

Level 2 Breastfeeding – Level 2

The Basics

Level 2	All CPA’s must complete
Type	Paper or webinar
Completion time	Paper 6-9 hours In-person 3 days
Complete	Within 6 months of hire
Certifiers Guide	Lesson 4-22
Posttest	Online – Workday Learning Oregon
Completion	Form



Course Objectives

Level 2 Breastfeeding is available as either a written module or as a webinar training. Both options focus on using participant centered counseling to promote and support breastfeeding. We recommend attending the webinar training, since it provides opportunities for hands-on practice and is taught by state experts. The paper module can be used if staff are unable to attend the webinar training.

In the future, the state WIC office may resume the in-person training in Portland. (Please note that local agencies can be reimbursed for travel to attend the in-person training. See [Policy 340](#) for details.) Completing either option will fulfill the breastfeeding training requirement for certifiers.

Staff attending the webinar training must complete the following online courses before attending:

- Level 1 Breastfeeding ([Module 1](#) and [Module 2](#))
- Participant Centered Education (Introduction plus 9 modules)
- [Baby Behaviors](#)

Training objectives and learning activities are similar but not identical between the webinar training and the paper module. Competencies achieved can be found on the [training completion form](#).

Learning activities

Here are the correct answers (the questions are not included) for the learning activities in the paper module.



Lesson 1-2, page 5

Question #1

- Sometime after the baby is one year old.

Lesson 1-2, page 5

Question #2

- After the baby is 6 months old.

Lesson 2-2, page 4

Question #1

- Mom has not noticed any breast changes during pregnancy.
- Mom's nipples are flat or inverted.

Lesson 2-2, page 4

Question #2

- Breasts feel tender and fuller.
- Areola darkens and gets larger.
- Montgomery glands enlarge.
- Blood vessels show through the breast skin.
- Breastmilk/colostrum may leak.

Review Activity (end of Chapter 2)

Question #2

- Carrots, tuna, extra cheese, extra beans and extra juice.

Question #3

- Step 1—Ask open-ended questions.
- Step 2—Affirm her feelings.
- Step 3—Educate based on her need

Lesson 3-4, page 6

Question #2

- Georgia—9.6 %
- Stefano—11.7 %

- Sabrina—19 %

Lesson 4-1, page 8

Question #1

- Eat more vegetables, protein, fruit, and whole grains. Substitute juice, milk or water for soda.

Question #2

- Her breastmilk will still be healthy for her baby.

Lesson 4-3, page 6

Question #1

- Occasional caffeine not harmful. Limit to 1—2 cups of coffee per day.

Question #2

- Supermarket brands of herbal teas are usually safe. Check *Medications and Mothers Milk* for safety of specific herbs.

Question #3

- Occasional alcoholic drink is not harmful. Drink right after nursing to allow alcohol to clear from breastmilk. One alcoholic drink takes 2 -3 hours to clear.

Question #4

- Smoke less often and after nursing baby. Nicotine from 1 cigarette takes about 1½ hours to clear from breastmilk. Reduce baby's exposure to second-hand smoke.

Question #5

- Marijuana does pass through to breastmilk. Occasional use is not documented to be harmful. Marijuana may be contaminated with other substances that are harmful. Parenting may be compromised.

Question #6

- Do not use cocaine while breastfeeding.

Question #7

- Do not use heroin while breastfeeding.

Question #8

- Do not use amphetamines while breastfeeding.

Question #9

- Most medications are safe. Most illnesses have a compatible medication that can be used. Use *Medications and Mothers Milk* as a resource. Only health care providers can prescribe and/or change medications.

Question #10

- Progestin-only contraceptives have less effect on milk supply than ones that contain estrogen. Wait until 6 weeks postpartum to start hormonal contraceptives.

Lesson 5-1, page 7

Question #1

- No stools in 3 days.
- Sleepy.
- Nursing less than 8 times in 24 hours.

Question #2

- Important to refer baby right away for further evaluation.

Lesson 5-1, page 8 Scenario #1

- Breastfeeding is going well.

