

## **Breastfeeding Trivia Game**

A simple game you can play in-person or virtually. Works well in a group or with individual parents.

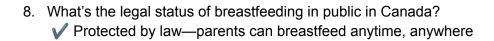
## How to Play:

- Prepare trivia questions ahead of time (use the list below or make your own).
- Have participants raise their hands or shout out answers.
- Give small prizes or stickers for each correct answer.
- Optionally, keep score and award a prize to the person with the most correct answers.

## Sample Trivia Questions:

- 1. How soon after birth does milk production begin?
  - A) Within 24 hours
  - B) Within 3 days
  - C) Immediately with colostrum  $\checkmark$
- 2. How often do newborns typically nurse?
  - A) Every 4-6 hours
  - B) Every 2–3 hours V
  - C) Every 8 hours
- 3. What percentage of human milk is water?
  - A) 50%
  - B) 80% 🗸
  - C) 95%
- 4. Which hormone is known as the 'letdown' hormone?
  - A) Estrogen
  - B) Oxytocin 🗸
  - C) Insulin
- 5. True or False: Breastfeeding reduces the risk of certain cancers for the breastfeeding parent.

	✓ True
6.	What is the term for the thick, yellowish milk produced in the first few days after birth?  A) Foremilk  B) Colostrum   C) Hindmilk
7.	Can breastfeeding continue while pregnant?



- 9. True or False: Human milk adapts to meet a baby's changing needs. 
  ✓ True
- 10. How many calories does breastfeeding burn on average per day?A) 100B) 500
  - B) 500 **V** C) 800

✓ Yes