

Evaluation of Lake Superior Life Care Center's infant care class and EWYL program

*Evaluation of 2011 participants' knowledge
and satisfaction*

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Summary

Through Lake Superior Life Care Center's "Earn While You Learn" education program, pregnant and parenting women earn baby items and gift cards by participating in infant care classes or through one-on-one sessions on health and safety issues related to pregnancy, labor and delivery, postpartum and newborn and infant care. In 2011, 77 clients enrolled in the program and completed a pre-survey to measure their starting knowledge of these topics. By mid-February 2012, 25 participated had completed all session, of which 92 percent had completed a post-survey.

Knowledge gains

- 87% of participants increased their total score on the knowledge test, by an average of 5 (out of 36 possible) points.
- Participants gained the most knowledge about: the importance of Folic Acid and not dieting during pregnancy, signs of preterm labor, need to treat postpartum depression, how to heat a baby bottle, a baby does not choke on his or her back, and that it's okay to allow a baby to cry if he or she is safe in the crib.
- The 3 most important things participants said they learned were: infant safety (crib safety, CPR, and SIDS), infant care (feeding and hygiene), and techniques for soothing or calming a baby.

Feelings about being a parent

- 25% or more felt ready, confident, excited and happy about becoming parents at the end. Over half who did not feel ready at the start of the class felt ready at the end.
- 25% or less felt nervous, scared, worried, overwhelmed and unprepared at the end. Thirty percent who felt nervous at the onset did not feel nervous by the end.

Satisfaction

- Participants were satisfied with the classes, agreeing they were helpful, the information was useful and practical, presented in an understandable way, and will help them care for their baby.
- Participants particularly liked the incentives, saying it helped reduce their stress about having the items they needed for their child.
- A few participants noted that the staff was "amazing," made them feel comfortable, and went "above and beyond" their expectations.

Introduction

The Lake Superior Life Care Center provides counseling and education services to pregnant women and women with babies. Their services include an “Earn While You Learn” education program, in which participating women and families earn baby items and gift cards by participating in infant care classes or through one-on-one sessions. The classes and education sessions include the following topics:

- Health and safety issues related to pregnancy, labor, delivery and post partum.
- Health and safety issues related to caring for and meeting needs of a newborn/ infant.
- Budgeting & money management.

The program is partially funded by a grant from Minnesota Department of Health’s Positive Alternatives Program, which funds programs that support, encourage, and assist women in carrying their pregnancies to term and caring for their babies, as an alternative to abortions.

Evaluation methods

In the fall of 2010, Lake Superior Life Care Center contracted with Wilder Research to assist with the evaluation of the program. Wilder developed a pre and post survey that was administered by program staff to all participating clients in 2011. Both surveys include a 36-question knowledge test, plus a few open-ended questions on participant feelings and expectations. The post-test also asked about participants’ satisfaction. A total of 77 clients completed a pre-survey in 2011. Given that several had not yet completed the classes at the end of December, data collection was extended until mid-February 2012. Of the 25 participants completing the program; 92 percent completed a post-survey. Half had dropped out, and 12 had not yet completed all sessions.

1. Response rates

	Number	Percent
Completed pre-survey	77	100%
Dropped out	40	52%
Not yet completed	12	16%
Eligible to complete post-survey	25	32%
Completed post-survey	23	30% (92% of eligible)

Results

Knowledge change

Most (87%) participants had an overall total score on the knowledge test that was higher on the post-survey than on the pre-survey, indicating their knowledge of pregnancy, labor and delivery, and newborn and infant care increased. On average, participants increased their scores by 13 percent (or 5 out of 36 possible points). This overall increase was low because participants, on average, got 29 out of 36 questions right on the pre-test, which did not leave much room for improvement. This was somewhat intentional, as if the pre-test had been too difficult, some young women may have been discouraged from continuing the classes. However, if the Center continues to use the test, staff may consider making some of the items more difficult.

