

# IBLCE Practice Test Questions and Answers

## 1. How does maternal stress affect breastfeeding?

- A) It enhances milk production
- B) It has no effect on milk production
- C) It can reduce milk production
- D) It only affects milk composition

## 2. What is the primary macronutrient in colostrum?

- A) Fat
- B) Protein
- C) Carbohydrate
- D) Fiber

## 3. What is the cross-cradle hold primarily used for?

- A) Supporting the baby in a relaxed position
- B) Assisting newborns with latching difficulties
- C) Feeding twins simultaneously
- D) Encouraging self-attachment

## 4. What is the predominant carbohydrate in human milk?

- A) Lactose
- B) Sucrose
- C) Glucose
- D) Maltose

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

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