



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 ✓
2. How often do newborns typically nurse?
 - A) Every 4–6 hours
 - B) Every 2–3 hours ✓
 - 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?
✓ Yes
8. What's the legal status of breastfeeding in public in Canada?
✓ Protected by law—parents can breastfeed anytime, anywhere
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) 100
 - B) 500 ✓
 - C) 800