Quiz
Prenatal Self Learning Module
Understanding Your Baby:
Infant Behavior

Date: ___________________

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

1. True or False: Young babies need to dream and wake-up at night to be healthy. (Circle one)
   a) True
   b) False

2. True or False: Babies wake-up less during the night as they get older. (Circle one)
   a) True
   b) False

3. True or False: Babies can use their bodies and noises to tell their parents they need a break.
   (Circle one)
   a. True
   b. False

4. What is the first thing parents should do when their babies cry? (Circle one)
   a. Feed their babies.
   b. Look for their babies “cues” to see what the baby needs.
   c. Put their babies down for a nap.

5. True or False: I am confident that I will be able to tell what my baby needs. (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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