Lesson 5-1, page 9 Scenario #2

- Breastfeeding is *not* going well.

Lesson 5-4, page 5

Question #1

Normal:

- Pain is brief.
- Pain is usually just during latch on.
- Pain goes away quickly.
- Pain gets better after mature (white) milk comes in.
- Pain goes away by the second week.

Soreness that requires treatment:

- Pain continues throughout feeding.
- Pain gets worse during feeding.
- Severe pain.
- Visible injury to nipple.
- Itching or burning on nipple.

Lesson 5-5, page 4

Question #1

- Plugged duct:
 - If unsure that it is a plugged duct.
- Mastitis:

- If unsure that it is mastitis.
- Breast Abscess:
 - If unsure that it is a breast abscess.

Question #2

- Plugged duct
 - Do not refer to health care provider.
- Mastitis:
 - Refer to health care provider immediately when mom has a fever and symptoms for more than 24 hours.
- Breast Abscess:
 - Refer immediately to her health care provider.

Lesson 5-6, page 3

- A baby who is 4 days old or older is difficult to wake to feed 8 times in 24 hours.
- Baby regularly falls asleep at the breast after only a few sucks.
- Baby regularly falls asleep at the breast before a full feeding.

Lesson 5-9, page 3

Question #1

- Effective and frequent breastfeeding.

Question #2

- All jaundice should be evaluated by the baby's health care provider. WIC staff should refer the baby to his health care provider immediately if he has prolonged jaundice (beyond 1 week) or if he is not able to nurse effectively 10 times in 24 hours.

Lesson 5-10, page 6

- Appropriate use of HMF

Review Activity (end of Chapter 5)

Question #2

- The student should have concluded that HMF was appropriate for this infant.

Lesson 6-1, page 6

Question #1

- Samantha—may be at risk.
- Samuel—not at risk.
- Suzanna—may be at risk.

Question #2

- Give her the handout *Babies and Vitamin D* and refer her to the baby's health care provider.

Question #3

- Baby is older than 6 months and the family gets water from a community water system that is *not* fluoridated or uses well water.

Lesson 6-2, page 11

- The staff did a good job handling this case.

Lesson 6-3, page 4

Question #1

- This is a “slow-to-gain” baby.

Question #2

- This is an underfed baby.

Posttest Questions and Answers



The same posttest must be completed regardless of which Level 2 breastfeeding training is done. The posttest is automatically scored online.

1. **True** or False: When a baby receives formula instead of breastfeeding, milk production slows down. The more supplemental formula is given, the more milk production drops.
2. **True** or False: The best way to prevent engorgement is to breastfeed frequently.
3. True or **False**: Mothers should stop breastfeeding once baby's teeth start to come in.
4. **True** or False: The most important sign that a baby is getting enough breast milk is steady growth/weight gain.
5. True or **False**: Health professionals recommend weaning shortly after the baby's first birthday.
6. True or **False**: Ongoing nipple pain is a normal part of breastfeeding.

7. **True** or False: A breastfeeding woman with flu-like symptoms may have mastitis.
8. True or **False**: All breastfeeding mothers need double electric breast pumps to be successful with breastfeeding.
9. **True** or False: A breastfeeding mother can have an occasional alcoholic drink.
10. **True** or False: It is best to wean babies from the breast gradually.
11. True or **False**: A woman who does not want to become pregnant again, is partially breastfeeding her infant who is 6-months. Because she is partially breastfeeding she does not need to use any contraceptives to prevent pregnancy.
12. **True** or False: Hand expression is useful when a mother's breasts are overly full or when she is separated from her baby. It is beneficial for breastfeeding women to learn how to hand express their breast milk.
13. **True** or False: The removal of breast milk is what signals the mother's body to make more milk. Breast milk can be removed by a baby, a pump, or hand expression.
14. **True** or False: Creating a breastfeeding plan is a helpful way for a pregnant woman to inform family members and health care providers about her desires around giving birth and breastfeeding.
15. **True** or False: After birth babies should be placed skin-to-skin on top of the mother for an hour or until the first breastfeed has occurred.
16. True or **False**: Mothers who have Caesarean deliveries should delay breastfeeding for 48 hours for comfort reasons.
17. True or **False**: Women with small breasts often have more difficulties breastfeeding than women with large breasts.
18. Two hormones that play an important role in breastfeeding are _____ and _____.
 - a. **Prolactin and oxytocin**

