

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. Feeding a child Infant Formula can increase that child's risk of...
 - A. Obesity
 - B. Asthma
 - C. Lower I.Q.
 - D. All of the above

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

Working with Agencies and Birth Parents

Please circle the correct answer.

1. In order to provide a child in foster care with breastmilk, you must obtain permission from the caseworker.

True

False

2. Communication between a caregiver and birth parent is always up to the

A. Caseworker

B. Foster Parent

C. Birth Parent

D. All of the above

3. Children in foster care tend to have better outcomes when the caregivers and birth parents can communicate.

True

False

4. It is normal for caregivers to often experience mixed feelings about communicating with birth parents.

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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