

Breastfeeding Quiz Instructor's Guide

1. **Baby should feed _____ times in 24 hours. 8-12**
About every 2-3 hours. Not regular, maybe cluster feeding.
Need to feed through the night. Tummy size!
2. **Baby should have _____ wet diapers in 24 hours. 6-8 (5-7)**
 $\frac{1}{4}$ cup. (Pass wet and dry diaper) Use tissue in disposable if not sure. Day 1 – 1-2, day 2 – 2-3, day 3 – 3-4...milk comes in, 6-8
3. **Baby should have _____ soiled diapers in 24 hours. 3-4**
Day 1 – meconium. Day 2 – 1-2, day 2 – 2-3. May decrease after about 6 weeks to as little as 1 every few days. Baby will also be gaining 4-8 oz (115-230 g) /wk for 3-4 months.
4. **Breastfeeding should be pain free. T**
It might be uncomfortable in the first few days. “Most breasts haven’t seen that much action before”
5. **All feedings should be exactly the same. F**
There should be variations in time between and length of feeds- just like with grownups.
6. **Baby should finish feed on her own. T**
Falling asleep after a good feed, or just “drunk” on milk.
Sleepy babies compression, undress, diaper change, play
7. **Baby’s jaw action should be so deep their ears wiggle. T**
Open-pause-close right up to the ears! Rhythmical.

8. **Baby's swallowing is silent. F**
Sounds of swallowing - gulps or kaa-kaa-kaa

9. **"Frequency days" are... (Why do babies have frequency days?)**
Growth spurts - adjusting milk supply. Relax and feed the baby! 2-3 weeks, 6 weeks, 3 months. Your breasts are never empty.

10. **Questions about breastfeeding can be answered by... (Who can you ask when you have questions?)**
Your doctor
Midwife
Public health nurse
Doula
La Leche League leader
Lactation Consultant
Nurseline
Internet resources
Me!