

## Infant Care

1. You should let a baby cry himself or herself to sleep.
  - a. True
  - b. False
2. To prevent strangulation, the crib railings should have no more than (\_\_\_\_\_) inches of space between railings.
  - a. 1 ½ inches
  - b. 2 3/8 inches
  - c. 4 3/4 inches
  - d. 6 inches
3. In what position is should a baby be placed to sleep?
  - a. On his tummy
  - b. On his back
  - c. On his side
  - d. Position does not matter
4. An infant only needs breast milk or formula the first few months of life – no water or juice.
  - a. True
  - b. False
5. Why is breast feeding the best nourishment for infants?
  - a. Breast milk contains antibodies from the mother to help fight infection.
  - b. Breast milk is easier for babies to digest.
  - c. Breast milk is bacteria-free.
  - d. All the above
6. Infants should not have regular cows milk until there are at least one year of age.
  - a. True
  - b. False
7. It is okay to warm bottles in the microwave, as long as you shake the bottle.
  - a. True
  - b. False
8. A baby should have at least six to eight wet diapers each day.
  - a. True
  - b. False
9. Picking up an infant by the arms can cause injury.
  - a. True
  - b. False
10. You should always comfort a crying infant and try to find out what is wrong with him or her.
  - a. True
  - b. False

**Infant Care  
ANSWER SHEET**

1. You should let a baby cry himself or herself to sleep.  
a. True      **b. False \*\***
  
2. To prevent strangulation, the crib railings should have no more than (\_\_\_\_\_) inches of space between railings.  
a. 1 ½ inches  
**b. 2 3/8 inches\*\***  
c. 4 3/4 inches  
d. 6 inches
  
3. In what position is should a baby be placed to sleep?  
a. On his tummy  
**b. On his back\*\***  
c. On his side  
d. Position does not matter
  
4. An infant only needs breast milk or formula the first few months of life – no water or juice.  
**a. True \*\***      b. False
  
5. Why is breast feeding the best nourishment for infants?  
a. Breast milk contains antibodies from the mother to help fight infection.  
b. Breast milk is easier for babies to digest.  
c. Breast milk is bacteria-free.  
**d. All the above**
  
6. Infants should not have regular cows milk until there are at least one year of age.  
**a. True \*\***      b. False
  
7. It is okay to warm bottles in the microwave, as long as you shake the bottle.  
a. True      **b. False \*\***
  
8. A baby should have at least six to eight wet diapers each day.  
**a. True \*\***      b. False
  
9. Picking up an infant by the arms can cause injury.  
**a. True \*\***      b. False
  
10. You should always comfort a crying infant and try to find out what is wrong with him or her.  
**a. True \*\***      b. False

## Training Evaluation

Why did you attend this training session?

List three things you learned during this training.

What did you enjoy most about the training?

What did you enjoy least about the training?

Because of what you learned during this training, what is one thing you will do to improve your ECCE program?

Please include any comments or ideas that you think would make this training more effective.

Are there any subjects that you would like to learn more about?