Figure 2 indicates the percent correct on each item by topic area for the pre-test (all 77 participants) and the post-test (23 participants), and the percent of those who took both that improved from pre- to post. An asterisk indicates a statistically significant change. Due to the limited number of participants that took both, a high percentage needed to improve in order to see statistically significant differences. There were 7 items that had significant improvement, indicating participants gain this knowledge during the class:

- It is okay to diet during pregnancy. (False)
- Which vitamin is important during pregnancy to help your baby's brain and spine develop? (Folic)
- The signs of preterm labor.
- Postpartum depression will go away on its own over time. (False)
- A baby bottle can be heated in the microwave, on the stove, AND on a warmer. (False)
- Babies can choke when sleeping on their backs. (False)
- If you feel frustrated or angry at your baby, you can put your baby in the crib and walk away. (True)

2. Change in knowledge from pre- to post-test

	Percent correct on pretest (N=77)	Percent correct on posttest (N=23)	Percent improving (matched pairs only)
Average total score (out of 36)	29	34	87%*
Pregnancy			
It is okay to diet during pregnancy. (F)	71%	100%	30%*
Which vitamin is important during pregnancy to help your baby's brain and spine develop? (Folic acid)	58%	96%	26%*
What is the minimum number of glasses of water, juice or milk you should drink a day to stay hydrated? (8-10)	56%	74%	30%
In the 3 rd trimester, you should feel your baby move about 10 times every 2 hours. (T)	61%	96%	26%
It only helps to stop smoking if you do so during the first trimester. (F)	71%	91%	26%
By the 7 th month of pregnancy, your baby responds to sound. (T)	92%	100%	4%
Smoking during pregnancy may cause early/preterm delivery. (T)	92%	100%	0%
How much beer is safe to drink during pregnancy? (none)	100%	100%	0%
Labor and delivery			
Signs of preterm labor (All)	65%	91%	30%*
How many stages of labor do women go through? (3)	60%	78%	30%
The pushing stage of labor begins once the cervix is 10 cm dilated. (T)	90%	100%	13%
If the bag of water breaks it is okay to wait for 24 hours to go to the hospital if the uterus is not contracting. (F)	88%	87%	9%
It is important to talk to your provider about using pain medication in labor. (T)	92%	100%	4%
A watery discharge near the end of pregnancy may indicate the bag of water has broken and you should call your doctor right away. (T)	96%	100%	4%
You should call the clinic if you have contractions before 37 weeks. (T)	94%	96%	4%

* indicates statistically significant change (paired t-tests)

2. Change in knowledge from pre- to post-test (continued)

	Percent correct on pretest (N=77)	Percent correct on posttest (N=23)	Percent improving (matched pairs only)
Postpartum			
Postpartum depression will go away on its own over time. (F)	52%	74%	44%*
All mothers who feel overwhelmed or sad after having a baby have postpartum depression. (F)	56%	91%	35%
Exercise is not generally recommended sooner than 6 weeks after delivery. (T)	69%	91%	30%
It is normal for vaginal bleeding to occur for how many weeks after birth? (up to 6 weeks)	69%	87%	26%
Mothers have a check-up with their doctor 6 weeks after giving birth. (T)	92%	100%	4%
Caring for newborn / infant			
A baby bottle can be heated in the microwave, on the stove, AND on a warmer. (F)	62%	100%	52%*
Babies can choke when sleeping on their backs. (F)	35%	74%	48%*
Should babies sleep on their stomachs or backs? (Always on back)	69%	96%	26%
How many inches of water can a baby drown in? (1")	64%	91%	26%
Babies should get sponge bathes until the umbilical cord falls off or the circumcision heals. (T)	94%	96%	13%
Babies under 6 months of age can be fed which of the following? (Formula or breast milk)	94%	100%	9%
Sharing a bed with a parent or sibling is a safe way for a baby to sleep. (F)	95%	96%	4%
Babies should go to the doctor for regular check-ups at 1 month, 2 months, 4 months, 6 months, 9 months, and 1 year. (T)	96%	100%	4%
Breastfeeding strengthens your baby's immune system. (T)	97%	100%	0%
Most babies want to eat every 1-3 hours. (T)	97%	100%	0%
Babies should not sleep with pillows or stuffed animals. (T)	96%	96%	0%
Baby girls should be wiped from front to back when diapering. (T)	96%	100%	0%

