1. Breastfeeding is the most **natural** source of nourishment and security for your baby.

2. Without thought or conscious effort on your part, your **milk** will come.

3. **Breastfeeding** within minutes after delivery causes the uterus to contract and reduces the flow of blood.

4. The newborn baby has only three demands. They are:
   a. Warmth in the arms of his mother
   b. Food from her breasts
   c. Security in the knowledge of her presence.
   **Breastfeeding** satisfies all three.

5. Your baby is born with **many innate reflexes** designed to help him do well with breastfeeding.

6. Today we see many babies who can’t “get their act together” in breastfeeding but this is because their systems are overwhelmed with **birth medications and interventions**.

7. **TRUE OR FALSE.** Nipple sensitivity is common in the early days, but if breastfeeding actually hurts, that’s your body’s signal to change something.

8. What does a prenatal mother need to prepare her breasts for breastfeeding?
   **Not much. All the heavy duty preparation is automatic.**
TWO – Building Your Network

1. **TRUE OR FALSE.** Reading books about breastfeeding is the same as talking to an experience nursing mother.

2. When you know a woman who enjoys being a nursing mother, you have access to a continuing source of **information** and **inspiration**.

3. Most women wean because of insufficient milk supply, breast infections, embarrassment, or criticism from relatives. These problems can be avoided with the **correct information** and **support**.

4. Mothers who attend LLL or other support meetings soon find there is more involved than basic breastfeeding information. There is something very special about the **sharing** and **companionship** of other mothers.

5. List five things NOT to say to a breastfeeding mother.
   a. **Is he eating again?**
   b. **He’s just using you as a pacifier.**
   c. **Here I’ll feed the baby a bottle and you can get some housework done.**
   d. **Maybe your milk isn’t good enough.**
   e. **Can breast that size really make enough milk?**
   f. **We’ve never made enough milk in this family**
   g. **Don’t let him fall asleep at the breast – he’ll get into bad habits.**

6. Partners can help by doing everything but **feeding**.

7. **TRUE OR FALSE** Many mothers today find they can get an important layer of support from email, texting, instant messaging and online forums.
THREE – Birth!

1. TRUE OR FALSE. Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.

2. The healthiest birth situation for both mother and baby is one that is completely Drug free. Advanced preparation can pay off for the mother and baby by resulting in a safer, happier birth experience.

3. Nursing the baby soon after birth encourages your milk to come in.

4. TRUE OR FALSE. If a woman has had a cesarean birth, she can never have a vaginal delivery.

5. You’ll want to find a physician who is knowledgeable about breastfeeding and has a positive attitude toward it.

6. When dealing with health professionals, you may have to take the initiative in letting them know what you want.
FOUR – Latching and Attaching

1. **TRUE OR FALSE.** When a baby is born, his instincts and reflexes help him crawl to the nipple and latch on, even if not given any help at all.

2. In **Laidback breastfeeding**, the mother reclines at an easy comfortable angle with the baby lying on top of her – the baby’s front on mother’s front. This approach takes advantage of the natural instincts of the mother and baby.

3. While breastfeeding, mother’s first job is to **calm** the baby.

4. The baby’s **lower jaw** needs to be deeply placed on the mother’s breast.

5. **TRUE OR FALSE.** A mother should always hold her breast throughout the feeding.

6. **TRUE OR FALSE.** When all is going well, special holds and positions don’t matter because the mother and baby will figure it out on their own.

7. List the main three things to take care of if breastfeeding is not going well.
   a. **Keep your milk flowing.**
   b. **Keep your baby fed.**
   c. **Keep your baby close.**
PART II – Ages and Stages
FIVE – The First Few Days: Hello Baby…

1. **TRUE** OR **FALSE.** A baby's wants are a baby's needs.

2. **TRUE** OR **FALSE.** Eating watermelon and eating protein will help unload extra fluids after I.V.s.

3. **TRUE** OR **FALSE.** A newborn baby can see his mother's face clearly and also hear quite well.

4. For a period during the first hour of life, most newborns are quietly **alert** and **receptive.**

5. **TRUE** OR **FALSE.** Most babies are ready and even eager to nurse at some time within the first hour after birth.

6. Encourage baby to latch on properly. Describe a proper latch. **Mouth open wide, chin to breast first,** **good asymmetrical latch and a mouth full of breast.**

7. If the baby's nose seems blocked by the breast, try pulling baby's **hips and legs** in closer rather than pressing down on the top of the breast.

