TOPIC 2: TOUCH
PRE & POST-TEST
The power of touch: What it does for your baby?

1. Touch helps the baby's development and fosters bonding.
   TRUE_______   FALSE______

2. Circle which of the following you think are different types of “touch” techniques that can help your baby’s development:
   a) Kangaroo hold
   b) Massage
   c) Swaddling
   d) Breastfeeding / Sucking
   e) Diapering

3. The KANGAROO HOLD was developed in Colombia and is skin to skin contact between mom and baby. This hold enhances:
   DEVELOPMENT____   CLOSENESS____   TEMPERATURE CONTROL____

4. Certain types of touch relieve stress for both mom and baby, and foster attachment.
   TRUE_______   FALSE______

5. It is important for mom to be relaxed or baby will sense her anxiety, and be:
   RELAXED_____   TENSE_____   HAPPY_______   SAD_____

6. A relaxed mom will assist her baby to be more:
   CALM_____   FUSSY_____   GENTLE_____   HYPERACTIVE_____

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