

Post-Test for Training #3

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 indicated that caregivers most want advice from WIC staff who are:
 - a. Calm, confident, and knowledgeable
 - b. Calm, comfortable, and experienced
 - c. Experienced, qualified, and creative
 - d. Experienced, educated, and creative
2. In order to best be able to help a caregiver with a problem, you must:
 - a. Have had a similar experience
 - b. Ask questions until you (and the caregiver) have a clear picture of the problem
 - c. Tell them what to do so that they don't make a mistake
 - d. Have a lot of time to talk about all of the challenges they face
3. As the first step in a good caregiver/infant interaction, the caregiver should:
 - a. Talk to the infant
 - b. Look at the infant
 - c. Hold the infant
 - d. Respond to the infant
4. A caregiver who is not able to recognize his/her infant's cues will:
 - a. Not pay attention to the baby
 - b. Wait a long time before responding to the baby
 - c. Always have positive interactions with their infants
 - d. Feel frustrated about the baby's behavior
5. True or False: Babies in quiet alert get tired because they are working hard to concentrate.
 - a. True
 - b. False
6. If a baby who is bottle-feeding turns away from the caregiver, the best response is to:
 - a. Keep the bottle in the baby's mouth until the bottle is empty
 - b. Stop the feed
 - c. Change the baby's diaper and continue the feed
 - d. Offer solid food to the baby
7. A baby who raises his eyebrows is showing which type of cue:
 - a. Disengagement
 - b. Engagement
 - c. Negative
 - d. Positive
8. You should ask about causes of excessive waking if a caregiver reports that her 2-month-old baby wakes up more than:
 - a. Once per night
 - b. Twice per night
 - c. Three times per night
 - d. None of the above

Please turn this page over to complete the remaining questions

9. True or False: Physical activity is as important for babies less than 6 months old as it is for older children.
 - a. True
 - b. False

10. Which of the following counts as exercise for a newborn baby:
 - a. Sitting in a car seat
 - b. Laying on a blanket with arms and legs free
 - c. Sitting in an infant swing
 - d. None of the above

11. How old are babies when their sleep cycles start in quiet sleep?
 - a. 1 month
 - b. 2 months
 - c. 4 months
 - d. 6 months

12. When talking to parents about infants waking at night, it is best to remind them:
 - a. That limited waking is healthy for younger babies
 - b. Babies will sleep through the night by the time they are 4 months old
 - c. Solid foods help babies to sleep longer
 - d. Babies need to wake up at night to feed until they are a year old

13. On average, a six-week-old baby will cry for a total of:
 - a. 1 hour per day
 - b. 2-3 hours per day
 - c. 4 hours per day
 - d. 5-6 hours per day

14. "Problem crying" (crying that lasts for many hours for days or weeks) is likely to be caused by:
 - a. The infant's need for attention
 - b. Infant hunger
 - c. Infant illness or immaturity
 - d. All of the above

15. An effective way to teach caregivers how to interact with their infants is to:
 - a. Model the correct way to interact with the infants
 - b. Tell the caregivers about research studies
 - c. Show pictures of other infants and have the caregivers practice identifying cues
 - d. Give caregivers a lecture about infant cues

16. Caregivers who don't see solutions to stressful situations may:
 - a. Get angry
 - b. Be defensive
 - c. Stop listening
 - d. All of the above

Training #2 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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