

# Breast/Chest Feeding

## Quiz Questions

### *Points to focus on when watching this video:*

- How to incorporate nutrition into creative play
- How to transition to meal time
- Guidelines for meal service

### *Potential Test/Quiz Questions:*

- 1. True or False:** Human milk is easier for an infant to digest than formula.
- 2. Choose the best response:** To support breast feeding mothers in your center, you should
  - a. Have a quiet place for a mom to breastfeed
  - b. Have refrigeration for pumped milk
  - c. Allow staff time off to pump breast milk
  - d. All the above
- 3. Choose the best response:** How does your center support a moms decision to breastfeed?
  - a. Share benefits of formula feeding
  - b. Share how your child care program supports breast/chest feeding
  - c. Share educational materials that come from formula companies
  - d. All the above
- 4. Choose the best response:** Your staff should be trained on breast feeding policies and standard practices:
  - a. Twice a year
  - b. Once every 3 years
  - c. Yearly
- 5. True or False:** A lactation support policy ensures that every family and all employees knows and understands their rights, their roles and their responsibilities.
- 6. Yes or No:** Should breast/chest feeding policies be part of your parent handbook?

# Breast/Chest Feeding

## Answer Guide

*Points to focus on when watching this video:*

1. **True or False:** Human milk is easier for an infant to digest than formula.

**Correct Answer:** True

2. **Choose the best response:** To support breast feeding mothers in your center, you should

**Correct Answer:** D) All of the Above

3. **Choose the best response:** How does your center support a mom's decision to breastfeed?

**Correct Answer:** B) Share how your child care program supports breast/chest feeding

4. **Choose the best response:** Your staff should be trained on breast feeding policies and standard practices:

**Correct Answer:** C) Yearly

5. **True or False:** A lactation support policy ensures that every family and all employees knows and understands their rights, their roles and their responsibilities.

**Correct Answer:** True

6. **Yes or No:** Should breast/chest feeding policies be part of your parent handbook?

**Correct Answer:** Yes