

The Womanly Art of Breastfeeding

Eighth Revised Edition

Name: _____

Date: _____

Please complete and return to your PC Manager as you finish each chapter.

PART I – New Beginnings **ONE - Nesting**

1. Breastfeeding is the most _____ source of nourishment and security for your baby.
2. Without thought or conscious effort on your part, your ____ will come.
3. _____ within minutes after delivery causes the uterus to contract and reduces the flow of blood.
4. The newborn baby has only three demands. They are:
 - a. _____
 - b. _____
 - c. _____
 - d. _____ satisfies all three!
5. Your baby is born with _____ designed to help him do well with breastfeeding.
6. Today we see many babies who can't "get their act together" in breastfeeding but this is because their systems are overwhelmed with _____
7. TRUE OR FALSE. Nipple sensitivity is common in the early days, but if breastfeeding actually hurts, that's your body's signal to change something.
8. What does a prenatal mother need to prepare her breasts for breastfeeding?

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TWO – Building Your Network

1. TRUE OR FALSE. Reading books about breastfeeding is the same as talking to an experience nursing mother.
2. When you know a woman who enjoys being a nursing mother, you have access to a continuing source of _____ and _____. Most women wean because of insufficient milk supply, breast infections, embarrassment, or criticism from relatives. These problems can be avoided with the _____ and _____.
3. Mothers who attend LLL or other support meetings soon find there is more involved than basic breastfeeding information. There is something very special about the _____ and _____ of other mothers.
4. List five things NOT to say to a breastfeeding mother.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
5. Partners can help by doing everything but _____.
6. TRUE OR FALSE Many mothers today find they can get an important layer of support from email, texting, instant messaging and online forums.

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THREE – Birth!

1. TRUE OR FALSE. Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
2. The healthiest birth situation for both mother and baby is one that is completely _____. _____ can pay off for the mother and baby by resulting in a safer, happier birth experience.
3. Nursing the baby soon after birth encourages your ____ to come in.
4. TRUE OR FALSE. If a woman has had a cesarean birth, she can never have a vaginal delivery.
5. You'll want to find a physician who is knowledgeable about _____ and has a positive attitude toward it.
6. When dealing with health professionals, you may have to take the _____ in letting them know what you want.

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FOUR – Latching and Attaching

1. TRUE OR FALSE. When a baby is born, his instincts and reflexes help him crawl to the nipple and latch on, even if not given any help at all.
2. In _____, the mother reclines at an easy comfortable angle with the baby lying on top of her – the baby's front on mother's front. This approach takes advantage of the natural instincts of the mother and baby.
3. While breastfeeding, mother's first job is to ____the baby.
4. The baby's _____needs to be deeply placed on the mother's breast.
5. TRUE OR FALSE. A mother should always hold her breast throughout the feeding.
6. TRUE OR FALSE. When all is going well, special holds and positions don't matter because the mother and baby will figure it out on their own.
7. List the main three things to take care of if breastfeeding is not going well.
 - a. _____
 - b. _____
 - c. _____

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PART II – Ages and Stages

FIVE – The First Few Days: Hello Baby...

1. TRUE OR FALSE. A baby's wants are a baby's needs.
2. TRUE OR FALSE. Eating watermelon and eating protein will help unload extra fluids after I.V.s
3. TRUE OR FALSE. A newborn baby can see his mother's face clearly and also hear quite well.
4. For a period during the first hour of life, most newborns are quietly _____ and _____.
5. TRUE OR FALSE. Most babies are ready and even eager to nurse at some time within the first hour after birth.
6. Encourage baby to latch on properly. Describe a proper latch.

7. If the baby's nose seems blocked by the breast, try pulling baby's _____ in closer rather than pressing down on the top of the breast.
8. The baby should have _____ really wet diapers a day.
9. For the first six weeks or so, a breastfed baby will usually have _____ bowel movements a day.
10. TRUE OR FALSE. Mothers whose newborns are swaddled much of the time, have more engorgement and lower initial milk production.
11. TRUE OR FALSE. Just a little formula in the hospital won't hurt your baby.
12. Skin to skin contact after birth helps the baby to:
 - a. _____
 - b. _____
 - c. _____
 - f. _____
 - g. _____
 - h. _____
13. TRUE OR FALSE. Having lots of visitors in the hospital helps the mother to breastfeed.

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SIX – The First Two Weeks: Milk!

1. Problems arise when rigid _____ or supplementary _____ hamper the natural balance of supply and demand.
2. One way to increase the milk your baby gets during a feeding is _____ while he is feeding.
3. How long should a feeding last?

