



DOWN THE CANAL GAME QUESTIONS AND ANSWERS

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QUESTIONS



Conception & Pregnancy

Answers on page 11

1. Which of the following foods is an excellent source of good fat?
 - A. avocado
 - B. olive oil
 - C. a and b
2. During the first ten weeks of gestation the baby is also referred to as an:
 - A. embryo
 - B. egg
 - C. ovum
3. Which food is a good source of calcium?
 - A. milk
 - B. collard greens
 - C. yogurt
 - D. a and c
 - E. all of the above
4. The growing baby can be affected by stress while in the uterus. True or false?
5. Ovulation is when:
 - A. sperm meets egg
 - B. ripe egg leaves ovary
 - C. egg is fertilized
 - D. the uterus sheds
6. Conception occurs when:
 - A. the egg is released
 - B. the uterus sheds
 - C. an egg divides
 - D. male sperm fertilizes an egg
7. The best example of cardiovascular exercise is:
 - A. weightlifting
 - B. swimming
 - C. yoga
8. Omega 3 fats have been shown to enhance fetal brain development. True or false?
9. During this month of pregnancy the baby's ears, ankles, toes, wrists and fingers appear.
 - A. 4th month
 - B. 5th month
 - C. 2nd month
 - D. 7th month
10. As soon as an egg is fertilized a baby's sex and genes are set. True or false?
11. The baby's nutrition during pregnancy comes from mother to _____ through umbilical cord to baby.
 - A. amniotic fluid
 - B. uterus
 - C. placenta
 - D. mucous plug
12. An egg stays in the fallopian tube for about how long, waiting to be fertilized?
 - A. 12 hours
 - B. 16 hours
 - C. 24 hours
13. Heartburn during pregnancy can indicate the developing baby will have a lot of hair. True or false?
14. Group B strep lives in the body naturally. True or false?
15. Which of the following provides amino acids for healthy bones, teeth, muscles and brain?
 - A. protein
 - B. vitamin C
 - C. folic acid
16. Potassium helps maintain fluids and electrolyte balance (and helps to keep blood pressure under control). Good sources of potassium are:
 - A. dark, green, leafy vegetables and white beans
 - B. whole grains
 - C. red meat
 - D. all of the above
17. This occurs when the fertilized egg attaches to the lining of the uterus.
 - A. implantation
 - B. conception
 - C. augmentation
18. Taking Vitamin C supplements in pregnancy is not recommended by the World Health Organization. True or false?
19. Preterm labor is labor that happens before 37 weeks. True or false?
20. Cocoa butter prevents stretch marks (striae) during pregnancy. True or false?
21. Which of these are warning signs for preterm labor?
 - A. period cramps and low dull backache
 - B. heartburn and constipation
 - C. dizziness and heavy breathing

22. Baby's fingernails and toenails appear by the 12th week of pregnancy.
True or false?
23. It is advisable not to handle cat litter without gloves while pregnant.
True or false?
24. The term used to describe the following cluster of symptoms in a pregnant woman: high blood pressure, edema (swelling) and kidney malfunction.
A. placenta previa
B. pre-eclampsia
C. placenta abruption
25. This is the part of the female reproductive system that transports the egg from the ovaries to the uterus.
A. fallopian tube
B. labia
C. cervix
26. Folic acid deficiency could lead to which of the following health problems and could deprive the growing baby of oxygen and nutrients?
A. anemia
B. blood clotting
C. high blood pressure
27. Your baby's eyes are open by the 28th week of pregnancy.
True or false?
28. Ginger can help with nausea.
True or false?
29. The stretch marks some women get from pregnancy are called:
A. striae gravidarum
B. lanugo
C. milia
30. When an egg is released it moves into the fallopian tube.
True or false?
31. What term is used to describe swelling, usually around the ankles, which is retention of body fluids?
A. edema
B. pre-eclampsia
C. hyperemesis
D. none of the above
32. The lower part of the uterus which extends into the vagina is:
A. labia
B. cervix
C. perineum
D. pelvis
33. The organ that grows in the uterus that supplies nutrients and oxygen to growing baby is:
A. fundus
B. placenta
C. umbilical cord
D. perineum
34. The lips of the vagina are known as:
A. milia
B. labia
C. fundus
D. urethra
35. Which two foods are high in calcium?
A. salmon and almonds
B. oranges and cucumber
C. potatoes and celery
D. oatmeal and Cream of Wheat
36. The process of communication between a caregiver and a pregnant woman that explains all procedures, tests and interventions, risks and benefits, and allows for questions is referred to as which of the following terms?
A. informed consent
B. protocol
C. birth plan
37. At twelve weeks gestation the uterus is closest to the size of which fruit?
A. an orange
B. a grapefruit
C. a lemon
38. By the 28th week of pregnancy, the baby is covered with a waxy substance called what?
A. lanugo
B. vernix caseosa
C. fundus
D. milia
39. Which of the following fills and blocks the opening of the cervix to prevent bacteria and germs from entering?
A. fallopian tube
B. mucous plug
C. fundus
D. amniotic fluid
40. Which one of these refers to the upper section of the uterus?
A. fundus
B. cervix
C. labia
D. pelvis