* indicates statistically significant change (paired t-tests)

2. Change in knowledge from pre- to post-test (continued)

	Percent correct on pretest (N=77)	Percent correct on posttest (N=23)	Percent improving (matched pairs only)
Parenting / stress management			
If you feel frustrated or angry at your baby, you can put your baby in the crib and walk away. (T)	64%	100%	30%*
Crying will not hurt my baby. (T)	86%	96%	13%
Shaking my baby will <u>not</u> cause harm. (F)	97%	100%	0%
It is important to take care of yourself so you can take care of your baby. (T)	97%	100%	0%

* indicates statistically significant change (paired t-tests)

In addition to testing whether participants' knowledge changed, the post-test also asked participants' whether they learned about each topic. All reported learning about infant sleep safety and feeding, how to take care of themselves during pregnancy and after delivery, and what to expect during labor and delivery. All but one person learned about money management.

3. Self-reported knowledge gain

The infant care class or EWYL helped me learn more about . . .	Strongly agree	Agree	Disagree	Strongly disagree
Infant sleep safety.	87%	13%	--	--
Infant feeding.	78%	22%	--	--
How to take care of myself after the delivery.	78%	22%	--	--
How to take care of myself during pregnancy.	74%	26%	--	--
What to expect during labor and delivery.	74%	26%	--	--
Money management.	55%	41%	5%	--

Participants were also asked about the most important things they learned as a result of participating in the program. Most (12) mentioned increasing their knowledge of infant safety, including sleeping and crib safety, CPR and preventing SIDS. Many (10) mentioned learning about infant care, including feeding and hygiene. Seven participants mentioned learning about the 5 S's for soothing or calming a baby, and five noted learning it is okay to allow a baby to cry. Four learned about how to care of themselves during pregnancy and three said learning about the delivery and stages of labor was most important. Finally, two people each noted that learning the importance of self-care and financial management was most helpful. Here are some of the comments:

After having five kids this is the first time I actually gained more knowledge on how to take care of a baby.

How to be a knowledgeable mother, to be the best that I can be.

The infant/newborn care was what I was most nervous about so I felt that was most important.

I am happy to know that if she is crying, it is ok for me to walk away and take a break to calm down.

The “Happiest Baby” component was so great and came at exactly the right time, when my baby was starting to get really fussy and I was beyond frustrated.

Feelings about being a parent

At the end of the class, over a quarter or more of the participants who completed both a pre- and post-survey felt ready, confident, excited and happy about becoming parents. Most notably, over half who did not feel ready at the start of the class felt ready at the end. In addition, less than a quarter felt nervous, scared, worried, overwhelmed and unprepared. Thirty percent who felt nervous at the onset did not feel nervous at the end of the class.

4. Feelings about being a parent

	Pre-survey (N=77)	Post-survey (N=23)	Change (matched pairs only)
Positive feelings			
Ready	26%	83%	52%
Confident	35%	74%	44%
Excited	82%	96%	17%
Happy	68%	83%	9%
Negative feelings			
Nervous	57%	26%	30%
Scared	26%	17%	17%
Worried	26%	4%	17%
Overwhelmed	25%	13%	9%
Unprepared	23%	9%	9%

Satisfaction

Participants were satisfied with the classes. They particularly liked the incentives, but all also agreed that the classes were helpful, the information was useful and practical, presented in an understandable way, and will help them care for their baby. A few disagreed that the handouts were helpful.

