

Baby Behavior Posttest

Please print the posttest and answer the questions. Give your completed posttest to your trainer. Your trainer will check your answers and let you know your score. Completing the posttest with a score of 80% or better means staff pass the course.

1. During a prenatal class, Katherine, who is pregnant for the first time, looks at her watch, turns away from you, and stares at the ceiling when you start to talk about infant feeding. What is your most important task?
 - a. To make sure that she understands the consequences of her future infant feeding decisions.
 - b. To provide tools in a way that demonstrates that you understand and respect her concerns.
 - c. To validate her concerns and provide all of the information she needs to know about breastfeeding.
 - d. To move on to the next topic so that she and the other parents will be more comfortable.

2. Clare is a new mother who has come to the clinic to enroll her infant. She is obviously tired and is having a hard time paying attention to you. You notice that she does not look at her baby, who is in a car seat, at any time during her appointment, even when you ask her questions about the baby. What would you do?
 - a. Follow the protocol used in your site when staff members are concerned that a mother may need a referral for depression.
 - b. Keep the appointment as short as possible and encourage the mother to rest.
 - c. Ask the mother to tell you if she is depressed.
 - d. Refer the mother to a mental health specialist.

3. Tanya is worried that her baby will bother other people in the waiting area. She feeds her baby every time the baby makes a noise even when she knows that the baby is not hungry. Which step needed for a successful baby-caregiver interaction is affected by her concern?
 - a. Look
 - b. Recognize
 - c. Respond
 - d. This behavior is not related to any of the steps.

4. A co-worker asks you if you think it is useful to talk to parents about baby behavior before their babies are born. How would you respond?
 - a. No, it is better to share baby behavior messages with parents when their babies are in the room.
 - b. Yes, parents need to learn everything they can about their babies' health and development before their babies are born.
 - c. Yes, because unrealistic expectations can increase parents' stress and affect their infant feeding decisions, some topics such as sleep patterns and crying should be shared with parents before their babies are born.
 - d. Yes, but I share baby behavior messages before the baby is born but only when parents ask specific questions.

5. Anya tells you that she is not able to breastfeed because her milk didn't come in until three days after her first baby was born. How do you respond?
- Many mothers are confused when they don't feel changes in their breasts right after their babies are born. It is normal and healthy for your body to make colostrum in small amounts for your baby during the first few days. Would you like to hear more about that?
 - It is normal and healthy for your milk to come in on the third day. Someone should have told you that mothers don't feel changes in their breasts until after they leave the hospital.
 - We can bring a pump to the hospital to make sure that you make plenty of milk for your baby.
 - You should breastfeed your new baby. Breastfeeding is best for you and your baby.
6. Hannah is a new mother of a calm and alert two-month-old baby boy, Joshua, who has been looking around the clinic during her appointment. You notice that the baby puts his head down on her shoulder for a moment, looks up, then opens and closes his eyes. What do you expect Joshua to do in the next few minutes?
- He will show more cues that show he needs to rest because being alert is hard work for babies.
 - He will look around more often because babies want to learn from those around them.
 - He will let his mother know that he is hungry.
 - He will cry because his mother is not paying enough attention to him.
7. Tyler is a five-month-old who is pushing against the straps of the car seat that his mother, Georgia has him in beside her. Georgia tells you that Tyler has been squirming a lot in his car seat and she worries that he has a stomachache. How should you respond?
- He probably has a stomachache because you don't take him out of the car seat.
 - Isn't it amazing how babies can tell us what they need through their bodies and noises? I think Tyler wants you to take him out of his car seat.
 - How often does Tyler get out of the car seat?
 - Tyler is right at the age when he wants to practice sitting up and scooting on his belly. It is great that he can show you when he really needs to work on his muscles and practice new skills.
8. Madeline calls you from the hospital the second day after her delivery. She tells you her newborn is refusing to breastfeed. How would you respond?
- All babies want to breastfeed so you are just misinterpreting her cues.
 - Why do you think your baby is refusing to breastfeed?
 - Don't worry about it; your baby will get better at breastfeeding every day.
 - Breastfeeding is hard, especially for first-time moms. Ask the nurse to help you.
9. Christa is in her third trimester and is excited about her new baby. She asks you if she should ask her relatives to stay with her when the baby is about a month old so that their children will keep her baby company. How do you respond?
- That's a great idea. Babies love to learn and play with children.
 - The first six weeks can be very hard. You will need supportive people around you that can help you with chores and meals while you take care of your baby.
 - You shouldn't have older children around until your baby is at least three months old.
 - It will be great to have your relatives come as long as they know about baby behavior.

10. Blanca tells you that she is worried that her two-month-old son Luis doesn't like "tummy-time" when she puts him down to fold laundry nearby he starts crying within a couple of minutes. How do you respond?

- a. Almost all babies have a hard time with tummy-time so just keep trying.
- b. Watch for early cues to tell you when Luis is tired and he won't cry.
- c. Luis wants to learn and play with you whenever he can, he might be crying because he can't see your face. Would you like to hear more about that?
- d. Luis will learn to like tummy-time as soon as he is crawling, so keep trying.

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