**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

[x]  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

[x]  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

[x]  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

[x]  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