QUESTIONS



Labor & Birth

Answers on page 11

1. When a baby is side-lying in utero:
A. breech
B. transverse
C. posterior
D. anterior
2. When the umbilical cord passes through the cervix before the baby:
A. pre-eclampsia
B. placenta previa
C. cord prolapse (or prolapsed cord)
3. If the placenta breaks away from the uterine wall prematurely:
A. placenta previa
B. placental abruption
C. placenta implantation
4. Use of artificial or natural means to start or enhance labor:
A. induction
B. effacement
C. episiotomy
5. It is always necessary during labor to use intravenous fluids (IV).
True or false?
6. When a baby is presenting feet first or butt first:
A. transverse
B. breech
C. anterior
D. posterior
7. The thinning of the cervix is:
A. dilation
B. effacement
C. transition

8. The hormone that is released during lovemaking, labor, and breastfeeding:
 A. prolactin
 B. oxytocin
 C. progesterone
9. In calculating a woman's estimated date of delivery (EDD) it is assumed that her menstrual cycle is 30 days. True or false?
10. The area between the anus and the genitals is:
 A. fundus
 B. striae
 C. perineum
11. Which position is best to avoid during birth?
 A. side-lying
 B. squatting
 C. back lying
 D. all fours
12. A woman can expect which of the following interventions during labor induction?
 A. continuous electronic fetal monitoring
 B. epidural
 C. intravenous fluid
 D. a and c
13. What is the most reliable sign that a baby is ready to be born?
 A. baby is at least 7 pounds
 B. baby is at least 37 weeks
 C. labor begins on its own at full term
14. Contractions that are sometimes referred to as practice contractions or false labor?
 A. early labor
 B. Braxton Hicks
 C. mild
15. The term fetal macrosomia (suspicion of which can lead to cesarean section) refers to:
 A. a birth defect
 B. a big baby
 C. a baby with abnormally large head
16. This term describes a placenta that is covering the cervix:
 A. placenta previa
 B. placental abruption
 C. placenta prolapse
17. When the placenta is blocking the cervix in labor (placenta previa), most likely a cesarean-section is performed. True or false?
18. Labor induction can increase a woman's risk of cesarean section. True or false?
19. One of the many ways to minimize the pain of contractions is:
 A. visualization
 B. meditation
 C. music
 D. all of the above
20. In early labor one of the best things to do is stay distracted. True or false?
21. Using slow and easy breathing during labor can help to increase the flow of _____ to the uterus.
 A. oxygen
 B. water
 C. food
22. Hypnobirthing method of childbirth teaches the mother-to-be self-relaxation. True or false?
23. One comfort measure for labor is:
 A. take a bath
 B. lay still
 C. concentrate on contractions
24. Which term describes the method of relaxation that utilizes essential oils to reduce anxiety in labor?
 A. visualization
 B. aromatherapy
 C. acupressure
25. Effacement means:
 A. thinning of the cervix
 B. it's time for mother to push her baby out
 C. loss of the mucous plug
 D. cervix has opened
26. When a woman pushes while lying on her back this helps her to work with gravity to birth her baby. True or false?
27. A pregnancy is considered to be full-term between 36 weeks to 40 weeks. True or false?
28. Dr. Grantly Dick-Read, an English obstetrician was one of the first (1920) to put forth the notion of:
 A. Lamaze method
 B. husband-coached childbirth
 C. natural childbirth
29. Hypnobirthing method of childbirth puts a woman to sleep between contractions. True or false?
30. Which of the following could be a sign of labor starting?
 A. water breaks
 B. cramping and backache
 C. contractions
 D. all of the above
31. Which of the following is one of the six Lamaze Healthy Birth Practices?
 A. lie on your side while pushing
 B. eat when hungry during labor
 C. walk, move and change positions
32. A previous cesarean section scar can cause placenta problems in a subsequent pregnancy. True or false?
33. Changing positions during active labor can help labor progress. True or false?
34. A woman may experience nausea and feel "shaky" during transition. True or false?
35. The urge to push feels strongest at the _____ of contractions.
 A. peak
 B. beginning
 C. end
36. Babies that are born vaginally have lower rates of some childhood diseases such as:
 A. asthma and Type I diabetes
 B. ear infections
 C. measles and mumps
37. The cervix begins to soften, thin and move forward during this type of labor:
 A. transition
 B. prodromal
 C. birth
 D. active
38. During transition, the _____ completes dilation and effacement.
 A. uterus
 B. cervix
 C. birth canal
39. This is when the baby's head stretches the vaginal opening.
 A. dilation
 B. crowning
 C. effacement
40. Reflexology is the process of applying pressure or strokes to certain areas of the feet to relieve pain or problems in other parts of the body. True or false?

