

National Breastfeeding Week 2025 Two Truths and a Lie Quiz

Each question has two true statements and one false statement. Can you find the statement that isn't true?

Number		Incorrect Statement
1	<ul style="list-style-type: none"> a. Parents who breastfed their first baby are unlikely to need breastfeeding assistance with their subsequent children. b. Providing parents with factual information about infant formula facilitates informed decision-making. c. When hospitals and community health services work together there is a greater chance of creating a supportive environment for breastfeeding. 	
2	<ul style="list-style-type: none"> a. The Baby-Friendly Initiative is evidence based. b. <i>The Ten Steps to Successful Breastfeeding in Canada</i> include both critical management procedures and key clinical practices. c. Once a hospital or community health service achieves BFI designation, they no longer have to monitor breastfeeding surveillance rates or their implementation of BFI practices. 	
3	<ul style="list-style-type: none"> a. One of the global breastfeeding targets is that by 2030, 70% of infants will exclusively breastfeed until 6 months of age. b. Canada is meeting the global breastfeeding target of 50% of infants being exclusively breastfed for the first 6 months of life by 2025. c. The World Health Organization (WHO) recommends continued breastfeeding, along with appropriate complementary foods, for up to two years of age and beyond. 	
4	<ul style="list-style-type: none"> a. Canada's Breastfeeding Dashboard 2024 shows that Ontario is Canada's leader with the rate of initiation of breastfeeding. b. Canada's Breastfeeding Dashboard 2024 shows that the sharpest drop in exclusive breastfeeding occurred during the first month. c. Canada's Breastfeeding Dashboard 2024 shows that the top reason for stopping breastfeeding before 6 months was difficulty with breastfeeding. 	
5	<ul style="list-style-type: none"> a. Protecting breastfeeding shows disrespect and alienates parents that feed infant formula. b. Feedback from families can make an impact on the quality of care in maternity settings. c. Legislation, regulations and sustainable funding are ways that government can support breastfeeding. 	

6	<ul style="list-style-type: none"> a. BFI Ontario was once called the Ontario Breastfeeding Committee. b. The Breastfeeding Committee for Canada (BCC) is the parent organization of BFI Ontario. c. The main goal of BFI Ontario is for every baby to breastfeed regardless of circumstances. 	
7	<ul style="list-style-type: none"> a. The Baby-Friendly Initiative (BFI) supports birthing parents/mothers who feed infant formula for medical or personal reasons. b. All healthcare workers in a facility require the same level of knowledge about the Baby-Friendly Initiative (BFI). c. The Ontario Human Rights Code protects a person's right to breastfeed in a public place. 	
8	<ul style="list-style-type: none"> a. Posting the international or universal breastfeeding symbol is one way to show the public that breastfeeding is welcome. b. Access to healthcare providers and peer support workers skilled with helping breastfeeding families is important only during the first few weeks of breastfeeding. c. Educating partners and families on how to support the breastfeeding parent can help protect breastfeeding. 	
9	<ul style="list-style-type: none"> a. Free samples and incentives from infant formula companies are helpful to new parents. Formula is expensive! b. Showing bottle feeding as the usual way to feed a baby can undermine sustained breastfeeding. c. Ensuring families receive non-commercial, unbiased information when infant formula is needed aligns with Baby-Friendly Initiative (BFI) guidelines. 	
10	<ul style="list-style-type: none"> a. Public discomfort or stigma toward breastfeeding, especially beyond infancy or in public, can discourage the continuation of breastfeeding. b. Healthcare providers and consumers usually prefer products from companies that provide them with incentives such as sponsorships and free gifts. c. Healthcare providers should share their personal experiences with breastfeeding, both the good and the bad, to give new parents a realistic perspective of what to expect. 	