

Breastfeeding Counselor Practice Test Questions and Answers

1. When should breastfeeding ideally begin after birth?

- A) Within 6 hours
- B) Within the first hour (golden hour)
- C) Within 24 hours
- D) After the mother has rested

2. What is the typical frequency for breastfeeding a newborn?

- A) Every 4-6 hours
- B) Every 8-12 hours
- C) Every 2-3 hours (8-12 times per day)
- D) Only when the baby cries

3. Which position is often recommended for mothers recovering from a C-section?

- A) Cradle hold
- B) Football/clutch hold
- C) Cross-cradle hold
- D) Standing position

4. What is colostrum?

- A) A breastfeeding supplement
- B) The first thick, yellowish milk produced after birth
- C) A type of formula
- D) Mature breast milk

Answers: 1-B 2-C 3-B 4-B

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