QUESTIONS



Birth Environments

Answers on page 11

- Which of the following midwives can attend birth center and hospital births in the USA?
 - CNM – certified nurse midwife
 - CPM – certified professional midwife
 - LM – licensed midwife
- If you are a healthy, pregnant woman, you can give birth at a birth center.
True or false?
- Prolonged labor is considered a non-emergency reason for transfer to a hospital from a birth center.
True or false?
- Accredited birth centers in the United States can use all of the following except:
 - supplemental chiropractic care
 - music therapy
 - medication to speed up labor
- Doulas, sometimes called birth coaches (non-medical support people) do not attend birth center births because there are midwifery assistants to provide that support.
True or false?
- Birth center births in the United States (vaginal with no complications) are on average five times less costly than a vaginal with no complications hospital birth.
True or false?
- The World Health Organization recommends the midwife-led continuity of care models in all settings with well functioning midwifery programs.
True or false?
- In the United States, all women have access to the birth center option?
True or false?
- Managing pain with non-drug methods will help a woman birth her baby in any setting.
True or false?
- Midwifery education and standards vary within the United States and around the world.
True or false?
- The midwifery model of care includes the following view:
 - mother gives birth
 - midwife delivers the baby
 - technology is necessary
 - every woman must have IV
- Because the United States has the best technology for birth in the world, it has the best outcomes for mothers and babies.
True or false?
- An IV during labor, often administered in the hospital setting, can restrict movement and interfere with the normal progression of labor.
True or false?
- Prostaglandin, Cytotec, and Pitocin (used to start or enhance labor) are examples of:
 - narcotics
 - induction agents
 - opiates
 - antibiotics
- A Certified Nurse Midwife (CNM) can attend births in the United States in all three settings: the hospital, birth center, and home.
True or false?
- A good candidate for a birth center birth believes:
 - birth is a normal physiological process
 - birth is an event that requires medical intervention
 - pharmaceuticals are the best option for pain management
- Restricting eating and drinking during labor (protocol in many hospitals) is:
 - for the safety of mother and baby
 - Not recommended by the World Health Organization
 - evidence-based practice
- Evidence shows that there is less chance of baby getting sick, in the hospital setting, if she goes to the nursery for observation immediately after birth.
True or false?
- The medical model of care views birth as an event that needs to be managed.
True or false?
- Decreased feeling from an epidural can contribute to prolonged pushing, which can lead to intervention such as vacuum or cesarean section.
True or false?
- In the U.S. hospitals, you will find certified nurse midwives attending most of the births?
True or false?
- When a woman gives birth in a hospital, her baby must be observed in the newborn nursery for at least two hours after vaginal birth, and for four hours after cesarean section.
True or false?
- In which decade in the USA was there a big push for men to be a part of the labor and birth process?
 - 1940s
 - 1950s
 - 1960s
- The majority of home births in the United States are attended by:
 - midwives
 - family practice doctors
 - obstetricians
- Medical interventions for planned home birth are much lower than for planned low-risk hospital births.
True or false?
- Combined care of childbearing women and newborns is the most common reason for hospitalization in the United States.
True or false?
- In the United States, from the 1930s to the 1980s both men and women helped to make childbirth more medical as they believed the benefits of modern medicine would be beneficial to the birth process.
True or false?
- Being a nurse is a prerequisite to becoming a midwife.
True or false?
- In many states, it is illegal for a midwife to attend a home birth.
True or false?

