



YOUR INITIALS: \_\_\_\_\_

### 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\_\_\_\_\_