5. Participant satisfaction

	Strongly agree	Agree	Disagree	Strongly disagree
The incentive I received helped reduce financial stress.	91%	9%	--	--
Overall, the class/EWYL was helpful.	87%	13%	--	--
The information I learned was useful and practical.	87%	13%	--	--
The information was presented in a way I understood.	87%	13%	--	--
What I learned during the class will help me care for my baby.	87%	13%	--	--
The instructor/C.A. was helpful in answering my questions.	87%	9%	4%	--
The handouts were helpful.	78%	13%	4%	4%

In their open-ended comments, a few participants noted that the staff was “amazing,” made them feel comfortable, and went “above and beyond” their expectations. Those that did the education on their own appreciated the flexibility and being able to go at their own pace. A few also noted receiving the incentives has helped reduce their stress about having the items they needed for their child, and the knowledge they gained has also reduce their anxiety about how to care for a baby.

Finally, participants were asked what they would change about the program. Many noted they wouldn’t change anything. Four suggested newer videos, particular for the section on financial management that should be updated to account for newer technologies (such as pre-paid debit cards and computer software for budgeting). Three suggested showing fewer movies and making the classes more interactive, such as incorporating group discussion or using dolls to demonstrate or practice techniques. Two would like more scheduling options; one of whom specially noted more flexibility scheduling for the Pack-n-Play. Finally, one person felt the homework was redundant to the videos and wasted paper.

Appendix A

Pre-test

First name and last initial: _____

Today's date: _____ / _____ / _____
Month Day Year

Lake Superior Life Care Infant Care Class/EWYL Pre-Survey

In order to make sure that our prenatal class is as helpful to as many participants as possible, we would like to ask you some questions before and after the class, as well as questions about your opinion of the class. Your answers will be combined with other people's answers and will be kept private.

1. First, how do you feel about being a parent? (CHECK ALL THAT APPLY)

- ¹ Excited ⁴ Unprepared ⁷ Ready
² Worried ⁵ Happy ⁸ Overwhelmed
³ Scared ⁶ Nervous ⁹ Confident

Please read each statement below. Clearly mark or enter what you believe is the correct answer.

During pregnancy	True	False
2. By the 7 th month of pregnancy, your baby responds to sound.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
3. In the 3 rd trimester, you should feel your baby move about 10 times every 2 hours.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
4. A watery discharge near the end of pregnancy may indicate the bag of water has broken and you should call your doctor right away.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
5. It only helps to stop smoking, if you do so during the first trimester.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
6. You should call the clinic if you have contractions before 37 weeks.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
7. Smoking during pregnancy may cause early/preterm delivery.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
8. It is okay to diet during pregnancy.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²

9. Which vitamin is important during pregnancy to help your baby's brain and spine develop?

- ¹ Vitamin A ² Vitamin D ³ Folic Acid ⁴ Iron

10. What is the minimum number of glasses of water, juice or milk you should drink a day to stay hydrated?

- ¹ 2-4 ² 6-8 ³ 8-10 ⁴ 10-12

11. How much beer is safe to drink during pregnancy?

- ¹ One a month ² One a week ³ One a day ⁴ None

During labor and delivery	True	False
12. If the bag of water breaks it is okay to wait for 24 hours to go to the hospital if the uterus is not contracting.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
13. Signs of preterm labor include: (CHECK ALL THAT APPLY)		
<input type="checkbox"/> ¹ regular contractions <input type="checkbox"/> ² spotting/bleeding <input type="checkbox"/> ³ uterine changes <input type="checkbox"/> ⁴ pelvic cramping		
<input type="checkbox"/> ⁵ pressure in pelvic area <input type="checkbox"/> ⁶ water breaks <input type="checkbox"/> ⁷ lower backache <input type="checkbox"/> ⁸ All of these		
14. The pushing stage of labor begins once the cervix is 10 cm dilated.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
15. It is important to talk to your provider about using pain medication in labor.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
16. How many stages of labor do women go through? _____		

