

Mother Knows Breast: Helping Moms Gain Confidence in their Milk Production

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Quiz Answers

1. Most cases of milk insufficiency are actually “perceived” rather than actual insufficiency. **TRUE**
2. Milk is manufactured within milk factories, *or alveoli*. **TRUE**
3. Prolactin is the hormone responsible for releasing milk through the milk ducts. **FALSE**
4. Oxytocin can be inhibited by stress and pain. **TRUE**
5. Milk removal is a key factor in driving a mother’s milk production. **TRUE**
6. The primary reason a newborn wakes after a period of sleep is hunger. **FALSE**
7. Babies dream in the quiet, alert sleep state. **FALSE**