

National Breastfeeding Week 2026 Two Truths and a Lie Quiz

Each question has two true statements and one false statement. Which statement isn't true?

Question		Incorrect Statement
1	a. Seeing people breastfeed in public can encourage and support other families to do the same. b. The Ontario Human Rights Code protects a person's right to breastfeed in public places. c. Businesses must have a dedicated breastfeeding room before they can be considered breastfeeding friendly.	
2	a. Grandparents, friends, and coworkers can help create a breastfeeding-friendly community. b. Governments should not play a role in the support of breastfeeding. c. Public policies can make it easier for parents to continue breastfeeding.	
3	a. Ontario's breastfeeding Initiation rate is higher than the rest of Canada. b. Ontario's exclusive breastfeeding rate for babies who are 6 months old is about 35 % c. Ontario's exclusive breastfeeding rate at 6 months is lower than the 6 month exclusive breastfeeding rate of any other part of Canada.	
4	a. Ontario has 1 hospital and 2 community health services that are currently BFI designated. b. All staff/volunteers at a BFI designated facility must have the same BFI training. c. A BFI designated facility must welcome breastfeeding in public areas of the facility and also have a private space for breastfeeding or expressing milk if the parent prefers.	
5	a. Research indicates that higher exclusive breastfeeding rates at 6 months save significant healthcare dollars. b. The sharpest drop in exclusive breastfeeding occurs during the first month. c. Medical conditions are the main reason breastfeeding parents stop breastfeeding before baby reaches one month of age.	
6	a. Parents who previously breastfed require minimum help from healthcare staff or breastfeeding peer support people. b. Health-care providers can help families by offering evidence-based breastfeeding information. c. It is important for parents to learn about breastfeeding during pregnancy.	

7	a. Flexible breaks and private spaces for expressing milk can help employees continue breastfeeding after returning to work. b. When healthcare providers offer completely different advice about infant feeding to a family, it help the family by giving them options. c. Even a short, positive conversation with a trusted health-care provider can make a difference to a family.	
8	a. Parents sometimes need different kinds of feeding support depending on their circumstances. b. All families who want to breastfeed should be seen by a lactation consultant. c. Easy access to timely help is important in sustaining breastfeeding.	
9	a. Once breastfeeding has started, families rarely need additional support. b. Families deserve individualized feeding support that respects their goals and circumstances. c. Coordinated care between hospitals, primary care, and public health helps families receive more consistent support.	
10	a. Hospitals and community health services can use data to improve breastfeeding support. b. Staff and patient/client surveys can help identify opportunities for quality improvement around infant feeding. c. Health-care facilities should try to save money by using promotional materials that market infant formula and related products.	

