck on his lips or tongue.
- put his hand up to, or in, his mouth.
- “root” or turn his head toward mother.
- start to make little noises or grunts.

42) Any 4 of the following are correct:

- By the third to fourth day postpartum, the baby should have at least 6 very wet diapers in a 24-hour period.
- For approximately the first 4 to 6 weeks of age, the baby probably will have a minimum of 3 to 5 stools per 24 hours. Most breastfed babies have more.
- Mother hears the baby making frequent, audible swallowing and gulping sounds while nursing, for at least ten minutes.
- The baby doesn't lose more than 7% of his birth weight after birth.
- The baby regains his birth weight by 2 weeks of age. Thereafter, the baby should gain about 4 to 7 ounces per week.



43) Mother is counseled by the nutritionist before any food package changes are made. Mother is referred to breastfeeding educator, if available, and the nutritionist or breastfeeding educator addresses the mother's concerns and educates the mother on potential consequences of supplementation; educates the mother on the financial implications of bottle feeding.

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44) F Breastfeeding is a learned behavior, both for the mother and the newborn.

45) T

46) Any 3 of the following are correct:

- The mother should be particularly encouraged to seek the help of an experienced, caring person during the first month at home with her newborn.
  - Have the baby sleep in a basket or bassinet next to her bed in order to enable her to pick up the infant during the night for a feeding without fully awakening herself.
  - Encourage the mother to “wear” the baby close to her. A very useful device for a new mother is a baby sling or carrier.
  - Encourage the mother to learn all she can about breastfeeding before the baby is born.
- 

47) a) breastfeed frequently

b) let the baby finish the first breast and then offer the second one

c) vary the breastfeeding positions

48) a, c, d, f

49) One or more of the following are correct:

- breastfeedings are not delayed and the baby is breastfeed as often as needed
- the amount of time spent at each feeding is not too short
- the baby is positioned correctly at the breast
- the baby is sucking strongly

50) Any 3 of the following are correct:

- delayed or skipped feedings
- pressure on one area of the breast, i.e., sleeping in one particular position, or wearing clothing or a bra that is tight
- weaning too quickly
- not varying nursing positions

51) a, b, d

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52) Any 4 of the following are correct:

- scant or dark urine
- dry mouth
- lack of tears
- weak cry
- poor skin tone
- lethargy
- depressed fontanelles
- baby's skin, when pinched, doesn't return to normal and remains looking pinched

53) Any 5 of the following are correct:

- delayed initiation of breastfeeding after delivery
- infrequent breastfeeding in the first few days after birth
- the feedings are excessively brief
- infant "latch-on" problems
- babies who are reluctant nursers and who have difficulty sustaining suckling
- small for gestational age, premature, ill, or jaundiced infants who do not suckle effectively
- use of pacifiers or supplemental fluids
- use of a nipple shield
- maternal use of combination birth control pills (estrogen/progestin)

54) T

55) T

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56) F It takes at least 4 to 6 weeks for lactation to become firmly established.

57) T

58) T

59) F Breastfeeding is very valuable to both mother and infant, regardless of how long or short a time a mother is able to do it.

60) *2 weeks before* (any 2 of the following are correct):

- Decide what and how the baby will be fed by the caregiver while the mother is away at work or school.
- Once a day introduce the baby to a bottle filled with either one ounce of sterile water or one ounce of breastmilk. The bottle should have a nipple that is soft and flexible. Someone other than the mother should offer it.
- Learn to efficiently hand-express milk or select a hand pump or electric pump. She should practice this every day and save her milk for future use.
- Select clothes that are practical for pumping and/or nursing.
- Select a child care provider who is supportive of the mother's breastfeeding efforts. The mother should arrange to have the child care provider watch the baby for short periods of time before she returns to work/school, so the baby can adjust more easily.

*Once at work/school* (any 2 of the following are correct) The mother should:

- If possible, go to the baby or have the baby brought to her at any of the mother's lunch or dinner breaks.
- Nurse just before leaving for work/school and as soon as she returns from work/school.
- Ask the child care provider not to feed her baby within one hour of the mother's expected return.
- Express or pump breasts frequently if she is planning to save the milk for the baby. Otherwise, express just enough to relieve any fullness or discomfort.
- Nurse frequently at nights and on weekends to help maintain her supply.

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61) Any 3 of the following are correct:

- Manual expression (expressing milk by use of one's hands only).
- Use of a hand breast pump.
- Use of a battery-operated breast pump.
- Use of a small electric breast pump.
- Use of a "piston-drive" electric breast pump.

