**Supporting Breastfeeding in Child Care Settings**

*Pre-Test/Post-Test*

*Answer key – correct answers underlined*

For the following questions, circle the **T** if the statement is true, and **F** if the statement is false.

1. Breastfed babies have fewer ear infections. T F

2. You should always wear gloves when handling human milk. T F

3. Babies who receive formula have a greater risk of being overweight

than babies who are breastfed. T F

4. A breastfed child should be weaned by the time he is able to walk. T F

5. A mother has a right to nurse her baby at the center if she wishes. T F

6. Formula contains the same proteins and sugars as human milk. T F

7. Child care providers can influence whether or not a mother continues

breastfeeding her baby after she returns to work/school. T F

8. Mothers who smoke should not breastfeed. T F

9. Breastfeeding is good for the mother’s health. T F

10. Breastfeeding can spoil a baby. T F

11. It is best if babies receive only mother’s milk until they are six

months old. T F

12. Microwaving is a good way to warm bottles. T F

13. Most babies should be fed on a schedule. T F

14. Human milk will spoil if left at room temperature for over an hour. T F

15. Companies can save money by allowing employees time for

nursing/pumping breaks. T F