After the birth	True	False
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17. Exercise is not generally recommended sooner than 6 weeks after delivery. ¹ ²
18. It is important to take care of yourself so you can take care of your baby. ¹ ²
19. All mothers who feel overwhelmed or sad after having a baby have postpartum depression. ¹ ²
20. Postpartum depression will go away on its own over time. ¹ ²
21. Mothers have a check-up with their doctor 6 weeks after giving birth. ¹ ²
22. It is normal for vaginal bleeding to occur for how many weeks after birth?
¹ None ² 3-5 days ³ 1 week ⁴ up to 6 weeks

Infant care, sleeping and feeding	True	False
23. Breastfeeding strengthens your baby's immune system.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
24. A baby bottle can be heated in the microwave, on the stove, AND on a warmer.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
25. Most babies want to eat every 1-3 hours.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
26. Babies can choke when sleeping on their backs.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
27. Babies should not sleep with pillows or stuffed animals.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
28. Sharing a bed with a parent or sibling is a safe way for a baby to sleep.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
29. Crying will not hurt my baby.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
30. Shaking my baby will <u>not</u> cause harm.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
31. Baby girls should be wiped from front to back when diapering.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
32. Babies should get sponge baths until the umbilical cord falls off or the circumcision heals.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
33. Babies should go to the doctor for regular check-ups at 1 month, 2 months, 4 months, 6 months, 9 months, and 1 year.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
34. If you feel frustrated or angry at your baby, you can put your baby in the crib and walk away.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²

35. Should babies sleep on their stomachs or backs?
¹ Both ² Always on the back
³ On the back at night, but on the stomach for naps ⁴ Always on the stomach

36. How many inches of water can a baby drown in? _____
37. Babies under 6 months of age can be fed which of the following? (**CHECK ALL THAT APPLY**)
¹ Formula ² Cow's milk ³ Breast milk ⁴ Canned milk

38. What are the most important things you hope to learn in this class?

Thank you for your time!

Appendix B

Post-test

First name and last initial: _____

Today's date: ____/____/____
Month Day Year

Lake Superior Life Care Infant Care Class / EWYL Post-Survey

In order to make sure that our prenatal class is as helpful to as many participants as possible, we would like to ask you some questions before and after the class, as well as questions about your opinion of the class. Your answers will be combined with other people's answers and will be kept private.

1. After being in the class, how do you feel about being a parent? (CHECK ALL THAT APPLY)

- | | | |
|---|--|---|
| <input type="checkbox"/> ¹ Excited | <input type="checkbox"/> ⁴ Unprepared | <input type="checkbox"/> ⁷ Ready |
| <input type="checkbox"/> ² Worried | <input type="checkbox"/> ⁵ Happy | <input type="checkbox"/> ⁸ Overwhelmed |
| <input type="checkbox"/> ³ Scared | <input type="checkbox"/> ⁶ Nervous | <input type="checkbox"/> ⁹ Confident |

Please read each statement below. Clearly mark or enter what you believe is the correct answer.

During pregnancy	True	False
2. By the 7 th month of pregnancy, your baby responds to sound.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
3. In the 3 rd trimester, you should feel your baby move about 10 times every 2 hours.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
4. A watery discharge near the end of pregnancy may indicate the bag of water has broken and you should call your doctor right away.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
5. It only helps to stop smoking, if you do so during the first trimester.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
6. You should call the clinic if you have contractions before 37 weeks.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
7. Smoking during pregnancy may cause early/preterm delivery.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
8. It is okay to diet during pregnancy.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
9. Which vitamin is important during pregnancy to help your baby's brain and spine develop? <input type="checkbox"/> ¹ Vitamin A <input type="checkbox"/> ² Vitamin D <input type="checkbox"/> ³ Folic Acid <input type="checkbox"/> ⁴ Iron		
10. What is the minimum number of glasses of water, juice or milk you should drink a day to stay hydrated? <input type="checkbox"/> ¹ 2-4 <input type="checkbox"/> ² 6-8 <input type="checkbox"/> ³ 8-10 <input type="checkbox"/> ⁴ 10-12		
11. How much beer is safe to drink during pregnancy? <input type="checkbox"/> ¹ One a month <input type="checkbox"/> ² One a week <input type="checkbox"/> ³ One a day <input type="checkbox"/> ⁴ None		

