

Appendix 2: Knowledge Checks

Session 1 Knowledge Check

A colleague asks you why this course is taking place and how it would help mothers and babies that you care for. What will you reply?

Session 3 Knowledge Check

List two reasons why exclusive breastfeeding is important for the child.

List two reasons why breastfeeding is important for the mother.

What information do you need to discuss with a woman during her pregnancy that will help her to feed her baby?

List two antenatal practices that are helpful to breastfeeding and two practices that might be harmful.

If a woman is tested and found to be HIV-positive, where can she get infant feeding counselling?

Session 4 Knowledge Check - mark the answer True (T) or False (F)

1. Giving mothers company-produced leaflets about breast milk substitutes can affect infant feeding practices.	T	F
2. Breast-milk substitutes include formula, teas, and juices (as well as other products)	T	F
3. The International Code and BFHI prohibit the use of formula for infants in maternity wards	T	F
4. Health workers can be given any publication or materials by companies as long as they do not share these publications with mothers	T	F
5. Donations of formula should be given to mothers of infants in emergency situations	T	F

Session 5 Knowledge Check

List four labour or birth practices that can help the mother and baby get a good start with breastfeeding.

List three ways to assist a mother following a caesarean section with breastfeeding.

Name three possible barriers to early skin-to-skin contact and how each might be overcome.

Session 6 Knowledge Check

Describe to a new mother how to tell if her baby is well attached and suckling effectively.

Session 7 Knowledge Check

What are the four key points to look for with regard to the baby's position?

You are watching Donella breastfeed her four-day old baby. What will you look for to indicate that the baby is suckling well?

Session 8 Knowledge Check

Give three reasons why rooming-in is recommended as routine practice.

Explain as you would to a mother, what is meant by 'demand feeding' or baby-led feeding.

List three difficulties or risks that can result from supplement use.

Session 9 Knowledge Check

Keiko tells you that she thinks she does not have enough milk. What is the first thing you will say to her? What will you ask her in order to learn if she truly does have a low milk supply?

You decide that Ratna's baby Meena is not taking sufficient breast milk for his needs. What things can you do to help Ratna increase the amount of breast milk that her baby receives?

Session 10 Knowledge Check

Jacqueline has a 33-week preterm baby in the special care nursery. It is very important that her baby receive her breast milk. How will you help Jacqueline get her milk started? How will you help her with putting the baby to her breast after a few days?

Yoko gives birth to twin girls. She fears she cannot make enough milk to feed two babies and that she will need to give formula. What is the first thing you can say to Yoko to help give her confidence? What will you suggest for helping Yoko breastfeed her babies?

Session 11 Knowledge check

List four reasons why it is recommended that mothers learn to hand express.

List four reasons why cup feeding is preferred to feeding by other means if the baby cannot breastfeed.

Session 12 Knowledge Check

What breastfeeding difficulties would suggest to you that you need to examine a mother's breasts and nipples?

Rosalia tells you she became painfully engorged when she breastfed her last baby. She is afraid it will happen with the next baby too. What will you tell her about preventing engorgement?

Bola complains that her nipples are very sore. When you watch her breastfeed, what will you look for? What can you do to help her?

Describe the difference between a blocked duct, non-infective mastitis and infective mastitis. What is the most important treatment for all of these conditions?

Session 13 Knowledge Check

A pregnant woman says to you that she cannot breastfeed because she would need to buy special foods for herself that she could not afford. What can you say to her to help her see that breastfeeding is possible for her?

A co-worker says to you that a mother will need to stop breastfeeding because she needs to take a medication. What can you reply to this co-worker?

Session 14 Knowledge Check

List three sources of support for mothers in your community.

Give two reasons why mother-to-mother support may be useful to mothers.

Give two reasons why breastfeeding is important to the older baby and the mother.

Session 15 Knowledge Check

List two reasons why a hospital might seek BFHI external assessment.

Explain, as if to a co-worker, why achieving baby-friendly designation is not the end of the process and the importance of on-going monitoring.