

Name: _____

Date: _____

Baby Friendly Initiative Information

1. World Health organization (abbreviation) **A. Flora**
2. BFI _____,promotes, supports, breastfeeding **B. WHO**
3. Skin-to-skin keeps baby_____ **C. Families**
4. Decreased risk of some diseases is a_____of breastfeeding **D. Supply**
5. A Canadian safe sleep recommendation is _____ **E. Mattress**
6. More areola visible on top than bottom indicates an _____latch **F. Exclusively**
7. Hand expression is better for expressing _____ **G. Observe**
8. Hand expression can increase milk_____ **H. Overheating**
9. Warm compresses and _____help prepare breasts for hand expression **I. Cues**
10. Preferred method for offering a supplement is_____ **J. AFASS**
11. Displaying or advertising formula undermines a mothers____to BF. **K. Breastfeeding**
12. The WHO code protects commercial pressure for **L. Protects**
13. A safe environment includes a firm_____ **M. Pillows**
14. No soft bedding like bumper pads, quilts, comforters or _____in a crib **N. Confidence**
15. Mothers need to pump at least _____times in 24 hours **O. Warm**
16. Acceptable,Affordable, Feasible, Sustainable,and Safe. (acronym) **P. Massage**
17. Skin to skin should last at least an_____ **Q. Cupfeed**
18. Global recommendations is breastfeed_____for 6 months **R. Nipple**
19. Baby's nose should be pointed toward the mothers _____ **S. Comfort**
20. Baby needs a wide open mouth to _____well to the breast **T. Benefit**
21. An effective latch is important to ensure adequate _____ transfer **U. Asymmetrical**

22. Baby led feeding means assessing baby's hunger_____

V. Hour

23. It is appropriate to offer the breast to____a crying baby

W. Colostrum

24. To assess an effective feed one needs to _____the entire feed

X. Eight

25. Swaddling a baby to tight causes_____

Y. Latch

26. Avoid giving supplements as the destroy natural gut ____

Z. Milk