

10 Steps to Breastfeeding Friendly Child Care

Post-Test

1. Breastmilk and formula have the same composition. False
2. Breastfeeding benefits:
 - Mom
 - Baby
 - Community
 - All of the above
3. Breastmilk is not reimbursable for infants over 1 year on CACFP. False
4. Management and staff should be involved in carrying out the 10 steps. True
5. Policy will include:
 - Mothers who are breastfeeding will be welcome in the center
 - Families will receive accurate information about breastfeeding
 - Childcare center staff are trained on how to provide breastfeeding information and support breastfeeding mothers and infants while mother returns to work or school
 - All of the above
6. The 3rd Step is about employee breastfeeding policies and making employees feel welcome to breastfeed. True
7. Which of the following is false:
 - Milk should be stored in 1-4 oz portions
 - Separated milk is normal and still good to use
 - Shake breastmilk to combine the separation
 - Never reuse breastmilk or use a microwave to heat breastmilk
8. Breastfed babies typically only need 4-5 oz portions through the 1st year because of breastmilk composition changes. True
9. Good indicators moms not producing enough milk are:
 - Baby cries after feedings
 - Mom can only pump 1 oz
 - Baby takes more after 1 bottle
 - Baby has 3-4 wet diapers a day
 - All of the above
10. Supplementing hurts supply and should be discouraged. A referral should be made to a lactation consultant when there are supply concerns. True
11. Breastmilk is not a bodily fluid, but I have to wear gloves when preparing it even though I don't when preparing formula. False
12. As a childcare provider I can encourage moms to breastfeed, support them, and refer them to lactation consultants in the area when they are experiencing problems. True
13. All formula should be hid. True
14. Breastfeeding should be the 1st option in all oral and written language at my center. True
15. Children's books on breastfeeding are not appropriate and do not normalize breastfeeding. False
16. Private spaces for moms are too expensive and elaborate. My center could never offer this option. False
17. I should know and stay connected to my local breastfeeding coalition. True
18. My center should have a breastfeeding resource file and I should know where it is located. True