During labor and delivery	True	False
12. If the bag of water breaks it is okay to wait for 24 hours to go to the hospital if the uterus is not contracting.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
13. Signs of preterm labor include: (CHECK ALL THAT APPLY) <input type="checkbox"/> ¹ regular contractions <input type="checkbox"/> ² spotting/bleeding <input type="checkbox"/> ³ uterine changes <input type="checkbox"/> ⁴ pelvic cramping <input type="checkbox"/> ⁵ pressure in pelvic area <input type="checkbox"/> ⁶ water breaks <input type="checkbox"/> ⁷ lower backache <input type="checkbox"/> ⁸ All of these		
14. The pushing stage of labor begins once the cervix is 10 cm dilated.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
15. It is important to talk to your provider about using pain medication in labor.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
16. How many stages of labor do women go through? _____		

After the birth	True	False
17. Exercise is not generally recommended sooner than 6 weeks after delivery.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
18. It is important to take care of yourself so you can take care of your baby.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
19. All mothers who feel overwhelmed or sad after having a baby have postpartum depression.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
20. Postpartum depression will go away on its own over time.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
21. Mothers have a check-up with their doctor 6 weeks after giving birth.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
22. It is normal for vaginal bleeding to occur for how many weeks after birth? <input type="checkbox"/> ¹ None <input type="checkbox"/> ² 3-5 days <input type="checkbox"/> ³ 1 week <input type="checkbox"/> ⁴ up to 6 weeks		

Infant care, sleeping and feeding	True	False
23. Breastfeeding strengthens your baby's immune system.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
24. A baby bottle can be heated in the microwave, on the stove, AND on a warmer.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
25. Most babies want to eat every 1-3 hours.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
26. Babies can choke when sleeping on their backs.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
27. Babies should not sleep with pillows or stuffed animals.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
28. Sharing a bed with a parent or sibling is a safe way for a baby to sleep.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
29. Crying will not hurt my baby.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
30. Shaking my baby will <u>not</u> cause harm.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
31. Baby girls should be wiped from front to back when diapering.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
32. Babies should get sponge bathes until the umbilical cord falls off or the circumcision heels.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
33. Babies should go to the doctor for regular check-ups at 1 month, 2 months, 4 months, 6 months, 9 months, and 1 year.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²
34. If you feel frustrated or angry at your baby, you can put your baby in the crib and walk away.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²

35. Should babies sleep on their stomachs or backs?

¹ Both

² Always on the back

³ On the back at night, but on the stomach for naps

⁴ Always on the stomach

36. How many inches of water can a baby drown in? _____

37. Babies under 6 months of age can be fed which of the following? (CHECK ALL THAT APPLY)

¹ Formula

² Cow's milk

³ Breast milk

⁴ Canned milk

38. What is the most important thing you learned in the infant care class or EWYL?

39. Please let us know what you think about the infant care class or EWYL.

	Strongly agree	Agree	Disagree	Strongly disagree
a. Overall, the class/EWYL was helpful.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
b. The information I learned was useful and practical.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
c. The information was presented in a way I understood.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
d. The instructor/C.A. was helpful in answering my questions.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
e. The handouts were helpful.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
f. What I learned during the class will help me care for my baby.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
g. The incentive I received helped reduce financial stress.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴

40. The infant care class or EWYL helped me learn more about...

	Strongly agree	Agree	Disagree	Strongly disagree
a. How to take care of myself during pregnancy.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
b. What to expect during labor and delivery.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
c. How to take care of myself after the delivery.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
d. Infant feeding.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
e. Infant sleep safety.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴
f. Money management.	<input type="checkbox"/> ¹	<input type="checkbox"/> ²	<input type="checkbox"/> ³	<input type="checkbox"/> ⁴

41. What was the most helpful part of the infant care class or EWYL?

42. What is one thing you would change about the infant care class or EWYL?

Thank you for your time!