Baby Feeding Quiz
See if you can get them all right!!

Question 1:
The best time to start breastfeeding is:

a) As soon as I get home from the hospital
b) Whenever the nurses say I can
c) Immediately after birth
d) After I have recovered from birthing
e) After I’ve stopped producing colostrum

Answer: Breastfeeding should start as soon as possible after birth (preferably within the first half-hour): c). You and your baby’s hormones are harmonized to breastfeed. Your baby’s hormones and sense of smell are designed to help him or her find the breast and begin to feed. By letting your baby crawl from your abdomen he/she will instinctively find the nipple and begin a strong suck. This is the best possible start in your journey to breastfeed and a beautiful way for you and your baby to become acquainted after birth.

Question 2:
Your baby cries to tell you:

a) I want my parents to play with me
b) I want some skin-to-skin contact
c) I want to be held and cuddled
d) I am hungry
e) I am fed up with this wet diaper
f) all of the above

Answer: Babies cry for very real reasons: f). They don’t like to be left alone or ignored, or to feel hungry, or wet. Babies want to learn and explore and they need their parents to provide them with encouragement. They need care, and to have their needs met. Happy babies are babies who have their needs attended to and have lots of opportunity to interact with their parents.

Question 3:
What does exclusive breastfeeding mean?

a) breastfeeding my baby immediately after birth
b) breastfeeding my baby without supplementing with formula
c) breastfeeding my baby without giving water or juices
d) breastfeeding my baby without the addition of any other foods or drinks for the first six months of life
e) all of the above

Answer: Breastfeeding provides all the nutrients, immunology and important enzymes and hormones for your baby’s physical and neurological growth and development: e). No other foods and drinks, such as baby cereals, juices or water are needed, and on the contrary will reduce your baby’s intake of valuable breastmilk. Giving other foods and drinks also reduces the amount of breastmilk you produce.

Question 4:
What does breastfeeding anytime, anywhere mean?

a) I can breastfeed anytime at home or in a parenting room when I am out
b) I can breastfeed anytime my baby needs to be fed, in supermarkets or department stores or doctor’s offices or in parks or on street benches or in buses or anywhere I am with my baby.
c) I can breastfeed anytime of day or night
d) I can breastfeed anywhere, anytime, as long as it is done discreetly

Answer: You have the right to breastfeed your baby anytime and anywhere (in any public places): b). This right is protected by the human rights codes of the Provinces and the Territories as well as by the federal Charter of Rights and Freedoms. No style of breastfeeding is required. This is up to mother and baby. If you are told to stop or go to a bathroom or a private area and you feel discriminated against, you can lodge a complaint with your provincial or territorial human rights commission.
Question 5:
What is the recommended age for starting solid foods (this is called complementary feeding)?

a) at the end of the 3rd month  
b) at the end of the 4th month  
c) at the end of the 5th month  
d) at the end of the 6th month  
e) at the end of the 7th month

Answer: Health Canada, the Canadian Paediatric Society, the American Academy of Pediatrics and the World Health Organization all recommend exclusive breastfeeding for the first six months of life and then starting solids with continued breastfeeding for two years or more: d). Replacing breastmilk with solid foods at an earlier age is not necessary if your baby is full term and growing well. After six months of age your baby can gradually consume more foods that you prepare for your family. Grind, mash or puree fruits, vegetables, meats, egg yolk, with cooked mashed potatoes, rice or pasta; cooked cereals and cut strips of bread are all nutritious foods; yoghurt and soft cheeses can be started after nine months. Providing nutritious family foods sets the pattern for a lifetime of healthy eating. Starting solids can be an exciting time for your baby to experiment with tastes, colours and textures of a variety of nutritious foods. It is important to remember that breastmilk remains an important source of food and immunology as your baby gradually increases his/her intake of family foods.

Question 6:
Why is breastfeeding recommended for two years and beyond?

a) my baby will continue to get important immunological protection  
b) my baby will get all the nutrient, growth and development factors present in breastmilk  
c) my baby needs the comfort and closeness of breastfeeding  
d) my baby does not need breastmilk for two years, but my baby’s sucking reflex is still active  
e) A, B and C  
f) All of the above

Answer: Your baby does a lot of growing and developing during the first two years of life: e). Breastmilk is uniquely designed to specifically meet all these needs. Other milks such as cow’s milk or infant formulas are unable to meet your baby’s needs as precisely as breastmilk can. Your baby’s neurological and brain development is very rapid during the first two years of life and breastmilk provides all the essential fatty acids and other unique growth factors and nutrients to accomplish this. This is why breastfed babies have the highest attainable cognitive and neurological development. Additionally, as your baby increases his/her exposure to a wider environment and a greater variety of other foods, the immunological protection that your breastmilk provides remains critical to prevent infectious diseases and allergies and is better able to offset the effects of environmental pollutants.

Question 7:
I should breastfeed:

a) 8-12 times per day, for 20 min each time  
b) whenever my baby wants, for as long as he/she wants  
c) 6-10 times per day, for 30 min each time  
d) no more than 12 times per day, for as long as my baby wants

Answer: Your baby will let you know how often he/she needs to be fed: b). Especially in the first few days after birth, it is best to keep your baby in the same room as you at all times (this is known as “rooming-in” at the hospital). When a baby is very young, his or her stomach is small and cannot handle large amounts of breastmilk at any one time, so he/she will want to be fed often. As your baby grows, letting him/her feed frequently will increase your flow of breastmilk. When your baby feeds longer, he/she also gets a higher amount of important fats that are more concentrated at the end of a breastfeed. Frequent breastfeeding also releases hormones that make you and your baby sleep better at night.