8. The baby should have **six or more** really wet diapers a day.

9. For the first six weeks or so, a breastfed baby will usually have **at least 3** bowel movements a day.

10. **TRUE** OR **FALSE.** Mothers whose newborns are swaddled much of the time, have more engorgement and lower initial milk production.

11. **TRUE OR FALSE.** Just a little formula in the hospital won't hurt your baby.

12. Skin to skin contact after birth helps to:
   a. **Stabilize baby's heart beat, temperature, and breathing.**
   b. **Stabilize the mother’s temperature.**
   c. **Increase the likelihood and length of breastfeeding.**
   f. **Reduce the mother’s stress level. Reduce the baby’s stress.**
   g. **Reduce the baby’s pain from medical procedures.**
   h. **Increase interaction between mother and baby.**

13. **TRUE OR FALSE.** Having lots of visitors in the hospital helps the mother to breastfeed.
SIX – The First Two Weeks: Milk!

1. Problems arise when rigid feeding schedules, bottles of water or supplementary feedings hamper the natural balance of supply and demand.

2. One way to increase the milk your baby gets during a feeding is to compress the breast while he is feeding.

3. How long should a feeding last? This will vary from baby to baby. The baby may want “one to four sides” with a complete meal lasting 20 to 40 minutes, or he may zip through a feeding in 5 minutes. Follow the baby’s lead.

4. For the first few days after birth, baby's stool will be very dark-greenish-black- and sticky. This first stool is called meconium.

5. Nursing your baby soon after birth assures that your baby will get the colostrum he needs to help get rid of the meconium.

6. The stool of the breastfed baby is usually quite loose and unformed, and may be yellow to yellow-green to tan in color.

7. At first, your baby may have a bowel movement with every nursing.

8. TRUE OR FALSE An older breastfed baby may have only one bowel movement a week.

9. Plenty of loving contact does not spoil a baby or make him more demanding, but instead helps him feel more comfortable and happy in his new world.

10. Occasionally, a woman feels down or depressed for no particular reason following the birth of her baby. Baby blues may arise as a result of the change of hormones in your body from a pregnant to a non-pregnant state.

11. List the main two things that matter about your nursing technique.
   a. Are the mother and baby comfortable?
   b. Is the baby getting plenty of milk?

12. TRUE OR FALSE. Foremilk is the thin milk at the beginning of the feeding and hindmilk is the creamy high-fat milk at the end of the feeding. Babies should nurse at least 15 minutes to get both.
SEVEN – Two to Six weeks: Butterfly Smiles

1. What are some of the reasons babies cry?
   a. Something is bothering or frightening him
   b. He is hungry.
   c. He is lonesome for you
   d. He is too warm or too cold.
   e. He is overtired.

2. What advise can you give to a mom whose baby is going through a growth spurt?
   Allow the baby to nurse for as long and as frequently as he wants. The more access the baby has to breast the shorter the “growth spurt” will last.

3. TRUE or FALSE: Crying is good for the baby's lungs.

4. What breastfeeding advice would you offer a mom with a colicky baby?
   a. Calm, gentle handling.
   b. Shorter, more frequent feedings.
   c. Lots of sucking.
   d. Extra cuddling.
   e. “Colic” hold.
   f. Soothing bath

5. When does the baby normally have growth spurts?
   10 days; 3 weeks; 6 weeks; 3 months

6. How do we know baby is getting enough milk?
   a. More than five or six really wet diapers and more than three bowel movements per day
   b. Gaining weight at an average of 6 ounces a week or 1 ½ to 2 pounds per month
   c. Passes birth weight by at least ten to fourteen days
   d. Nursing frequently and satisfied after feedings
   e. Generally has eyes open and looks interested in first part of feeding.
   f. Doesn’t have trouble latching on and staying attached

7. TRUE OR FALSE. If a mother offers her breasts just for food and not as a “pacifier” she’ll cut out many extra calories he could get along with comfort, relaxation, and helping getting to sleep.
EIGHT – Six Weeks to Four Months: Hitting Your Stride

1. How does breastfeeding affect sex?
   Breastfeeding affects different women in different ways. Some women report feeling more sexual while breastfeeding. Other report feeling all “touched out”. Only the mother and her husband can determine what is the most loving, satisfying sexual relationship for them.

