



Quiz

Post Partum Self Learning Module

Secrets of Baby Behavior

Date: _____

After reading through the booklet, please answer the following questions:

1. True or False: Waking up and dreaming are healthy for young babies. (Circle one)
 - a) True
 - b) False
2. True or False: Babies wake up at night **only** when they are hungry. (Circle one)
 - a) True
 - b) False
3. Babies can tell moms what they need by: (Circle one)
 - a) Crying every time they need something.
 - b) Using their bodies and noises.
 - c) Always looking at what they need.
4. Babies tell parents they **need a break** or **something different** by: (Circle one)
 - a) Smiling at them.
 - b) Reaching toward them.
 - c) Looking away.
5. True or False: Starting cereal will help your baby sleep longer. (Circle one)
 - a) True
 - b) False
6. What is **one thing** you learned from this reading that you will go home and share with a friend or family member?
7. What is **one thing** you will do differently with your baby based on what you learned from this reading?

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