4. For the first few days after birth, baby's stool will be very dark-greenish-black-and sticky. This first stool is called _____.
5. Nursing your baby soon after birth assures that your baby will get the _____ he needs to help get rid of the _____.
6. The stool of the breastfed baby is usually quite _____ and _____ and may be _____ to _____ in color.
7. At first, your baby may have a _____ with every nursing.
8. TRUE OR FALSE. An older breastfed baby may have only one bowel movement a week.
9. Plenty of loving contact does not _____ a baby or make him more demanding, but instead helps him feel more _____ and _____ in his new world.
10. Occasionally, a woman feels _____ or _____ for no particular reason following the birth of her baby. Baby blues may arise as a result of the change _____ in your body from a pregnant to a non-pregnant state.
11. List the main two things that matter about a mother's nursing technique.
 - a. _____
 - b. _____
12. TRUE OR FALSE. Foremilk is the thin milk at the beginning of the feeding and hind milk is the creamy high-fat milk that ends the feeding. Babies should nurse at least 15 minutes to get both.

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SEVEN – Two to Six weeks: Butterfly Smiles

1. What are some of the reasons babies cry?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

2. What advice can you give to a mom whose baby is going through a growth spurt?

3. TRUE OR FALSE: Crying is good for the baby's lungs.

4. What breastfeeding advice would you offer a mom with a colicky baby?

- a.
- b.

5. When do growth spurts usually occur?

6. How do we know baby is getting enough milk?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

7. TRUE OR FALSE. If a mother offers her breasts just for food and not as a “pacifier” she’ll cut out many extra calories he would get, along with comfort, relaxation, and helping him getting to sleep.

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EIGHT – Six Weeks to Four Months: Hitting Your Stride

1. How does breastfeeding affect sex?

2. Briefly discuss the basic approach to weight loss.

3. Do breastfeeding babies need immunizations?

4. TRUE OR FALSE. A baby who doesn't poop in 7 days is definitely constipated.

5. TRUE OR FALSE. Most of us, including exclusively breastfed babies need additional Vitamin D.

6. If a mother wants to avoid another pregnancy, the Lactational Amenorrhea Method is 98 to 99 percent effective in preventing pregnancy when all three of the following are true:

a. _____

b. _____

c. _____

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NINE – Four to Nine Months: In the Zone

1. TRUE OR FALSE. At around 4 months, breastfed babies begin slowing down their weight gain from a previous 1 oz. a day to about 0.6 oz. a day.
2. TRUE OR FALSE. Starting solids at 4 months is good for many babies.
3. What do you do when a baby starts biting?
 - a. _____
 - b. _____
 - c. _____
 - f. _____
 - g. _____
4. An abrupt unexpected end to nursing is almost certainly _____.
5. What do you need to know about fertility at this time (4 to 9 months?)

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TEN – Nine to Eighteen Months: On the Move

1. TRUE OR FALSE. As a baby takes more solids and your milk supply begins to decline, the concentration of antibodies in the milk increase.
2. Between nine and twelve months, breastfed babies begin _____ their weight gain to an average of _____.
3. A baby's fear of strangers seems to develop just about the time _____.
4. If a mother has nursed for a year and suddenly has sore nipples, what may be the cause?
 - a. _____
 - b. _____
 - c. _____
 - d. _____

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ELEVEN – Nursing Toddlers and Beyond: Moving On

1. Why would it be important to nurse past eighteen months?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
2. If a mother suspects she might nurse into the toddler years, she might start using _____.
3. The term for nursing an “older baby” and a “new baby” together is _____.
4. Many Mothers don’t want anyone to know they are nursing after a certain age. They become _____.

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PART III – The Big Questions TWELVE – Sleeping Like A Baby

1. List some guidelines for safely sleeping with a baby, if you find that this is what the mother is doing.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____

2. TRUE OR FALSE. Letting your baby fall asleep at the breast creates a “bad habit” because it sets up “undesirable sleep associations,” that require you to be there for naps and bedtime.

3. TRUE OR FALSE. Nighttime nursing can cause cavities.

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THIRTEEN – The Scoop on Solids

1. The American Academy of Pediatrics advises that a baby be given only breast milk for:_____.
2. What is not a good reason to delay solids? _____
3. Eggs, dairy products and other foods known to cause allergies should not be introduced until the baby is _____.
4. TRUE OR FALSE. Unless the baby comes from an allergic family, you don't have to make a big deal about waiting a few days between each new food to watch for allergies.

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FOURTEEN – When You Can't Be With Your Baby

1. Can a mother return to work and still breastfeed her baby without supplementing.

2. Name some of the advantages of breastfeeding that can be especially important to working Moms.
a. _____ b. _____ c. _____
3. Name some of the factors that can play an important role in breastfeeding success when a mother returns to work.
a. _____
b. _____
c. _____
4. If a mother is returning to work, when do you advise offering a bottle?

