

## Post-Test for Training #1

*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. Studies show that some mothers overfeed their babies because they feel that:
  - a. The baby will stay awake longer in the day
  - b. The baby will sleep better at night
  - c. Overfeeding will make the baby smarter
  - d. Overfeeding will help fight infections
2. Parents who don't believe there is a solution to a stressful problem will:
  - a. Go to WIC and ask questions to find a solution
  - b. Forget about it
  - c. Try to calm themselves down
  - d. Go to their doctor and ask questions
3. The infant state that is associated with jerking motions, color changes, muscle tension and rapid breathing is:
  - a. Active alert
  - b. Quiet alert
  - c. Active asleep
  - d. Crying
4. For young infants, the state that requires the most effort to control is:
  - a. Active alert
  - b. Quiet alert
  - c. Crying
  - d. Active sleep
5. True or False: A good way to sooth a crying infant is to sing a song in a calm voice several times
  - a. True
  - b. False
6. An example of a subtle "engagement cue" is:
  - a. Faster breathing
  - b. Extended fingers with a stiff hand
  - c. Raised head
  - d. Eyes glazed
7. A baby who turns and arches away several times is showing which type of cue:
  - a. Disengagement
  - b. Engagement
  - c. Negative
  - d. Positive
8. A parent has determined that her recently-fed infant is displaying engagement cues, the best way for this parent to respond is to:
  - a. Feed the baby
  - b. Interact and play with the baby
  - c. Put the baby down for a nap
  - d. Leave the baby alone
9. A mom notices her infant turning away so she lets the baby take a break from their interaction, this is an example of:
  - a. A mom responding in a good way to an engagement cue
  - b. A mom responding in a good way to a disengagement cue
  - c. A mom responding incorrectly to an engagement cue
  - d. A mom responding incorrectly to a disengagement cue

10. Is a baby full or hungry if she (circle the answer for each cue):
- |                             |      |        |
|-----------------------------|------|--------|
| a. Stops sucking            | Full | Hungry |
| b. Has flexed arms and legs | Full | Hungry |
| c. Is breathing fast        | Full | Hungry |
| d. Pushes away              | Full | Hungry |
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## 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?



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