30. This hand held device can be used in any birth setting (home, hospital, birth center) to check a baby's heart rate.
A. Doppler
B. fetoscope
C. either a or b
31. In 1900, the vast majority of births in the United States occurred:
A. at home
B. at birth centers
C. in hospitals
32. Home birth is more common in the United States than it is in the United Kingdom and the Netherlands.
True or false?
33. A very small percentage of women who give birth at home need to be transferred to a hospital for an emergency reason. Which one of these is not an emergency?
A. baby's head not in optimal position
B. failure to progress
C. maternal bleeding after birth
34. You are considered high risk and not a good candidate for home birth if you have a pre-existing health condition such as diabetes.
True or false?
35. The word midwife means:
A. woman caregiver
B. with woman
C. middle wife
36. An obstetrician is a trained surgeon whose primary education is in:
A. medical and surgical care of the female reproductive system
B. supporting vaginal breech birth
C. food and nutrition
37. The safest place for a baby to be born is
A. hospital
B. home
C. birth center
D. no one right answer
38. A low stress birth environment (i.e. dim lights, low-level noise, labor support) can:
A. help women cope with labor
B. reduce need for pharmacological pain management
C. promote uterine blood supply
D. all of the above
39. A birth environment that is noisy, with unfamiliar people, and unsupportive language can contribute to elevated stress hormones and slowing labor.
True or false?
40. The World Health Organization recommends adopting which approach to caring for all women in childbirth, no matter where they give birth?
A. medical management
B. early fetal monitoring
C. woman centered
D. none of the above

QUESTIONS



Postpartum Period

Answers on page 12

1. Early bonding between babies and caregivers requires loving communication and interaction including:
A. touch
B. parents' voice (talk and song)
C. seeing parents face
D. all of the above
2. Responding quickly to baby's cry by offering comforting touch, feeding, and holding will "spoil" the baby.
True or false?
3. Crying is a late cue that a baby is hungry.
True or false?
4. Babies' sleep, when they first fall asleep, is mostly active, characterized by noise and movement.
True or false?
5. Eyesight is the least developed of all the newborn senses.
True or false?
6. APGAR tests are done at one minute and five minutes after birth to assess:
A. mothers' well-being
B. babies' well-being
C. babies' hearing
7. It takes about how long for a woman's uterus to shrink back to its normal size after birth?
A. 2 weeks
B. 5 days
C. 6 weeks
8. The baby has four awake states. In the quiet alert state which usually comes before a long sleep, she is:
A. fussy
B. over-stimulated
C. focused on what she sees and hears
9. Formula feeding a baby increases their risk of developing cancer.
True or false?
10. Blocked tear ducts are common in newborns and are most often caused by:
A. baby not crying tears
B. cold weather
C. undeveloped tear duct system
D. all of the above
11. Studies show that infants who sleep near their parents have _____ compared to those who sleep alone:
A. more stable temperatures
B. more regular heart rhythms
C. fewer long pauses in breathing
D. all of the above
12. Breastfed babies who sleep safely with or near their parents (parents who do not smoke and are not under the influence of drugs and alcohol) have a significant decrease in the chance of Sudden Infant Death Syndrome (SIDS).
True or false?
13. A woman cannot get pregnant until at least three months after birth.
True or false?

