

## **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