- b. Cortisol and oxytocin
 - c. Progesterone and testosterone
 - d. Estrogen and prolactin
19. What are the signs of an effective latch?
- a. Baby faces breast
 - b. Baby takes a large amount of areola in mouth
 - c. Baby's lips are flanged out
 - d. Mom can hear swallowing sounds
 - e. Mom is comfortable
 - f. a, b and c
 - g. All of the above**
20. In which of these situations would the certifier yield to a breastfeeding expert?
- a. Mom is struggling with milk production and has a history of breast surgery**
 - b. Mom wants information on different breastfeeding positions
 - c. Mom wants to learn how to use a breast pump
 - d. Mom wants help with latching her baby
21. Which statement is true?
- a. Babies are not hungry right after birth and do not need to feed at the breast until the mature milk comes in
 - b. Colostrum is the perfect food for baby in the first few days because it is a concentrated source of nutrition and it provides immediate immunological benefits**
 - c. Mothers do not produce enough milk the first few days, so formula supplements are necessary to ensure baby gets enough to eat
22. In the first 3 months, infants typically breastfeed about how many times each 24-hour day?
- a. 3-4 times
 - b. 4-6 times
 - c. 8-12 times**
 - d. 16-18 times
23. A pregnant woman taking a prescribed antidepressant is interested in breastfeeding. What would you tell her?
- a. You should not breastfeed while taking antidepressants.
 - b. Many antidepressants can be used while breastfeeding. Would you**

like me to look up or print safety information on your specific antidepressant that you could share with your doctor?

- c. Would you be interested in speaking with our agency's lactation expert about this medication or any other breastfeeding questions?**
24. What tip(s) could you share with a pregnant woman to help get breastfeeding off to a good start in the hospital?
- Encourage visitors to come see the new baby during the day
 - Have the baby stay in the nursery at night, so mom can get more rest
 - Breastfeed early and often (every 2-3 hours) throughout the hospital stay**
 - All of the above
25. What are the signs that indicate baby is getting enough to eat?
- Wet and dirty diapers
 - Weight gain
 - Relaxed after feeding
 - All of the above**
26. Breastfeeding is not recommended in the following situations:
- Mother has diabetes
 - Mother has a breast tattoo and nipple piercing
 - Mother is taking prescribed cancer chemotherapy agents**
 - Mother is physically disabled
 - All of the above
27. Breastfeeding is not recommended when babies have the following conditions:
- Prematurity
 - Galactosemia**
 - RSV (a respiratory illness)
 - All of the above
28. A pregnant woman plans to pump when she returns to work following the birth of her baby. What are some steps you can encourage her to take as she plans this transition?
- Discuss breastfeeding plans with employer prior to maternity leave
 - Inform employer that she will need time, space and support to express breast milk
 - Be clear about the specifics – a private space where she can express milk every 2-3 hours that is not a bathroom
 - All of the above**

29. Which statement is correct about how to breastfeed an infant?
- a. Breastfeed baby on both breasts on a schedule of once every 3 hours
 - b. Alternate sides - feed baby on one breast for one feeding, and switch to the other side for the next feeding
 - c. Breastfeed often, looking for baby's feeding cues, starting with the fullest breast. When baby seems done, burp the baby and offer the other breast.**
 - d. Limit feedings to 15 minutes on each breast each feeding
30. Which statement is correct?
- a. Babies will sleep longer at night if you offer some cereal in a bottle.
 - b. Young babies are not built to sleep all night without eating; they need frequent feedings to grow and develop well**
 - c. When babies wake up after a feeding, it means they did not get enough and are still hungry
 - d. All of the above