

## Breastfeeding Competency Written Test

1 - 5. List 5 benefits of breastfeeding to mother and/or newborn.

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6 - 7. Identify at least 2 community breastfeeding support sources.

8 - 9. Describe 2 signs and symptoms of plugged duct/mastitis.

10 - 11. Describe 2 signs and symptoms of yeast infection of the breast.

12 - 13. List 2 factors that contribute to sore nipples for the mother.

14 - 16. List 3 s/s letdown.

17 - 19. List 3 nursing interventions to treat engorgement.

20 - 22. List 3 nursing interventions to treat nipple pain.

23 - 25. List 3 nursing interventions to treat plugged ducts or mastitis.

**26 - 28.** List 3 signs of effective latch.

29 - 31. List 3 characteristics of effective suck/swallow pattern.

**32 - 35.** List 4 feeding readiness or early hunger cues.

36 - 38. List 3 signs and symptoms of newborn satiety.

39. Describe normal newborn feeding frequency during the first few weeks of breastfeeding.

40. Identify when the first growth spurt usually occurs.

41. Describe how a growth spurt affects the baby's feeding pattern.

**42 - 44.** List 3 signs and symptoms of dehydration in newborn.

**45.** Identify adequate weight gain for a newborn.