62) a, b, c, e, g

63) T

64) T

- 65) a) 5  
b) 3 to 4
- 66) The container should be moved to the refrigerator compartment for a few hours before it will be needed. Just before feeding, the bottle needs to be completely thawed and warmed. This can be done by putting the bottle under tap water that is approximately body temperature. Also, remember to shake the bottle after it is fully defrosted. Breastmilk should never be placed in a microwave oven or placed on a regular stove.
- 67) This destroys both the vitamin C and some of the immune components in the breastmilk. Also, microwaving often causes “hot spots” in the breastmilk which can scald the infant’s mouth and throat.
- 68) Eliminate one feeding at a time every 3 to 5 days. Choosing the baby’s least favorite nursing to eliminate first is a wise thing to do. Gradually, other feedings can be eliminated in the same manner, with the baby’s favorite feeding eliminated last.
- 69) Older babies/toddlers continue to receive the benefits of a high quality food and immunological protection. Babies/toddlers nurse for comfort as it makes them feel happy and fulfills many emotional needs.
- 

- 70) F Breast size has no relation to a mother’s ability to breastfeed.
- 71) T
- 72) F A woman who delivers by cesarean section can successfully breastfeed. She may begin to breastfeed after the effects of anesthesia have worn off.
- 73) T
- 74) T
- 75) Any 3 of the following are correct:
- certain drugs in breastmilk
  - serious infectious disease in the mother
  - mothers who are HIV-positive
  - “street drug” use by the mother
  - certain metabolic disorders of the infant
  - deep-seated aversion of the mother to breastfeeding.
-

- 76) a) lack of confidence  
b) embarrassment  
c) fear of loss of freedom  
d) concerns about “too strict” health and dietary requirements  
e) influence of family and friends
- 77) a) That she will not be able to produce an adequate supply of high quality, human milk.  
b) That many of the problems associated with breastfeeding will prove to be insurmountable.
- 78) a) Elicit the client’s concerns.  
b) Acknowledge her feelings, reassure her.  
c) Educate her, using carefully targeted messages.  
Note: These 3 steps can be used in all counseling situations.
- 79) T
- 80) T
- 
- 81) T
- 82) T
- 83) F What counts is that they at least give breastfeeding a try, if only for a limited time, because even the short-term benefits are worthwhile.
- 84) F Breastfeeding, like holding or cuddling, only makes a baby feel more secure.
- 85) T
- 86) T
- 87) F Supplementing breastfeeding with bottle feeding is not hard to do.
- 88) c
- 89) T
- 90) T
- 91) F It is normal for human breastmilk to appear thin and watery. Even though it may have this appearance, it is rich with all the nutrients and immune factors that a baby needs.
- 92) a, d, e

- 93) a) the baby's father  
b) the woman's mother  
c) the woman's maternal grandmother
- 

94) Any 3 of the following are correct:

- the special bonding that occurs between mothers and their babies during breastfeeding
- the superior nutrition that breastfeeding offers infants
- the immunological protection that breastfeeding offers infants
- a quicker recovery from childbirth
- the gradual loss of weight that can be experienced by the mother

95) Understanding the factors that attract women to breastfeeding can help you effectively promote it in your local agency.

96) Because it enables her to have a unique relationship with her baby that no other family member can replace. This is important to teenagers because often they have an intense desire to have someone to love, and to have that love returned.

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97) T

98) F All infant formula cans should be stored out of the sight of clients.

99) T

100) F Formula and formula coupons in the hospital discharge packet for breastfeeding women undermine breastfeeding.

101) F Offering formula gives a mixed message and undermines the mother's self-confidence.

102) T

103) The Code of Marketing of Breastmilk Substitutes is a tool to be used to protect breastfeeding. The Code seeks to encourage and protect breastfeeding by regulating marketing practices used to sell products used for artificial infant feeding.

# Practical Activity for the Performance Objectives

## for the Breastfeeding Module

This *Practical Activity* directly relates to the Performance Objectives that you read at the beginning of this *Module*. Please read the Performance Objectives once again to familiarize yourself with what you will be doing in the following *Practical Activity*.

### ***Instructions for Doing the Practical Activity***

- This is an “open book” activity. Use any information from the *Breastfeeding Module* to help you complete this *Practical Activity*.
- **Record your answers directly in this *Workbook*.**
- You will **not** be “grading” your *Practical Activity* responses; your completed *Practical Activity* will be evaluated by the Supervising Nutritionist who will use an *Answer Key* that has been provided with his/her *Evaluation Materials*. If you answer at least 85% of the questions and assignments of the *Practical Activity* **correctly and completely**, this is considered acceptable completion of the *Practical Activity*. If you receive an “unacceptable” rating, then you will be asked to repeat the appropriate sections of the *Practical Activity* until they are done “acceptably.”