2. Briefly discuss the basic approach to weight loss.
   When dieting, aim to lose no more than 1 pound a week. This helps avoid the release of environmental pollutants stored in your fat into your milk.

3. Do breastfeeding babies need immunizations?
   Yes. Antibodies a mother acquires are not transmitted through her milk in large enough doses to protect her baby.

4. TRUE OR FALSE. A baby who doesn’t poop in 7 days is definitely constipated.

5. TRUE OR FALSE. Most of us, including exclusively breastfed babies need additional Vitamin D.

4. If a mother wants to avoid another pregnancy, the Lactational Amenorrhea Method is 98 to 99 percent effective in preventing pregnancy when all three of the following are true:
   a. The baby is under 6 months of age.
   b. The mother’s periods have not resumed.
   c. The baby is exclusively breastfeeding.
NINE – Four to Nine Months: In the Zone

1. **TRUE OR FALSE.** At around 4 months, breastfed babies begin slowing down their weight gain from a previous 1 oz. a day to about 0.6 oz. a day.

2. **TRUE OR FALSE.** Starting solids at 4 months is good for many babies.

3. **What do you do when a baby starts biting?**
   a. Take him off as soon as he bites
   b. Pull him in closer which makes it harder for him to breathe and makes him let go.
   c. If he tends to bite at the end of the feeding, just stop a little sooner.
   d. Avoid pacifiers and bottles which don’t react when bitten.
   e. Keep a finger right by the corner of his mouth, ready to slip in if necessary.

4. An abrupt unexpected end to nursing is almost certainly a **nursing strike**.

5. **What do you need to know about fertility at this time (4 to 9 months?)**
   In general, once your periods return you can consider yourself fertile. You might need to think about birth control.
TEN – Nine to Eighteen Months: On the Move

1. TRUE OR FALSE. As a baby takes more solids and your milk supply begins to decline, the concentration of antibodies in the milk increase.

2. Between nine and twelve months, breastfed babies begin slowing down their weight gain to an average of 0.3 oz. a day.

3. A baby’s fear of strangers seems to develop just about the time he becomes mobile.

4. If a mother has nursed for a year and suddenly has sore nipples, what may be the cause?
   a. One possibility is thrush
   b. Could it be a pregnancy?
   c. Could it be your toddler’s gymnastic nursing?
   d. Are there food sensitivities?
ELEVEN – Nursing Toddlers and Beyond: Moving On

1. Why would it be important to nurse past eighteen months?
   a. Nursing promotes normal jaw development.
   b. The toddler brain is going through a rapid growth period and nursing helps with tactile and
   c. emotional stimulation.
   d. The level of antibodies increases.
   e. Nursing helps to reconnect with a “on the go” child.
   f. Nursing makes bedtime easier.

2. If a mother suspects she might nurse into the toddler years, she could start using a word for
   breastfeeding or breasts early on, so she’ll feel comfortable hearing her toddler asking to be fed,
   while in public.

3. The term for nursing an “older baby” and a “new baby” together is Tandem Nursing.

4. Many Mothers don’t want anyone to know they are nursing after a certain age. They become
   “closet nursers.”
PART III – The Big Questions
TWELVE – Sleeping Like a Baby

1. List some guidelines for safely sleeping with a baby, if and when you learn that this is what the mother is doing.
   a. Don’t have anyone in the bed who has been drinking or taking drugs.
   b. Don’t have anyone in the bed who smokes.
   c. Don’t have anyone in the bed who is too exhausted or ill to return to consciousness quickly.
   d. Don’t sleep with a baby on a couch, a recliner, armchair, soft mattress or water bed.
   e. Don’t use a thick duvet or comforter.
   f. Don’t put baby’s head on a pillow
   g. Make sure the sheets are snug.
   h. Keep pets off the bed.

2. TRUE OR FALSE. Letting your baby fall asleep at the breast creates a “bad habit” because it sets up “undesirable sleep associations,” that require you to be there for naps and bedtime.

3. TRUE OR FALSE. Nighttime nursing can cause cavities.
THIRTEEN – The Scoop on Solids

1. The American Academy of Pediatrics advises that a baby be given only breast milk for: Six Months.

2. What is not a good reason to delay solids? Teething.

3. Eggs, dairy products and other foods known to cause allergies should not be introduced until the baby is 12 months old.

