

POST-TEST

ICEA POSITION PAPER: SAFE INFANT SLEEP

1. The highest RISK factor for SIDS is:
 - a. Formula feeding
 - b. Maternal smoking during pregnancy
 - c. Prone sleep
 - d. Bedsharing

2. The highest risk factor for smothering occurs:
 - a. On a couch, sofa, or recliner
 - b. In the parent's bed
 - c. In a crib
 - d. When mothers are breastfeeding

3. True/false: Bedsharing usually means that the baby is sharing a sleep surface with someone.

4. True/false: All co-sleeping puts the baby at risk of smothering.

5. What is the difference in sleep behavior for breastfeeding mothers & their babies?
 - a. Breastfeeding mothers get less sleep
 - b. Formula-fed babies get more stimulation through the night
 - c. Breastfeeding mothers provide frequent stimulation through touching, shifting, and feeding throughout the night
 - d. There is no difference between breastfeeding mothers and other adults

6. True/false: Health organizations recommend electronic devices (monitors) to help reduce SIDS.

7. Which sleep situation is recommended by health authorities?
 - a. Face down (prone)
 - b. Swaddled in a crib
 - c. Separate room from parents
 - d. Face up (supine)

8. True/false: Sleep training programs safely get babies to "sleep through the night."

9. Childbirth educators and doulas should teach families about caring for babies at night by all of the following ways **EXCEPT**:
 - a. Describe unsafe sleep situations
 - b. Provide referrals for smoking cessation programs
 - c. Ignore the topic because it's too controversial
 - d. Strongly support breastfeeding

10. To prepare a safe sleep surface for the baby, do all of the following **EXCEPT**:

- a. Avoid thick covers
- b. Pack any gaps or cracks tightly
- c. Use a soft, comfortable mattress
- d. Crib or cot should be near parents for all sleep

Name _____

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Please Remit to:

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