

# Breastfeeding Basics for CPSP Providers

## Post-Test

Name: _____
Clinic: _____
Phone: _____
Email: _____
Date Training Completed: _____

### True or False

1. Formula fed infants get more ear infections than breastfed infants.
2. It is cheaper to breast feed a baby than to buy formula.
3. Breastfeeding only benefits the baby during the first year of life.
4. Women who breast feed are more likely to get breast cancer.
5. The amount of milk a woman can make depends on the size of her breasts.

T or F


*Please circle the correct answer*

6. Identify the three factors that can increase breastfeeding duration:
  - a. Rooming-in, in-hospital exclusive breastfeeding, breastfeeding within the first hour after birth
  - b. Priming his sucking reflex with a pacifier, rooming-in, in-hospital exclusive breastfeeding
  - c. Rooming-in, swaddling to calm infant prior to breastfeeding, referral phone number for breastfeeding help after discharge
  - d. Rooming-in, encouraging family visitors, in-hospital exclusive breastfeeding
  - e. All of the above
7. The following active listening technique(s) will help to build the relationship between a pregnant or breastfeeding mother and the CPSP practitioner:
  - a. Open-ended questions
  - b. Affirmations
  - c. Close-ended questions
  - d. A & B only
  - e. All of the above
8. Two hormones that impact lactation are:
  - a. Adrenaline, oxytocin
  - b. Oxytocin, prolactin
  - c. Progesterone, testosterone
  - d. Insulin, gastrin
  - e. Pitocin, prolactin

9. Identify three indicators of an effective latch:
- Cheeks dimpling in while sucking, nose deep into breast and gliding jaw movements
  - Chin deep into breast, wide angled mouth opening, rhythmic sucking bursts with swallows
  - Much of the areola taken into the mouth, lips flanged back by breast and cheeks dimpling in while sucking
  - Baby's mouth centered on the areola, audible smacking sounds and lips flanged back by breast
  - Audible smacking sounds, tongue visible under areola and evidence of milk in baby's mouth
10. A healthy newborn should nurse how many times in 24 hours?
- Every 2-3 hours
  - 10 or more times
  - As often as the mother feels able
  - Whenever the baby cries
11. The most common reason mothers stop breastfeeding before they had planned or wanted to is:
- Sore nipples
  - Mother returns to school or work
  - Lack of infant weight gain
  - Perceived low milk supply
  - Engorgement
12. The treatment for sore nipples includes all of the following EXCEPT:
- Assessment and correction of the infant's latch at breast
  - Limiting nursing time
  - Avoid wearing clothes or bras that are too tight
  - Breast milk applied to nipples after feeding

**THIS SECTION TO BE COMPLETED  
BY LA COUNTY CPSP STAFF**

Score: \_\_\_ / 12 = \_\_\_\_\_ %

Passing:  YES     NO

Follow-up call/email completed:  YES

**Please submit your completed test to  
Joceline Hernandez, RD  
jhernandez@ph.lacounty.gov or (213) 639-1034 (fax)**