**10 Steps to Breastfeeding Friendly Child Care Training**

**Knowledge Test**

1. Over half of Wisconsin infants are exclusively breastfed at 6 months. True / **False**
2. Human milk is not reimbursable for infants over 1 year of age on CACFP. True / **False**
3. Management and staff should be involved in carrying out the 10 Steps. **True** / False
4. My child care program’s breastfeeding policy should include:

a) Breastfeeding families are welcome in the program

b) Families will receive accurate information about breastfeeding

c) Child care staff are trained on how to provide breastfeeding information and support breastfeeding families

d) All of the above

1. Human milk and formula have the same composition. True / **False**
2. Breastfeeding benefits:

a) Families

b) Babies

c) Communities

d) All of the above

1. Which of the following is FALSE?

a) Milk should be stored in 1-4 oz portions

b) Separated milk is normal and still good to use

c) If human milk smells soapy, discard it immediately

d) Never use a microwave to heat milk

1. Human milk is not a bodily fluid, but I have to wear gloves when handling it, even though I don’t have to wear gloves when preparing formula. True / **False**
2. Breastfed babies typically only eat 4-6 oz portions of milk or less at a time throughout the first year because of how human milk composition changes. **True** / False
3. Which of the following is a good indicator that the lactating parent is NOT producing enough milk?

a) Baby cries after feedings

b) Parent can only pump 1 ounce at a time

c) Baby takes more milk after finishing a bottle

d) Baby has 3-4 wet diapers a day

e) All of the above

1. Supplementing can hurt milk supply and should be discouraged. A referral should be made to a lactation consultant when there are milk supply concerns. **True** / False
2. Posters and printed materials should not include images of formula packaging. **True** / False
3. Children’s books that include breastfeeding are not appropriate and do not help to normalize breastfeeding. True / **False**
4. Private spaces for breastfeeding or pumping are too expensive and elaborate. My program could never offer this option. True / **False**
5. I should know and stay connected to my local breastfeeding coalition and/or other resources. **True** / False
6. As a child care provider, I can encourage families to breastfeed, support them, and refer them to lactation resources in the area when they are experiencing problems. **True** / False