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?