4. TRUE OR FALSE. Unless the baby comes from an allergic family, you don’t have to make a big deal about waiting a few days between each new food to watch for allergies.
FOURTEEN – When You Can’t Be With Your Baby

1. Can a mother return to work and still breastfeed her baby without supplementing. **Yes.**

2. Name some of the advantages of breastfeeding that can be especially important to working Moms.
   a. **Protection from illness;**
   b. **Emotional closeness;**
   c. **Special bond.**

3. Name some of the factors that can play an important role in breastfeeding success when the mother returns to work.
   a. How soon a mother returns to work has the most influence on the course of breastfeeding.
   b. Full time versus part time employment also makes a big difference.
   c. Pumping for missed feedings also plays a role in duration of the breastfeeding relationship.

4. If a mother is returning to work, when do you advise offering a bottle? **Two weeks before returning to work. It’s a good idea for a sitter to begin introducing the bottle on the “get acquainted” visit.**

5. List five steps to take if baby won’t take a bottle.
   a. **Have someone other than the mother give the bottle.**
   b. **Offer the bottle when he is really sleepy, running more on instinct.**
   c. **Try different kinds of bottle nipples to see if there is one the baby will take.**
   d. **Offer the bottle as just one more interesting thing, when the baby isn’t really hungry.**
   e. **Offer a plain cup or sippy cup.**

6. How can you make bottle feeding more like nursing?
   a. **Warm the milk.**
   b. **Hold the baby close like a nursing position.**
   c. **Wrap up in something of the mother’s.**
   d. **Offer the bottle tucked underneath the arm, so the baby feeds in a breastfeeding position and the nipple is very close to where Moms nipple would be.**
1. TRUE OR FALSE. If a friend gives a mother her consumer grade pump, she should carefully wash the parts and then start pumping.

2. TRUE OR FALSE. All moms should learn to hand express their milk, so they can use this technique in the hospital.

3. If a mother finds that pumping causes her nipples to get sore, and she is using a good quality pump, the likely problem is a mismatch in the size of the flanges, or the amount of suction applied.

4. Breast milk should be stored in a container that is not made with the endocrine disruptor bisphenol-A (BPA), identified with a number 3 or 7 recycling symbol.

5. Do you have to sterilize pump parts and bottles? NO

6. How long can you keep pumped breast milk in the refrigerator? 3-8 days; in room temperature? 4-8 hours; in an insulated cooler bag? 24 hours.
SIXTEEN – Everyone Weans

1. One reason nursing is more than nourishment for older babies is that:
   a. Babies still get protection from disease through breastmilk
   b. Older babies don't need breastmilk. They get plenty of nourishment from solids.
   c. Continued nursing deprives babies of needed nutrients found in other foods.
   d. None of the above

2. Nursing older babies is important for their emotional development. It teaches baby:
   a. Dependence on mom
   b. To have a power struggle with mom
   c. To manipulate his parents
   d. Independence

3. Weaning means -
   a. To take away the breast
   b. To teach a sucking child to feed other than at the breast.
   c. To teach a child to grow up
   d. To end a child's dependence on his mother

4. An "easy" course for weaning, other than natural weaning is:
   a. End nursing abruptly
   b. Get baby used to bottles from birth
   c. Drop one nursing, wait a few days, drop another nursing, etc. until baby is weaned.
   d. Let someone else care for baby until he "forget" nursing.

5. Natural weaning is accomplished by:
   a. Saying "NO" in a loud, firm tone of voice when the child asks to nurse.
   b. Bribing the child with food and toys to not nurse.
   c. Providing lots of loving substitutions and distractions at nursing time.
   d. Begging the child to wean.

6. The key to successful toddler nursing is
   a. Meeting your child's needs
   b. Listening to the advice of others
   c. Watching the clock or calendar
   d. Keeping it secret
### The Womanly Art of Breastfeeding

#### Eighth Revised Edition

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7. Which of the following is NOT an advantage to toddler nursing?
   a. Traveling is easier with a nursing toddler.
   b. Your breastmilk continues to provide immunities.
   c. Your child may need to nurse at times that are inconvenient for you.
   d. Children are easier to calm by nursing.

8. One alternative to nursing is a toddler whose mother feels nurses "too much" is:
   a. Making sure he has lots of other attention from mom
   b. Treating him like a "little-bitty baby"
   c. Taking him to the doctor.
   d. None of the above.

