Quiz Questions

Points to focus on when watching this video:

- How to incorporate nutrition into creative play
- How to transition to meal time
- Guidelines for meal service

Potential Test/Quiz Questions:

1. True or False: Human milk is easier for an infant to digest than formula.

2. Choose the best response: To support breast feeding mothers in your center, you should
   a. Have a quiet place for a mom to breastfeed
   b. Have refrigeration for pumped milk
   c. Allow staff time off to pump breast milk
   d. All the above

3. Choose the best response: How does your center support a mom’s decision to breastfeed?
   a. Share benefits of formula feeding
   b. Share how your child care program supports breast/chest feeding
   c. Share educational materials that come from formula companies
   d. All the above

4. Choose the best response: Your staff should be trained on breast feeding policies and standard practices:
   a. Twice a year
   b. Once every 3 years
   c. Yearly

5. True or False: A lactation support policy ensures that every family and all employees knows and understands their rights, their roles and their responsibilities.

6. Yes or No: Should breast/chest feeding policies be part of your parent handbook?
Breast/Chest Feeding

Answer Guide

Points to focus on when watching this video:

1. **True or False:** Human milk is easier for an infant to digest than formula.
   **Correct Answer:** True

2. **Choose the best response:** To support breast feeding mothers in your center, you should
   **Correct Answer:** D) All of the Above

3. **Choose the best response:** How does your center support a mom’s decision to breastfeed?
   **Correct Answer:** B) Share how your child care program supports breast/chest feeding

4. **Choose the best response:** Your staff should be trained on breast feeding policies and standard practices:
   **Correct Answer:** C) Yearly

5. **True or False:** A lactation support policy ensures that every family and all employees knows and understands their rights, their roles and their responsibilities.
   **Correct Answer:** True

6. **Yes or No:** Should breast/chest feeding policies be part of your parent handbook?
   **Correct Answer:** Yes