

Part A: Breastfeeding & Infant Nutrition (7 points)

1. **Name two benefits of colostrum for the newborn.**
 - Contains many antibodies
 - Has a laxative effect (helps with the passage of meconium)
2. **What is meant by “cluster feeding”?**
 - Frequent, sometimes hours-long breastfeeding at short intervals, typical during growth phases
3. **How can you tell if a baby is getting enough milk while breastfeeding?**
 - Regular wet diapers (approx. 5–6 times a day)
 - Regular weight gain
4. **Name two benefits of breastfeeding for the mother.**
 - Faster uterine contraction due to oxytocin
 - Reduced risk of breast cancer
5. **Which two components of formula milk must be adjusted compared to breast milk?**
 - Reduce protein content
 - Increase vitamin content
6. **What is particularly important when preparing bottle (formula) milk?**
 - Hygiene (clean bottles)
 - Correct dosage
 - Proper temperature (approx. 37°C)
7. **How can strongly seasoned foods affect the baby during breastfeeding?**
 - Flavor can pass through breast milk → baby may react sensitively or become more restless

Part B: Health of the Breastfeeding Mother (8 points)

8. Name two causes of sore nipples while breastfeeding.

- Incorrect latching of the baby
- Removing the baby too infrequently or too abruptly from the breast

9. Which two measures help with the onset of milk congestion (engorgement)?

- Breastfeed more frequently, pump milk if necessary
- Gently express or massage the breast

10. Describe two symptoms of breast inflammation (mastitis).

- Redness, swelling, pain in the breast
- Fever, general feeling of illness

11. What should a breastfeeding mother do if her nipples hurt?

- Change breastfeeding position
- Let nipples air-dry
- Possibly use healing ointments

12. What role does breastfeeding position play in preventing breast problems?

- Proper latching prevents cracks, milk congestion, and incomplete emptying of the breast

13. Which two non-medicated measures support milk production?

- Plenty of rest and sufficient fluids
- Frequent breastfeeding

14. What should be considered when taking medication during breastfeeding?

- Use only breastfeeding-safe medication
- Consult a doctor or pharmacist if necessary

15. Why is adequate fluid intake important for milk production?

- Fluid needs are increased
- Insufficient drinking can reduce milk supply

Part C: Infant Care & Common Complaints (8 points)

16. What is meant by “three-month colic”?

- Recurring, unexplained abdominal pain with prolonged crying, usually in the evenings, during the first 3 months of life

17. Name two herbal remedies for infant bloating.

- Fennel seeds
- Caraway seeds

18. What are the differences between diaper dermatitis and diaper thrush?

- *Diaper dermatitis*: caused by mechanical or chemical irritation
- *Diaper thrush*: caused by yeast (*Candida*), often with spreading edges, intense redness, and satellite spots

19. Name two measures to prevent diaper dermatitis.

- Frequent diaper changes
- Air-drying the skin, gentle cleaning

20. What are typical symptoms of oral thrush?

- White, wipeable coatings in the mouth
- Possibly soreness and refusal to feed

21. Name a suitable medication for teething discomfort.

- Dentinox, Osa, or Tenderdol

22. What are signs of constipation in an infant?

- Infrequent hard stools
- Straining and restlessness

23. Name two symptoms of dehydration in an infant.

- Sunken fontanelle
- Fewer wet diapers, dry mucous membranes