

## Breastfeeding... How much do you know?

1. Babies who are breastfed are less likely to have:
  - a. Ear Infections
  - b. Diarrhea
  - c. Respiratory Illnesses
  - d. Allergies
  - e. All of the Above
  
2. Breastfed babies have improved brain development.
  - a. True
  - b. False
  
3. Mothers who breastfeed have a lower risk of breast cancer.
  - a. True
  - b. False
  
4. One way to reduce a baby's risk of childhood obesity is to breastfeed.
  - a. True
  - b. False
  
5. Mothers who return to work or school are not absent as often if their babies are breastfed.
  - a. True
  - b. False
  
6. How much money could breastfeeding save a family in the first year of their baby's life?
  - a. \$100
  - b. \$500
  - c. \$1,000
  
7. Breastfeeding mothers:
  - a. Recover from pregnancy faster
  - b. Lose their pregnancy weight faster
  - c. May have their menstrual cycles delayed
  - d. Have less risk of developing some cancers
  - e. All of the Above
  
8. Breast milk has everything a baby needs for the first six months of life.
  - a. True
  - b. False

Answers: 1,e 2,a 3,a 4,a 5,a 6,c 7,e 8,a

## Some Myths and Facts... About Breastfeeding

1. Women with small breasts do not make as much milk as women with large breasts.  
a. MYTH b. FACT
2. A mother should never drink alcohol if she breastfeeds.  
a. MYTH b. FACT
3. It is normal for breastfeeding to hurt.  
a. MYTH b. FACT
4. Mothers can breastfeed if they smoke.  
a. MYTH b. FACT
5. A mother can make enough breast milk even if her mother could not.  
a. MYTH b. FACT
6. Breast milk has enough iron for the baby.  
a. MYTH b. FACT
7. If the mother is sick, she should stop breastfeeding immediately.  
a. MYTH b. FACT
8. If the baby has diarrhea or vomiting, the mother should stop breastfeeding.  
a. MYTH b. FACT
9. Most formulas are fairly close to breast milk.  
a. MYTH b. FACT
10. If the mother is taking an antibiotic, she should stop breastfeeding.  
a. MYTH b. FACT
11. Holding a fussy baby will make the baby even more spoiled.  
a. MYTH b. FACT
12. A breastfeeding mother who eats broccoli will make her baby fussy.  
a. MYTH b. FACT

Answers: 1,a 2,a 3,a 4,b 5,b 6,b 7,a 8,a 9,a 10,a 11,a 12,a