9. One reason a child may wean during mother's pregnancy is:
   a. Mother's increased milk supply
   b. Towards the end of the pregnancy mother's milk supply decreases.
   c. Mother stresses that her milk is for the "new" baby.
   d. Child doesn't like mother's smaller lap.

10. Tandem nursing is:
    a. Nursing twins
    b. Nursing someone else's baby as well as your own.
    c. Nursing with one breast and expressing with the other.
    d. Nursing siblings who are not twins.
Seventeen – Alternate Routes

1. One of the most difficult aspects of relactation is getting the baby interested in sucking at the breast if he is used to bottles.

2. Some mothers have been able to establish a partial milk supply for an adopted baby without the impetus of pregnancy and birth. This is called Induced Lactation.

3. **TRUE OR FALSE.** Milk is made more quickly when the breast is least full.

4. List some of the benefits of “skin to skin” for the baby.
   a. The baby’s oxygenation levels and breathing rates are more regular and stable.
   b. His heart rate is slightly higher, showing a positive response to being close to Mom.
   c. Mom has ability to warm and stabilize the baby’s temperature.
   d. He is more likely to breastfeed more easily.
   e. He will have a better immune system.
   f. Mom will feel closer to her baby.

5. **Relactation** is about restarting milk after it has been stopped for a while.

6. For a woman who brings in a milk supply without a pregnancy, the goal is less about milk and more about connecting deeply to the new baby.

7. The immunological properties in breast milk are very important with a Down Syndrome baby because he is more susceptible to respiratory and ear infections and cardiac problems.

8. **TRUE OR FALSE.** Repairing a cleft palate immediately after birth has several huge advantages.

9. **TRUE OR FALSE.** A baby with PKU can breastfeed part-time, while receiving supplements of a specialized formula.

10. The baby with hypoglycemia has low blood sugar.

11. List three reasons why a nipple shield might be used.
    a. Baby is too used to bottles.
    b. They helps a baby latch on to an inverted nipple.
    c. It tends to be easier for a premature infant.
EIGHTEEN – Tech Support

1. How can a plugged duct be relieved?
   a. **Rest**
   b. **Wet or dry heat**
   c. **Soak nipple in plain warm water to remove any dried milk secretions**
   d. **Warm showers**
   e. **Massage**
   f. **Nurse on affected side frequently**
   g. **Position baby so chin is pointed towards plug**
   h. **Change baby’s position**

2. What are some causes of low milk supply?
   a. **Supplementing**
   b. **Improper Latch-on**
   c. **Pacifiers**
   d. **Scheduled feedings**
   e. **Placid, sleepy baby**
   f. **Limiting length of feedings**
   g. **Offering only one breast per feeding**

3. How can milk supply be increased?
   a. **Nurse frequently**
   b. **Offer both breasts at each feeding**
   c. **Try breast compression**
   d. **All sucking at breast**
   e. **Give only human milk**
   f. **Drink plenty of fluids and eat a well balanced diet**
   g. **Get plenty of rest and relaxation**

4. **TRUE OR FALSE.** It is especially important to continue to nurse the baby frequently to relieve engorgement.

5. Engorgement can present a problem if the fullness causes the nipples to flatten making it difficult for the baby to latch on properly.

6. Frequent nursing can also help to prevent **jaundice** in your newborn, due to Colostrum intake.

7. **TRUE OR FALSE.** It is especially important to continue to nurse the baby frequently to relieve engorgement.

8. The major cause of nipple soreness is **incorrect positioning** of the baby at the breast.

9. An **inverted nipple** shrinks back into the breast when the areola is squeezed.

10. Inverted nipples **may** or **may not** require treatment
11. What can be suggested when nipples are sore?
   a. Hand expressing a little milk and putting it on the nipple.
   b. Use purified lanolin to prevent newly formed cells from drying out.
   c. Washing an injured nipple with soap and water makes sense.
   d. Hydrogels help nipple feel cool and comfortable and protects nipple’s moisture balance.
   e. Antibiotic ointments can protect against infection.
   f. Breast shells can act as “armor,” keeping clothes from rubbing the nipple.

NINETEEN – About La Leche League

1. What is the “mission” of La Leche League?
To help mothers worldwide to breastfeed through mother to mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother.
This is an open book exam.
Please complete and return to your District Coordinator as you finish each chapter.