

## Post-Test for Training #2

*The results from this test will help us determine what you learned from today's training. Please answer each question as best as you can. Your answers will be anonymous.*

1. A newborn infant's sleep cycle is about how many minutes long?
  - a. 30 minutes
  - b. 60 minutes
  - c. 90 minutes
  - d. 120 minutes
2. How many times will the average 2-month-old infant wake up at night?
  - a. None, they should be able to sleep through the night
  - b. 1-2 times
  - c. 2-3 times
  - d. 3 or more times
3. A baby who is asleep and is not dreaming or showing any movement is said to be in which state:
  - a. Quiet Sleep which is good for complete rest
  - b. Active Sleep which is good for complete rest
  - c. Quiet Sleep which is important for stimulating brain development
  - d. Active Sleep which is important for stimulating brain development
4. A 4-month-old infant will have sleep cycles which:
  - a. Have equal time in active and quiet sleep
  - b. Start with quiet sleep
  - c. Start with active sleep
  - d. Are 30 minutes long
5. One benefit of active sleep for the infant is:
  - a. It provides rest for the brain
  - b. It helps fight infection
  - c. It stimulates brain development
  - d. It helps infants grow taller
6. A formula-feeding mom who wants to promote active sleep in her baby can:
  - a. Give the baby a pacifier and lay him on his back to sleep
  - b. Read the baby a book before he goes to bed
  - c. Place the crib in a dark environment without noise and distractions
  - d. Rub the baby's back every 1-2 hours
7. A 3-week-old baby becomes fussy, arches her back, and stiffens her hands and legs 10-15 minutes after nearly all feedings. What is the most likely reason this baby is crying?
  - a. She is still hungry
  - b. She is having a bowel movement
  - c. She wants to be near her mother
8. What is the best way for caregivers to calm their crying babies (that have been fed)?
  - a. Speak softly over and over or repeat the same soothing movement over and over until the baby calms down.
  - b. Try about 10 different soothing movements or sounds until the baby calms down.
  - c. Bounce the baby vigorously until she calms down.
  - d. Shush the baby loudly very close to her ear.
9. At what age do babies cry the most?
  - a. Newborn
  - b. 3-weeks old
  - c. 6-weeks old
  - d. 12-weeks old

## Training #1 Evaluation

1. On a scale of 1-10 with 10 being the highest, how would you rank today's training?

1      2      3      4      5      6      7      8      9      10

2. What was the most useful thing you learned today?

3. What information was new to you?

4. How can we make this training better?

5. What topics do you want to know more about?

THANK YOU!!!!



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