

Chapter 1

The Real Deal on Breastmilk

Please circle the correct answer.

1. Providing breastmilk is possible, even if the mother is separated from the baby for long periods of time.
True
False

2. Infant Formula is harder to digest than breastmilk.
True
False

3. Normal breastmilk stool can appear...
 - A. Seedy
 - B. Yellow, orange or green
 - C. Watery
 - D. All of the above

4. Babies only cry when they have gas or colic.
True
False

Chapter 2

Is the Milk Safe?

Please circle the correct answer.

1. A birth mother in drug recovery should never provide breastmilk.
True
False
2. A mother who is taking methadone as a way to maintain sobriety may be able to provide breastmilk.
True
False
3. A mother who has been providing breastmilk and tests positive for drugs, should continue to provide breastmilk.
True
False
4. A mother with hepatitis B or C may provide breastmilk if her nipples are healthy and free of cracks and sores.
True
False

Chapter 3

Using the Breast Pump

Please circle the correct answer.

1. There are several types of breast pumps available for expressing breast milk.
True
False

2. A breast pump may include...
 - A. Connectors
 - B. Breast Shields
 - C. Tubing
 - D. All of the above

3. Using a breast pump should feel comfortable and not painful.
True
False

4. When using a breast pump, you can adjust it to make the suction level stronger or weaker to reach a comfortable level.
True
False

Chapter 4

Proper Storage and Handling of Breastmilk

Please circle the correct answer.

1. Before handling breastmilk, you should always...
 - A. Wash your hands with soap and water
 - B. Wipe the bottles down with a baby wipe
 - C. Clean areas where the breastmilk may touch
 - D. A and C

2. You can use any bag or container to store breastmilk.

True

False

3. Breastmilk can be stored for ____ hours in cooler with ice packs?
 - A. 1
 - B. 6
 - C. 24
 - D. 48

4. Breastmilk containers can be cleaned by:
 - A. Washing with soap and water and placed on a clean towel
 - B. Running in the top rack of the dishwasher
 - C. Both A and B

Chapter 5

Using Breastmilk

Please circle the correct answer.

1. Mixing breastmilk in the same bottle as formula could lead to wasting breastmilk.
True
False

2. You should never warm a bottle in the microwave.
True
False

3. Breastmilk can be taken from the freezer and thawed in the refrigerator for up to _____.
A. 6 hours
B. 12 hours
C. 1 day
D. 2 days

4. Breastmilk can separate when stored.
True
False

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