

How did you do ?

Answers

1. A=1 B=3 C=2
2. A=3 B=1 C=2
3. A=1 B=2 C=3
4. A=2 B=1 C=3
5. A=2 B=1 C=3
6. A=1 B=3 C=2
7. A=3 B=2 C=1
8. A=3 B=1 C=2
9. A=1 B=2 C=3
10. A=1 B=3 C=2

10 – 15

Like many your breastfeeding support needs work!

16 – 24

You're well on your way to be a great breastfeeding supporter.

25 – 30

Congratulations! Thanks for your excellent support for breastfeeding mothers.

La Leche League offers information and support to women who want to breastfeed their babies.

Find a local leader and group at: www.la lecheleague.org.nz

This quiz was created as part of **World Breastfeeding Week** 2008 by **Women's Health Action**. www.womens-health.org.nz

How supportive are you towards breastfeeding mothers?



Take our Quick Quiz Now!

www.womens-health.org.nz



How supportive are you towards breastfeeding mothers?

If breastfeeding was a natural part of our everyday life, mothers would be breastfeeding as a matter of course unless there was a medical reason not to. Everyone in society can play a part in helping support mothers to breastfeed. Take the quiz below and see how supportive you are.

1. When you see a mother breastfeeding in the mall, you:

- A. Look away embarrassed.
- B. Take no notice or give a casual smile.
- C. Go up to her and tell her she is doing a great job.

2. You are in a restaurant having a meal with a mother, admiring her baby and talking to her across the table, when she starts breastfeeding, you:

- A. Take no notice, maintain eye contact and keep talking with the mother.
- B. Don't know where to look and divert eye contact away from the mother.
- C. Get distracted and look down at the baby breastfeeding.

3. You see a toddler (under two years old) walk up to her mother and breastfeed, you:

- A. Say "Isn't she too old to breastfeed?"
- B. Say "It is great to see you are breastfeeding an older child."
- C. Make no comment.

4. You are in a conversation with a pregnant woman about breastfeeding, you:

- A. Say "I hope you are going to breastfeed, you know it's best for baby."
- B. Ask, "Are you going to breastfeed or bottle feed?"
- C. Ask "Do you know what breastfeeding support groups are in your area?"

5. A close family member (e.g. daughter) is breastfeeding her four week old son, you:

- A. Decline babysitting as you believe it is best for mother and baby to always be together.
- B. Offer to look after him over night to give her a rest.
- C. Ask the mother what she would like you to do to help and give her a couple of options such as, taking him for a walk or cooking a meal.

6. A member of your household (e.g. partner) is breastfeeding her daughter, when the baby cries after a feed, you:

- A. Offer to buy formula from the supermarket.
- B. Take the baby, console her, then return her to the mum for more breastfeeding.
- C. Leave the mother with the crying baby as you don't have the 'necessary equipment'.

7. A mother tells you she doesn't have enough milk, you:

- A. Ask her why she thinks that and put her in touch with La Leche League.
- B. Tell her "That's nonsense as every mother has enough milk to feed her baby and some mothers can even feed twins!"
- C. Help her choose a suitable formula.

8. A mother breastfeeds her baby by unbuttoning her blouse from the top down, you:

- A. Ask "Would you like a glass of water."
- B. Say "Don't expose your breasts around here."
- C. Say "Don't get me wrong I support breastfeeding but shouldn't you lift your top up and breastfeed discreetly?"

9. At your place of work a work mate goes off for a breastfeeding break with her breast pump, you:

- A. Make mooing sounds.
- B. Say to other work mates, "Isn't she great, expressing milk for her baby?"
- C. Ask if there is anything you can do to help while she takes the break.

10. You have been invited to a baby shower, you:

- A. Buy a selection of bottles and teats as a gift.
- B. Ask the mother what she would like and buy for her.
- C. Buy nipple cream for a gift.

Please continue to the next page and tally up your score...