

## **The Keeping Your Baby Healthy and Safe Quiz**

- 1) When is the best time to go see your doctor?
  - A. When you get pregnant.
  - B. When you are sick
  - C. Before you get pregnant
  - D. All of the above
  
- 2) What is the safe amount of alcohol to drink when you are pregnant?
  - A. No amount is safe
  - B. One glass only
  - C. Any amount is okay
  - D. Two glasses only
  
- 3) When is it ok to smoke when you are pregnant?
  - A. It is ok to smoke within the first 3 months
  - B. It is ok to smoke as long as you go outside
  - C. It is never ok to smoke when you are pregnant
  - D. It is ok to smoke light cigarettes
  
- 4) What are some effects from cigarette smoke to your unborn baby?
  - A. lower IQ
  - B. lower birth weight
  - C. Baby with lung problems
  - D. All the above
  
- 5) What is the largest risk factor for an infant death?
  - A. Clumsy baby
  - B. Low birth weight baby
  - C. Single mother
  - D. Baby cries a lot
  
- 6) What are some causes of a low birth weight baby?
  - A. Drug & Alcohol use by mother
  - B. Stressed out mother
  - C. Overweight mother
  - D. Cigarette smoking mother
  - E. All of the above
  
- 6) What drugs are okay to use while pregnant?
  - A. Marijuana
  - B. Prescription pain pills
  - C. Cocaine
  - D. Crystal Meth
  - E. None of the above

- 7) Which sleep position is safest for an infant?
- A. On his or her back
  - B. On his or her side
  - C. On his or her tummy
  - D. They are all safe
- 8) Where is the safest place for an infant to sleep?
- A. In parents' bed
  - B. In crib alone
  - C. In bed with other children
  - D. With the dog
- 9) What is the best thing to do when you are stressed out?
- A. Keep it to yourself
  - B. Get angry
  - C. Talk with someone about your problems
  - D. Get over it, everyone has stress
- 10) What is the best way to get along with others who are not like you?
- A. Avoid them
  - B. Teach your children to hate them
  - C. Try to understand them by spending time with them
  - D. Be nice to them but don't let them get close to you or your family
- 11) Which of the following is a risk factor for Sudden Infant Death Syndrome (SIDS)?
- A. Smoking around a baby
  - B. Infant sleeping face down
  - C. Overheating baby
  - D. Low birth weight baby
  - E. All of the above
- 12) Why is it important to go to the doctor before you get pregnant?
- A. To see if you have a healthy weight
  - B. To see if you have a sexually transmitted disease (STD)
  - C. To see if you have a Urinary Tract Infection (UTI)
  - D. To see if you are healthy enough to safely get pregnant
  - E. All of the above
- 13) How long should you wait before you get pregnant again?
- A. At least 30 days
  - B. You should not wait
  - C. At least a year
  - D. When you feel like having another baby

- 14) What is the most important thing to consider if you do not want to get pregnant?
- A. An abortion
  - B. Effective birth control
  - C. Stop having sex
  - D. Adoption

Correct answers:

1-D, 2-A, 3-C, 4-D, 5-B, 6-E, 7-E, 8-A, 9-B, 10-C, 11-C, 12-E, 13-E, 14-C, 15-B