14. Newborn babies like best to look at:
A. black and white patterns
B. colored pictures
C. human faces
15. Formula-fed babies are more likely than breastfed babies to develop upper respiratory illnesses.
True or false?
16. One should always retract an intact (uncircumcised) penis to clean it.
True or false?
17. Blue feet in newborns is common and is likely caused by:
A. tight socks
B. immature circulation
C. cold air
D. tight swaddle
18. Cradle cap (crust-like scales on scalp) is common in infants and caused by:
A. overproduction of oil glands
B. under production of oil glands
C. hat wearing
D. unknown
19. Babies are born with a temperament:
True or false?
20. The normal little white spots a baby may develop on her face are called:
A. milia
B. fontanel
C. lanugo
D. vernix caseosa
21. According to the U.S. National Library of Medicine the best treatment and prevention for diaper rash is:
A. using cloth diapers
B. using warm water instead of wipes
C. keeping the area clean and dry
22. Jaundice, a common condition, comes from the normal breakdown of red blood cells, and can sometimes cause a baby to look yellowish.
True or false?
23. Colic begins within the first three weeks of life and rarely lasts longer than three months.
True or false?
24. How can parents encourage sleep consistency?
A. routines
B. rituals
C. regular feeding on demand
D. a, b, and c
E. not possible for a newborn
25. The grasp reflex usually disappears by:
A. 1 week
B. 4 weeks
C. 6 months
D. 2 weeks
26. Which one of the following is true about perinatal mood disorders?
A. family history of mental illness puts a woman at risk
B. women under 20 years old cannot get one
C. women cannot get it again if they did previously
27. Colic (excessive crying) is caused by:
A. acid reflux
B. excessive stools
C. overstimulation
D. unknown
28. It is recommended that babies sleep on their backs. What can a parent do to prevent the baby from startling itself?
A. swaddle tightly
B. elevate baby's head
C. use a side sleeper
29. Most babies begin to crawl around
A. 3 months
B. 6 months
C. 12 months
30. The baby can see right after birth.
True or false?
31. The bloody flow after birth:
A. menses
B. lochia
C. hyperemia
D. fundus
32. Mother and baby are like one system, often referred to as a dyad; therefore, if a mother is depressed, the infant is affected as well.
True or false?
33. Which of the following could increase a woman's risk of getting a perinatal mood disorder?
A. financial or relationship difficulties
B. previous history of mental illness
C. lack of support
D. difficult birth
E. all of the above
34. On average, about how many hours a day does a newborn sleep?
A. 16-18 hours
B. 10-12 hours
C. 8-10 hours
35. The black, sticky tar-like stool a baby passes:
A. milia
B. meconium
C. lochia
36. The soft spot on a baby's head that allows for her to squeeze through the birth canal:
A. lanugo
B. fundus
C. fontanel
37. Many women experience night sweats after birth.
True or false?
38. Newborns acquire the skill of imitation in the first months of life.
True or false?
39. Tummy time helps babies develop neck and shoulder muscle strength they will need to:
A. sit-up
B. roll over
C. crawl
D. b and c only
E. all of the above
40. The fine hair a newborn has at birth:
A. fontanel
B. vernix
C. lanugo

QUESTIONS



B.R.A.I.N.S.

Answers on page 12

- Cesarean section has many risks, but can save lives in some instances. Risks include:
 - increased risk of diabetes for baby
 - risk of maternal infection
 - respiratory complications for baby
 - all of the above
- Cervical exams are often routinely done starting at 37 weeks. The reason for them is to:
 - check for infection
 - check for cervix dilation
 - see if mucous plug is still in the cervix
- The approximate number of U.S. women who utilize the epidural as a form of pain relief during labor is:
 - over 50%
 - 25%
 - under 40%
- A newborn is at greater risk of infection from group B strep (GBS) if Mom goes into labor at less than 37 weeks.

True or false?
- There is not sufficient evidence to support the routine use of IV fluids while denying women drinking fluids orally.

True or false?
- There is a small risk of miscarriage when a woman gets an amniocentesis, usually done between 14 and 20 weeks.

True or false?
- A possible side effect of an epidural is a sudden drop in blood pressure.

True or false?
- Episiotomy (cut between the vagina and anus) is not recommended for routine use by American College of Obstetricians and Gynecologists (ACOG), and can cause painful sex later on.

True or false?
- A non-stress test (NST) measures the unborn baby's heart rate in response to its own movement, and may be ordered if:
 - mother's due date has passed
 - there is decreased movement of baby
 - a problem is suspected
 - all of the above
- Frequent vaginal exams in labor increase risk for newborn to develop neonatal sepsis, requiring antibiotics and a longer hospital stay.

True or false?
- Continuous electronic fetal monitor (EFM) is standard practice in most U.S. hospitals, even though the best available evidence overwhelmingly supports utilizing a hand held device periodically.

True or false?
- The biophysical profile test (BPP), which uses a non-stress test combined with ultrasound, is done in the first trimester if a mother is at risk or suspects fetal problems.

True or false?
- Suctioning a baby after birth can interfere with breastfeeding.

True or false?
- Eye ointment given to babies after birth, unless parents request otherwise, is 100% effective in treating ophthalmia neonatorum (type of pink eye baby can get if Mom has gonorrhea or chlamydia).

True or false?
- This procedure is when the amniotic sac is stripped from the uterus where it meets the cervix.
 - amniotomy
 - sweeping membranes
 - induction
- Chorionic villus sampling (CVS), done to diagnose some birth defects, has no risk of miscarriage.

True or false?
- The triple test has many other names including AFP and triple screen. It is recommended for high-risk factors such as family history of birth defects. This test is known to have a high rate of false positive.

True or false?
- When the umbilical cord is clamped after it stops pulsating, the baby receives an increased amount of:
 - iron
 - oxygen
 - water
- This procedure is done using a tool that looks like a crochet hook, and can increase the chance of infection and cord prolapse.
 - pelvic exam
 - amniotomy (breaking water)
 - sweeping membranes
- Intravenous fluids given to the mother during labor can artificially increase the weight of the baby at birth.

