

Breastfeeding celebration week quiz 2020

1. Continuous skin to skin contact is the perfect way to welcome your baby. Skin to skin has many benefits, regardless of how you choose to feed your baby. Please tick all the positives of skin to skin contact from the options below.

Keeps your baby warm

Helps your baby adapt to life outside the womb

Allows early recognition of feeding cues

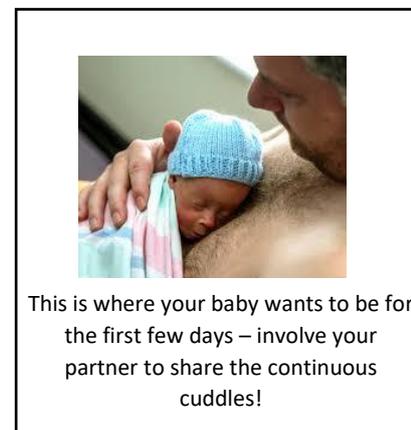


Helps start breastfeeding and stimulates milk production

Releases oxytocin hormones to calm both mum and baby

Regulates your baby's breathing & heart beat

Skin to skin increases your baby's immune system



This is where your baby wants to be for the first few days – involve your partner to share the continuous cuddles!

2. When you are pregnant, there are many ways you can start a close and loving relationship with your baby and help the baby's brain development. What is the best way to start this relationship? Please tick one of the options below.

Taking time to talk/sing to your baby

Stroking your bump

Getting your partner and any siblings to talk to and stroke your bump so they recognise their voice

Asking your midwife/sonographer to explain what your baby can do at each scan

All of the above – building a relationship by doing these things helps your baby's brain development

3. Please select whether the below statements are true or false.

	True	False
Breastfeeding reduces the risk of your baby getting diabetes, respiratory disease and some infections (ear, urinary and gastroenteritis, necrotizing enterocolitis).		
Babies who are breastfed maybe less likely to be obese.		
Breastfeeding can protect your baby from SIDS (cot death).		
Breastmilk is made in the breasts, directly from a mother's blood.		
Breastfeeding protects your baby from becoming sick. The coronavirus (COVID19) is not known to pass through breastmilk, and offers your baby antiviral protection.		
There is no special food that will increase breastmilk supply, rather it is helped by breastfeeding or hand expressing frequently within the first few hours of birth.		
Some breastfed or premature babies may need artificial formula milk for a short period in the first few weeks of life, and this must be pre-made liquid first milk.		

4. What are the benefits of keeping your baby close in the same room day and night? Please tick **all** that apply.

- Responding promptly to the baby's needs Reducing the risk of cot death
 Building a responsive relationship Mother and the whole family get more rest

5. Until what age should a baby be exclusively given breastmilk? Please tick **one**.

- Six weeks Three months Six months Nine months

6. What happens if you leave your baby to 'cry it out' and settle themselves? Please tick **one**.

- They learn not to cry as much They think they have been abandoned, which makes them more clingy and insecure when their parents return

7. How long can breastmilk be stored for? Please tick **one**.

- Room temperature for five minutes, refrigerated for two hours, frozen for six hours
 Room temperature for two hours, refrigerated for six hours, frozen for 24 hours
 Room temperature for six hours, refrigerated for six days, frozen for six months

8. Always responding to your baby with a cuddle or a breastfeed will... (Please tick **one**)

- Spoil them, by giving them too much attention they will become demanding
 Meet their need for love and comfort, so they will be calmer and grow up more confident

9. If a breastfeeding mother has sore nipples, what should she do? Please tick **one**.

- Feed the baby less to give the nipples time to heal.
 Make sure the baby is positioned correctly and seek support from a midwife or breastfeeding support group.
 Use a nipple shield to protect the nipples.

10. Please select whether the below statements are true or false.

	True	False
Colostrum (the early milk) has everything your baby needs for the first few days.		
The more the baby feeds the more milk will be produced.		
The hormones that produce milk are highest at night time.		
You can't overfeed a breastfed baby.		
Crying is the last feeding cue your baby does to show they're hungry.		
Using a bottle or dummy before breastfeeding is established can affect milk supply.		
Breastfeeding a baby after 12 months has nutritional value and gives immunity.		
Breastfeeding reduces the risk of breast and ovarian cancer for the mother.		
Breastfeeding burns around 500 calories a day.		

Answers

1. Skin to skin is the perfect way to welcome every baby and has many benefits regardless of how you chose to feed your baby.

All options are benefits of skin to skin

2. There are many other ways you can start a close and loving relationship with your baby.

All of the above – building a relationship by doing these things helps your baby’s brain development

3. Which of the statements are true?

	TRUE	FALSE
Breastfeeding reduces the risk of your baby getting diabetes, respiratory disease and some infections (ear, urinary and gastroenteritis, necrotizing enterocolitis)	✓	
Babies who are breastfed maybe less likely to be obese	✓	
Breastfeeding can protect your baby from SIDS (cot death)	✓	
Breastmilk is made in the breasts, directly from a mother’s blood	✓	
Breastfeeding protects your baby from becoming sick, the coronavirus (COVID19) is not known to pass through breastmilk, and offers your baby antiviral protection*	✓	
There is no special food that will increase breastmilk supply, rather it is helped by breastfeeding or hand expressing frequently and within the first few hours of birth	✓	
Some breastfed or premature babies may need artificial formula milk for a short time period in the first few weeks of life, and this must be pre-made liquid 1st milk	✓	

4. What are the benefits of keeping your baby close in the same room day and night?

All

5. Until what age should a baby be given ONLY breastmilk?

6 months, and then you can breastfeed alongside solid food for as long the mother and baby wish, 2 years and beyond is biologically normal – mums are amazing!

6. What happens if you leave you baby to ‘cry it out’ and settle themselves?

They think they have been abandoned, which makes them more clingy and insecure when their parents return

7. How long can breastmilk be stored for?

Room temperature for 6 hours, refrigerated for 6 days, frozen for 6 months

8. Always responding to your baby with a cuddle or feed will...

Meet their need for love and comfort, so they will be calmer and grow up more confident

9. If anyone breastfeeding has sore nipples, what should they do?

Make sure the baby is positioned correctly and seek support

10. Which of the following are true or false?

	TRUE	FALSE
Colostrum (the early milk) has everything your baby needs for the first few days	✓	
The more the baby feeds the more milk will be produced	✓	
The hormones that produce milk are highest at night time	✓	
You can’t overfeed a breastfed baby	✓	
Crying is the last feeding cue your baby does to show they’re hungry	✓	
Using a bottle or dummy before breastfeeding is established can affect milk supply	✓	
Breastfeeding a baby after 12 months has nutritional value and gives immunity	✓	
Breastfeeding protects the mother from breast and ovarian cancer	✓	
Breastfeeding burns around 500 calories a day	✓	

UNICEF Statementn14 May 2020 <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2020/03/Unicef-UK-Baby-Friendly-Initiative-statement-on-infant-feeding-during-the-Covid-19-outbreak-2.pdf>. If you have any questions please go to the Trust Website <https://www.epsom-sthelier.nhs.uk/download.cfm?doc=docm93jjm4n12582.pdf&ver=32347> or contact the Infant Feeding Team on 07975 232374