

1. True or False: Infants typically start sleeping through the night by 6-8 weeks of age.
2. True or False: Newborns fall asleep in the *Light Sleep State* and may wake easily during this time.
3. True or False: The UC Davis Human Lactation Center Study found that the most common reason new moms decided to stop breastfeeding was because they believed they didn't produce enough milk due to their babies waking up and crying during the night.
4. True or False: Infants show only one cue to indicate hunger or fullness.
5. True or False: Physical activity helps infants with digestion and brain development, in addition to helping to develop muscle strength and coordination.
6. True or False: Laying newborns on their stomach when they are awake (tummy time) is a good physical activity because it encourages them to lift their head, which strengthens their neck.
7. True or False: Car seats restrict movement and discourage physical activity and therefore should only be used for safety when in a car.
8. True or False: Responding to cues quickly before a baby starts to fuss may help the baby cry less.
9. True or False: Babies need to wake up often and feed.
10. True or False: Babies do not show cues when they feel full.
11. Infant states are groups of behaviors that occur together and include:
 - a. Body and eye movement
 - b. Breathing
 - c. How a baby responds
 - d. All of the above
12. Which infant state is the best time for the baby to learn, play and feed?
 - a. Crying
 - b. Irritable
 - c. Quiet Alert
 - d. Drowsy
 - e. Light Sleep
 - f. Deep Sleep
13. Which of the following are early hunger cues?
 - a. Crying
 - b. Waking
 - c. Clenched fingers, fists over their chest and tummy, bringing hands to their face, sucking noises or motions
 - d. All of the above

14. What are some of the ways WIC staff can help parents respond to their baby's cues?
- Encourage parents to get support.
 - Ask caregivers what they are observing and why they are making the choices they make before jumping in with information or instructions.
 - Encourage caregivers to look for and understand their baby's attempts to communicate.
 - Keep messages simple - focus on sleep, crying and cues
 - All of the above.
15. Knowledge of baby behaviors provides insights into all of the following, EXCEPT:
- How infants' moods affect their behavior.
 - How babies communicate with caregivers.
 - How smart babies will be.
 - How babies sleep.
16. Which of the following is NOT a method to soothe a crying baby?
- Repeating the same words over and over.
 - Offering a variety of toys as a distraction.
 - Rocking.
 - Stroking.
17. Which of the following is NOT a disengagement cue?
- Arching back
 - Yawning
 - Smiling
 - Crying
18. _____ cues tell caregivers, "I want to be near you," or, "I want to learn and play."
- Hunger cues
 - Engagement cues
 - Disengagement cues
 - None of the above
19. Hannah is a new mother of a calm and alert 2-month-old baby boy, Joshua, who has been looking around the clinic during her appointment. You notice that the baby puts his head down on her shoulder for a moment, looks up, then opens and closes his eyes. What do you expect Joshua to do in the next few minutes?
- He will show more cues that indicate he needs to rest, because being alert is hard work for babies.
 - He will look around more often because babies want to learn from those around them.
 - He will let his mother know that he is hungry.
 - He will cry because his mother is not paying enough attention to him.

20. Fatima enters your office carrying Ahmed, her 5 month old, in his car seat. Ahmed is pushing against the straps of the car seat as his mother places it down on the floor beside her. Fatima tells you that Ahmed has been squirming a lot in his car seat and she worries that he has a stomach ache. How would you respond?
- “He probably has a stomach ache because you don’t take him out of the car seat.”
 - “Isn’t it amazing how babies can tell us what they need through their bodies and noises? I wonder if Ahmed wants you to take him out of his car seat.”
 - “How often does Tyler get out of the car seat?”
 - “You are concerned Ahmed has a stomach ache and you are wondering whether the car seat might be causing it. Let’s have you hold him and we can explore what is going on with him now that he is at the age of wanting to sit up and practice new motor skills.”
21. Madeline calls you from her hospital room on the second day after her baby was born to tell you that her newborn is refusing to breastfeed. How would you respond?
- “All babies want to breastfeed so you are just misinterpreting her cues.”
 - “What is making you feel your baby is refusing the breast?”
 - “Don’t worry about it, your baby will get better at breastfeeding every day.”
 - “Breastfeeding is hard, especially for first-time moms. Ask the nurse to help you.”
22. Blanca tells you that she is worried that her 2-month-old son Luis doesn’t like “tummy-time” when she puts him down while she folds laundry nearby. She tells you that he starts crying within a couple of minutes. How do you respond?
- Almost all babies have a hard time with tummy-time so just keep trying.
 - Watch for early cues to tell you when Luis is tired and he won’t cry.
 - Luis wants to learn and play with you whenever he can. He might be crying because he can’t see your face. Would you like to hear more about that?
 - Luis will learn to like tummy time as soon as he is crawling, so keep trying.
23. Match the infant state with the infant cues:
- | | |
|----------------------------|--|
| Crying | Eyes closed with rapid eye movement, moves now and then, irregular breathing, easily awakened and startled |
| Irritable | Little body movement, eyes wide open, steady regular breathing, responsive |
| Quiet Alert | Tired eyes, opens and closes eyes, variable movement, delayed reaction time |
| Drowsy | Tears, muscle tension, jerky movements, rapid breathing |
| Light Sleep (Active Sleep) | Not easily awakened, no body movement, regular breathing, bursts of sucking |
| Deep Sleep (Quiet Sleep) | Movements becoming faster and stiffer, irregular breathing, eyes open but not focused, may be fussy |

24. Which of the following may explain an infant's persistent crying?
- a. Immature body.
 - b. Unable to self-soothe.
 - c. Unable to regulate states.
 - d. All of the above.

Name (print):

Agency:

Date: