



YOUR INITIALS: _____

**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 _____