True or false?
- The ultrasound produces high frequency sound waves to create a picture.

True or false?
- When a woman is induced using Pitocin (artificial oxytocin), her risk of cesarean section is higher depending on the timing, whether she is obese, has had a baby before, and if the cervix is ripe and ready.

True or false?
- A baby's natural moisturizer, vernix caseosa, is removed during bathing almost immediately after birth in many hospitals, unless parents request otherwise.

True or false?
- By drawing blood from the umbilical cord, cordocentesis tests for abnormalities. There is a risk of miscarriage when taking this test.

True or false?
- Infant stress hormone levels rise when mother and baby are separated after birth.

True or false?

26. Urine is collected throughout a woman's pregnancy to check for infections, high blood pressure and diabetes.
True or false?
27. The American College of Obstetricians and Gynecologists (ACOG) does not recommend "keepsake" types of which test?
A. ultrasound
B. amniocentesis
C. biophysical profile (BPP)
28. The test that draws blood from the baby's heel 24 hours after birth to test for a rare metabolic disorder is called:
A. PKU
B. CVS
C. triple test
29. Which test screens for specific bacteria that may be passed on to the newborn?
A. glucose screening
B. group B strep screening
C. chorionic villus sampling (CVS)
30. Ultrasounds done later in pregnancy may over/under predict weight of baby by 10% or more.
True or false?
31. Vitamin K shots are routinely given to infants for infection protection.
True or false?
32. Which of the following reasons for induction is not based on the best available evidence?
A. prelabor rupture of membranes (water breaks) after 37 weeks
B. suspected big baby (macrosomia)
C. mild high blood pressure at full term
33. Studies have shown that when the umbilical cord is clamped immediately, instead of waiting until it stops pulsating, the baby has a lower blood volume.
True or false?
34. Treatment for gestational diabetes drastically lowers the chance of having a big baby and shoulder dystocia (shoulders fail to deliver after head).
True or false?
35. Epidural anesthesia may have which of the following possible side effects?
A. headache
B. backache
C. breastfeeding problems
D. all of the above
36. Sweeping membranes, often done to induce labor, can cause irregular contractions and bleeding.
True or false?
37. Induction before 39 weeks with no medical reason (elective) increases risks for babies including breathing problems, admission to the neonatal intensive care unit (NICU) and infection.
True or false?
38. The long term effects of fetal ultrasound are not fully known.
True or false?
39. Women whose labor is induced are more likely to ask for epidural pain relief.
True or false?
40. Induction agents can cause uterine hyper stimulation, which in turn can cause fetal distress.
True or false?

QUESTIONS



Breastfeeding

Answers on page 12

1. It is recommended that breastfeeding mothers avoid certain foods before they begin breastfeeding.
True or false?
2. Women with breast implants cannot breastfeed.
True or false?
3. It is okay to give baby water in between feedings.
True or false?
4. The more a baby suckles the more milk a mother produces.
True or false?
5. When mothers are taking medication they must stop breastfeeding.
True or false?
6. Each time a baby cries, this indicates that it is time to breastfeed.
True or false?
7. Women with breast reduction cannot breastfeed.
True or false?
8. It is important that baby feed from each breast at each feed.
True or false?
9. Breastfeeding reduces the baby's risk of developing obesity.
True or false?
10. The worldwide weaning age is 1 years old.
True or false?
11. A baby can smell the difference between its mother's milk and another mother's milk.
True or false?
12. A breastfed baby should eat:
A. every 4 hours
B. 4 times per day
C. about 8-12 feeds in 24 hours
13. One cause of engorgement (severe pain and swelling) of the breasts is not feeding early and often enough. What might help symptoms?
A. massage
B. cold pack
C. heat
D. all of the above
14. When a mother breastfeeds she reduces her risk for breast and ovarian cancers.
True or false?
15. Which of the following is the best treatment for sore nipples?
A. coconut oil
B. lanolin
C. vitamin E
D. breastmilk
16. What is most likely to be causing sore nipples for a new mother?
A. tight bra
B. baby nursing too often
C. improper latch
D. strong baby