Materials Needed for this *Practical Activity*:

- this *Workbook*
- pencil/pen
- *Breastfeeding Module* for reference

### **Part I—Case Studies 1 to 5**

- A. Part I of the Practical Activity for this module deals with five fictitious case studies of five pregnant women who are trying to decide how they will feed their babies. Some have expressed an interest in breastfeeding.
- B. Read each case study. Pay attention to the details of each story, noting the worries, misconceptions, and fears that these women have about breastfeeding. After each case study, answer the question or questions that follow. When answering the questions, keep in mind the importance of being supportive to your clients and giving them praise whenever it is appropriate.

Answer each question as accurately and thoroughly as possible. Use an extra sheet of paper to answer the questions, if necessary. Remember that this *Practical Activity* is “open book”: Refer to the actual case studies and information in the module, as needed.





## Case Study 2

Twenty-one-year-old Susan Green is pregnant with her first child. She is interested in breastfeeding because of the special emotional bond it can help build between her and her baby. However, her husband has expressed some negative feelings about Susan "exposing herself" when breastfeeding. Susan is also apprehensive about breastfeeding in front of others. She is also worried that if she nurses her baby in public places, this might make her husband feel jealous.

Susan Green's worries and concerns fall into the "Embarrassment" category of the "Five Major Barriers to Breastfeeding." Using the 3-Step Counseling Plan, discuss how you would help Susan overcome her embarrassment.

Step 1: This step has been successfully done, since you already know Susan's feelings and worries about this sensitive issue of embarrassment.

Step 2:

Step 3:





## Case Study 5

Dorothy Johnson is 17 years old and is pregnant for the first time. She has been told about the benefits of breastfeeding at the WIC program and by her grandmother. She is not sure that she wants to breastfeed because she says that she would not be willing or able to meet the strict dietary requirements that she believes are necessary for a successful breastfeeding experience. In particular, she is afraid that the nutritionist will tell her that she will have to give up "fast foods" if she breastfeeds!

Of the "Five Major Barriers to Breastfeeding," Dorothy Johnson's misconceptions fall into the category "Concerns about 'too strict' health and dietary requirements." Using the 3-Step Counseling Plan, discuss how you would help Dorothy overcome her fears and misconceptions.

Step 1: This step has been successfully done, since you already know Dorothy's feelings and worries about the dietary restrictions that she believes are placed on a woman during breastfeeding.

Step 2:

Step 3:

## **Part II—Outline and Presentation**

Prepare an outline that could be used to facilitate and lead a prenatal support group meeting about how to get off to a good start with breastfeeding and to establish a good milk supply. Arrange a convenient time with the supervising nutritionist or breastfeeding educator for this activity. Present the key points to the supervising nutritionist or breastfeeding educator.

### **Part III—Assessment Action Plan**

For this activity, you are to assess your work site and identify those positive factors that help your WIC agency or WIC office to be “breastfeeding friendly.” Secondly, list any negative factors which may exist in your WIC agency or WIC office that are not “breastfeeding friendly.”

- A. Present such findings in writing, to your supervising nutritionist or breastfeeding educator.
- B. Present a short plan (no more than one page in length) on how to improve some of the negative factors.

You have just completed the *Practical Activity*! Turn in your *Workbook* to your supervising nutritionist. He/she will evaluate your *Practical Activity* responses by using the *Answer Key to the Practical Activity* for the *Breastfeeding Module*, which is included in the *Evaluation Materials for the Supervising Nutritionist*. (The Supervising Nutritionist will also do a quick review of your self-checks to ensure that they were completed and appropriately “graded” by you.)

When the Supervising Nutritionist is done with evaluating your *Practical Activity*, he/she will set up an appointment with you to discuss the results. At this time, the Supervising Nutritionist will also set up a time for you to take the *Posttest* for the *Breastfeeding Module*. The Supervising Nutritionist will administer this test.

To prepare for the *Posttest*, you will want to review:

- the Knowledge Objectives listed at the front of the module—remember that the *Posttest* questions are directly related to the Knowledge Objectives
- the *Breastfeeding Module*
- your completed workbook of *Self-Check* answers and the *Practical Activity*

Remember that this *Posttest* is **not** an "open book" test.



**Florida Department of Health  
Bureau of WIC and Nutrition Services**

*WIC is an equal opportunity provider.*

