1. Per Baby Friendly principles, no free samples of infant formula will be given to patients.  
   a. True  
   b. False

2. A mother who states she will both breast and bottle feed at home should be  
   a. Allowed to sleep at night and let her husband give the baby a formula bottle  
   b. Allowed to sleep at night and let the baby have a bottle of donor milk  
   c. **Educated on the importance of frequent breast stimulation**  
   d. Educated on the importance of needing rest to establish her milk supply

3. Mothers should initiate breastfeeding within 4 hours of birth.  
   a. True  
   b. False

4. What water needs to be used to mix powered formula?  
   a. Water directly from the tap.  
   b. **Hot water that is at least 158 degrees or above.**  
   c. Room temperature water.  
   d. Bottled water

5. The number to contact for lactation assistance is 719-571-3018.  
   a. True  
   b. False
6. Which of the following statements is part of the Ten Steps to Successful Breastfeeding?
   a. Giving infants no food or drink other than breast milk, unless medically indicated.
   b. Have a written breastfeeding policy that is routinely communicated to all health care staff.
   c. Provide mom with a pacifier.
   d. Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
   e. Training all health care staff in the skills necessary to implement this policy.

   Answers:
   a. A, B, & C  
   b. A, B, D, & E  
   c. C, D & E  
   d. All the above

7. Why is SFMC striving to achieve the Baby Friendly status?
   a. It is a global initiative to promote infant health through breastfeeding.
   b. It is part of receiving the Magnet Status.
   c. It is part of Centura’s Standard of Care.

8. If a breastfeeding mother is admitted to one of our Centura facilities, where would you go to get a breast pump?
   a. At Penrose Hospital, call the courier to have a pump delivered. At SFMC, call the lactation department.
   b. At Penrose Hospital, call the house supervisor. At SFMC, call the Mom/Baby charge nurse.
   c. At Penrose Hospital, call Supply Chain during the day, but after 8pm, call the house supervisor. At SFMC, 5th floor has their own pump, for the rest of the hospital; contact the lactation department or the Mom/Baby charge nurse.

9. The reason we heat water to 158 degrees or greater for formula preparation is to kill bacteria in the water.
   a. True  
   b. False