5. List five steps to take if baby won't take a bottle.
a. _____
b. _____
c. _____
d. _____
e. _____
5. How can you make bottle feeding more like nursing?
a. _____
b. _____
c. _____
d. _____
e. _____

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FIFTEEN – Milk to Go

1. TRUE OR FALSE. If a friend gives a mother her consumer grade pump, she should carefully wash the parts and then start pumping.
2. TRUE OR FALSE. All moms should learn to hand express their milk, so they can use this technique in the hospital.
3. If a mother finds that pumping causes her nipples to get sore, and she is using a good quality pump, the likely problem is

4. Breast milk should be stored in a container that is not made with

5. Do you have to sterilize pump parts and bottles? _____
6. How long can you keep pumped breast milk in the refrigerator? _____ in room temperature? _____ in an insulated cooler bag? _____

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SIXTEEN – Everyone Weans

1. One reason nursing is more than nourishment for older babies is that:
 - a. Babies still get protection from disease through breast milk
 - b. Older babies don't need breast milk. They get plenty of nourishment from solids.
 - c. Continued nursing deprives babies of needed nutrients found in other foods.
 - d. None of the above

2. Nursing older babies is important for their emotional development. It teaches baby:
 - a. Dependence on mom
 - b. To have a power struggle with mom
 - c. To manipulate his parents
 - d. Independence

3. Weaning means -
 - a. To take away the breast
 - b. To teach a sucking child to feed other than at the breast.
 - c. To teach a child to grow up
 - d. To end a child's dependence on his mother

4. An "easy" course for weaning, other than natural weaning is:
 - a. End nursing abruptly
 - b. Get baby used to bottles from birth
 - c. Drop one nursing, wait a few days, drop another nursing, etc. until baby is weaned.
 - d. Let someone else care for baby until he "forget" nursing.

5. Natural weaning is accomplished by:
 - a. Saying "NO" in a loud, firm tone of voice when the child asks to nurse.
 - b. Bribing the child with food and toys to not nurse.
 - c. Providing lots of loving substitutions and distractions at nursing time.
 - d. Begging the child to wean.

6. The key to successful toddler nursing is
 - a. Meeting your child's needs
 - b. Listening to the advice of others
 - c. Watching the clock or calendar
 - d. Keeping it secret

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7. Which of the following is NOT an advantage to toddler nursing?
 - a. Traveling is easier with a nursing toddler.
 - b. Your breast milk continues to provide immunities.
 - c. Your child may need to nurse a times that are inconvenient for you.
 - d. Children are easier to calm by nursing.

8. One alternative to nursing a toddler whose mother feels nurses "too much" is:
 - a. Making sure he has lots of other attention from mom
 - b. Treating him like a "little-bitty baby"
 - c. Taking him to the doctor
 - d. None of the above.

9. One reason a child may wean during mother's pregnancy is:
 - a. Mother's increased milk supply
 - b. Towards the end of the pregnancy mother's milk supply begins to diminish.
 - c. Mother stresses that her milk is for the "new" baby.
 - d. Child doesn't like mother's smaller lap.

10. Tandem nursing is:
 - a. Nursing twins
 - b. Nursing someone else's baby as well as your own.
 - c. Nursing with one breast and expressing with the other.
 - d. Nursing siblings who are not twins.

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Seventeen – Alternate Routes

1. One of the most difficult aspects of relactation is getting the baby _____ sucking at the breast if he is used to bottles.
2. Some mothers have been able to establish a _____ for an adopted baby without the impetus of pregnancy and birth. This is called _____
3. TRUE OR FALSE. Milk is made more quickly when the breast is least full.
4. List some of the benefits of “skin to skin” for the baby.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
5. _____ is about restarting milk after it has been stopped for a while.
6. For a woman who brings in a milk supply without a pregnancy, the goal is less about _____ and more about _____
7. The _____ properties in breast milk are very important with a Down Syndrome baby because he is more susceptible to _____
8. TRUE OR FALSE. Repairing a cleft palate immediately after birth has several huge advantages.
9. TRUE OR FALSE. A baby with PKU can breastfeed part-time, while receiving supplements of a specialized formula.
10. The baby with hypoglycemia has _____.
11. List three reasons why a nipple shield might be used.
 - a. _____
 - b. _____
 - c. _____

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EIGHTEEN – Tech Support

1. How can a plugged duct be relieved?

- | | |
|----------|----------|
| a. _____ | e. _____ |
| b. _____ | f. _____ |
| c. _____ | g. _____ |
| d. _____ | h. _____ |

2. What are some causes of low milk supply?

- | | |
|----------|----------|
| a. _____ | e. _____ |
| b. _____ | f. _____ |
| c. _____ | g. _____ |
| d. _____ | |

3. How can milk supply be increased?

- | | |
|----------|----------|
| a. _____ | e. _____ |
| b. _____ | f. _____ |
| c. _____ | g. _____ |
| d. _____ | |

4. TRUE OR FALSE. It is especially important to continue to nurse the baby frequently to relieve engorgement.

5. Engorgement can present a problem if the fullness causes the nipples to _____ making it difficult for the baby to latch on properly.

6. Frequent nursing can also help to prevent _____ in your newborn, due to colostrum intake.

7. TRUE OR FALSE. It is especially important to continue to nurse the baby frequently to relieve engorgement.

8. The major cause of nipple soreness is _____ of the baby at the breast.

9. An _____ shrinks back into the breast when the areola is squeezed.

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10. Inverted nipples ___ or _____ require treatment.

11. What can be suggested when nipples are sore?

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

NINETEEN – About La Leche League

1. What is the “mission” of La Leche League?
