TOPIC 3: SWADDLING

PRE & POST-TEST

SWADDLING FOR YOUR SURVIVAL: WHAT IT DOES FOR YOUR BABY!

1. Swaddling helps babies be more calm and feel safe.
   
   TRUE_____             FALSE_______

2. Swaddling is very beneficial for babies. Which of the following does it teach babies?
   
   Soothing_____         Safety_____         Consistency_____     All of these_____

3. There are different ways to calm babies. Some of these are:
   
   Bouncing and Jumping_____         Patting and rocking_____

4. Babies are able to soothe themselves by bringing their hands to the:
   (Check the correct answer)
   
   Mouth_____    Head_____    Face_____    Neck_____    Belly_____

5. Swaddling a baby helps contain baby’s movement, and promotes self regulation.
   
   TRUE_________   FALSE________