17. Exclusive breastfeeding is recommended by the American Academy of Pediatrics (AAP) for:
 A. 6 weeks
 B. 3 months
 C. 6 months
18. Breastfeeding is an art and a skill that mother and baby learn together.
 True or false?
19. The first milk, called _____, is first produced about halfway through the pregnancy.
 A. hind milk
 B. colostrum
 C. mature milk
20. The best treatment for the sucking blister on baby's lips is:
 A. lanolin
 B. do nothing
 C. have doctor pop it
21. Breastmilk contains _____, which help protect baby from childhood illnesses such as diarrhea and pneumonia.
 A. protein
 B. antibodies
 C. bacteria
22. After mother's milk comes in, on the third or fourth day after birth, the baby should make about how many wet diapers in a 24 hour period?
 A. 5-6
 B. 1-2
 C. 10-12
23. The love hormone _____, released during lovemaking and unmedicated labor, is also released during breastfeeding.
 A. oxytocin
 B. pitocin
 C. prolactin
24. The darkened area around the nipple that the baby must latch to while breastfeeding is called:
 A. fundus
 B. areola
 C. striae
25. Why is it recommended that newborn babies who are breastfeeding not use a pacifier in the early days and weeks after birth?
 A. interference with milk supply
 B. interference with learning to suckle at the breast
 C. a and b
26. When a mother breastfeeds she returns to her pre-pregnancy weight faster.
 True or false?
27. Breastfeeding gives babies some protection to certain illnesses the mother has developed immunity to.
 True or false?
28. Breastfeeding has which of the following benefits?
 A. reduces mother's risk of developing breast cancer
 B. reduces baby's risk of juvenile diabetes
 C. helps uterus shrink back to normal
 D. all of the above
29. The word used for the breasts making milk is:
 A. gestation
 B. lactation
 C. dilation
30. One way to tell if baby is getting enough breastmilk is to listen for the baby's swallows.
 True or false?
31. Epidural anesthesia can negatively affect breastfeeding
 True or false?
32. The number one indicator for successful breastfeeding is:
 A. mother's desire
 B. nursing within the first hour of life
 C. support from those closest to her (i.e. husband, partner, mother)
33. Babies who are not breastfed require more doctor visits
 True or false?
34. Breastfeeding in public is illegal in some states.
 True or false?
35. LLL, a breastfeeding support group, stands for:
 A. Lactation Leaders League
 B. La Leche League
 C. Love a Lactating Lady
36. Nipple shield use in breastfeeding may result in a decreased milk supply, and should be used with caution.
 True or false?
37. According to the World Health Organization, 800,000 lives could be saved and 300 billion U.S. dollars, by breastfeeding.
 True or false?
38. According to the CDC's 2018 "Breastfeeding Report card," the percentage of women in the United States that are still breastfeeding any amount at 6 months is:
 A. 16%
 B. 57.6%
 C. 65%
39. Breastfeeding babies have fewer respiratory infections.
 True or false?
40. The larger the breasts, the more milk a mother makes.
 True or false?



Doula Facts

- Doulas are trained professionals who provide non-medical support to new and expectant families.
- The word doula comes from the Greek meaning of service. It was used in a book written in the 70's, in which the author, Dana Rafael, stressed the importance of mother to mother support for breastfeeding.
- With the support of a doula during labor women are less likely to request pain medication.
- Studies have shown that with the continuous support of a birth doula women were significantly more likely to have a spontaneous vaginal birth.
- Studies have shown that with the continuous support of a birth doula women were significantly less likely to be dissatisfied with the birth experience.
- Birth and postpartum doulas provide information on breastfeeding and are trained to lend a hand for early challenges that may arise.
- Studies have shown that with continuous support of a birth doula women experienced a significant decrease in the risk of cesarean section.
- Studies have shown that with the continuous support of a birth doula women experienced a significant decrease in the use of Pitocin (artificial hormone used to induce labor).
- Studies have shown that with the continuous support of a birth doula women experienced a decrease in the risk of newborns being admitted to a special care nursery.
- The postpartum doula focuses her care on the mother so the mother can then focus her care on her baby.
- Studies have shown that with support for families from a professional such as a postpartum doula there is a lower incidence of postpartum depression, and increased success with breastfeeding.
- The postpartum doula teaches the new mother and father about basic baby care and can guide them with various non-medical decisions.
- Doula training varies among organizations but typically there are class hours required in addition to reading, researching, working with families, and sometimes a written exam.
- Postpartum doulas provide emotional support and play a vital role in building confidence in the new mother's and father's ability to care for their infant.
- As families have spread apart, postpartum doulas have taken the place of mothers, sisters and women in the community who are not physically available to support the new family.

