

## Feeding Infants in the CACFP

### Lesson 3: Creating a Breastfeeding-Friendly Environment in a Child Care Site

#### Pre-Test

1. All of the following statements about the benefits of breastfeeding are true, except which one?
  - A. Breastmilk helps a baby's immune system fight infections, like ear infections.
  - B. Mothers that breastfeed may have a lower risk of Type 2 diabetes.
  - C. Families cannot help with feeding a breastfed baby.
  - D. Babies taste different flavors in breastmilk, which may help babies accept new flavors later when they start eating solid foods.
  
2. A child care provider can support breastfeeding mothers by doing all of the following, except which one?
  - A. Let a mother breastfeed in the bathroom.
  - B. Share information about the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).
  - C. Display the *Breastfed Babies Welcome Here!* poster and message graphic at the child care site.
  - D. Encourage mothers to continue breastfeeding even when they go back to work or school.



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#### Post-Test

1. All of the following statements about the benefits of breastfeeding are true, except which one?
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  - C. Families cannot help with feeding a breastfed baby.
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  - C. Display the *Breastfed Babies Welcome Here!* poster and message graphic at the child care site.
  - D. Encourage mothers to continue breastfeeding even when they go back to work or school.

