

Post Test CPA & BF Counselors

(Fill in the Blanks or circle the letter of the correct answer)

1. Your colleague has many negative feelings about breastfeeding. What are two ways this person can still be an advocate for breastfeeding?

1) _____

2) _____

2. A pregnant woman, who is expecting twins, is currently nursing her 2-year-old. What action should you take today?

- a. Explain to the mother that her body is not able to sustain both a twin pregnancy and a nursing toddler.
- b. Advise her that continuing to nurse may cause pre-term labor and that weaning is recommended to avoid risk to the pregnancy.
- c. If there are no pregnancy complications, the child is growing and eating as expected for age, and the mother is gaining weight appropriately, support the mother's decision.

2. Should a mother stop breastfeeding when she has a cold, the flu, or GI upset?

- a. She will expose the infant through the breastmilk and should stop breastfeeding until she is over the illness.
- b. She should pump & dump if she has to take any medication for the illness.
- c. She should continue to breastfeed in order to give the baby the antibodies in the breastmilk.

4. The best indicator that a newborn breastfeeding baby is getting enough is:

- a. Swallowing sounds and going to sleep at the breast.
- b. Stool & urine output.
- c. Sucking movements of the baby's mouth.

5. Pain during breastfeeding is:

- a. Normal and no treatment is needed.
- b. Normal but the mother should use lanolin.
- c. Abnormal and indicates a problem.

6. The typical distinguishing characteristic of mastitis is:

- a. Red, wedge shaped area on outer border of both breasts
- b. Red, tender area on one breast, accompanied by fever
- c. Red scaly area on both breasts accompanied by pain throughout the feeding.

7. The current initial treatment recommendation for severe engorgement is:

- a. Ice packs to decrease swelling
- b. Warm, wet soaks to get the milk flowing
- c. Massage while standing in a warm shower

8. List 5 benefits of breastfeeding for *the infant* and for *the mother*.

Infant:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Mother:

- 1) _____
- 2) _____
- 3) _____
- 4) _____

5) _____

9. A pregnant woman states that she does not plan to breastfeed. The most effective counseling technique to use with this woman includes the following steps:

- a. Educate about the benefits, correct misinformation, and issue materials such as the Amy Spangler book.
- b. Elicit her concerns, affirm her feelings, and educate specifically to the concerns identified.
- c. Share positive experiences that other mothers or you have experienced after initially deciding not to breastfeed.

10. If a breastfeeding mother wants to go on a weight loss diet, which of the following should be recommended?

- a. Consume at least 1800 calories, eat a variety of healthy foods, and include regular exercise.
- b. Make an appointment with the nutritionist, so she can prescribe a 1200-calorie weight loss diet.
- c. Use Slim Fast for breakfast and lunch. Eat a regular meal at supper and take a multivitamin.