ANSWERS



Conception & Pregnancy

1. C. a and b
2. A. embryo
3. E. all of the above
4. true
5. B. ripe egg leaves ovary
6. D. male sperm fertilizes an egg
7. B. swimming
8. true
9. C. 2nd month
10. true
11. C. placenta
12. C. 24 hours
13. true
14. true
15. A. protein
16. A. dark, green, leafy vegetables and white beans
17. A. implantation
18. true
19. true
20. false
21. A. period cramps and low dull backache
22. true
23. true
24. B. pre-eclampsia
25. A. fallopian tube
26. A. anemia
27. true
28. true
29. A. striae gravidarum
30. true
31. A. edema
32. B. cervix
33. B. placenta
34. B. labia
35. A. salmon and almonds
36. A. informed consent
37. B. a grapefruit
38. B. vernix caseosa
39. B. mucous plug
40. A. fundus



Labor & Birth

1. B. transverse
2. C. cord prolapse
3. B. placental abruption
4. A. induction
5. false
6. B. breech
7. B. effacement
8. B. oxytocin
9. false
10. C. perineum
11. C. back lying
12. D. a and c
13. C. labor begins on its own at full term
14. B. Braxton Hicks
15. B. big baby
16. A. placenta previa
17. true
18. true
19. D. all of the above
20. true
21. A. oxygen
22. true
23. A. take a bath
24. B. aromatherapy
25. A. thinning of the cervix
26. false
27. false
28. C. natural childbirth
29. false
30. D. all of the above
31. C. walk, move and change positions
32. true
33. true
34. true
35. A. peak
36. A. asthma and Type 1 diabetes
37. B. prodromal
38. B. cervix
39. B. crowning
40. true



Birth Environments

1. A. CNM—certified nurse midwife
2. true
3. true
4. C. medication to speed up labor
5. false
6. true
7. true
8. false
9. true
10. true
11. A. mother gives birth
12. false
13. true
14. B. induction agents
15. true
16. A. birth is a normal physiological process
17. B. not recommended by WHO
18. false
19. true
20. true
21. false
22. false
23. C. 1960s
24. A. midwives
25. true
26. true
27. true
28. false
29. true
30. C. either a or b
31. A. at home
32. false
33. B. failure to progress
34. true
35. B. with woman
36. A. medical and surgical care of the female reproductive system
37. D. no one right answer
38. D. all of the above
39. true
40. C. woman centered

ANSWERS



Postpartum Period

1. D. all of the above
2. false
3. true
4. true
5. true
6. B. babies' well-being
7. C. 6 weeks
8. C. focused on what she sees and hears
9. true
10. C. undeveloped tear duct system
11. D. all of the above
12. true
13. false
14. C. human faces
15. true
16. false
17. B. immature circulation
18. D. unknown
19. true
20. A. milia
21. C. keeping the area clean and dry
22. true
23. true
24. D. a,b,and c
25. C. 6 months
26. A. family history of mental illness puts a woman at risk
27. D. unknown
28. A. swaddle tightly
29. B. 6 months
30. true
31. B. lochia
32. true
33. E. all of the above
34. A. 16-18 hours
35. B. meconium
36. C. fontanel
37. true
38. true
39. E. all of the above
40. C. lanugo



B.R.A.I.N.S.

1. D. all of the above
2. B. check for cervix dilation
3. A. over 50%
4. true
5. true
6. true
7. true
8. true
9. D. all of the above
10. true
11. true
12. false
13. true
14. false
15. B. sweeping membranes
16. false
17. true
18. A. iron
19. B. amniotomy (breaking water)
20. true
21. true
22. true
23. true
24. true
25. true
26. true
27. A. ultrasound
28. A. PKU
29. B. group B strep screening
30. true
31. false
32. B. suspected big baby (macrosomia)
33. true
34. true
35. D. all of the above
36. true
37. true
38. true
39. true
40. true



Breastfeeding

1. false
2. false
3. false
4. true
5. false
6. false
7. false
8. false
9. true
10. false
11. true
12. C. about 8-12 feeds in 24 hours
13. D. all of the above
14. true
15. D. breastmilk
16. C. improper latch
17. C. 6 months
18. true
19. B. colostrum
20. B. do nothing
21. B. antibodies
22. A. 5-6
23. A. oxytocin
24. B. areola
25. C. a and b
26. true
27. true
28. A. all of the above
29. B. lactation
30. true
31. true
32. C. support from those closest to her
33. true
34. false
35. B. La Leche League
36. true
37. true
38. B. 57.6%
39. true
40. false