MIG-HEALTH APPS
Mobile Health Apps for Migrants

https://apps4health.eu/

Module 8 - Self-learning session (8.3)
Newborn's care

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coordina-oerh.com

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STRASBOURG, FRANCE
www.amsed.fr

Self-learning Session: Content

1. Quiz and Self-assessment

What is the amount of sleep hours recommended for a 1-to-2-years-old child?

Only one answer is correct!

A. 11 - 14 hours

B. 12 - 16 hours

C. 9 - 12 hours

D. 10 - 13 hours

**What is the amount of sleep hours recommended
for a 3-to-5-years-old child?**

Only one answer is correct!

A. 11 - 14 hours

B. 12 - 16 hours

C. 9 - 12 hours

D. 10 - 13 hours

What is the amount of sleep hours recommended
for a 4-to-12-months-old child?

Only one answer is correct!

A. 11 - 14 hours

B. 12 - 16 hours

C. 9 - 12 hours

D. 10 - 13 hours

What is the amount of sleep hours recommended
for a 6-to-12-years-old child?

Only one answer is correct!

A. 11 - 14 hours

B. 12 - 16 hours

C. 9 - 12 hours

D. 10 - 13 hours

Which application provides pediatric advice and information?

Only one answer is correct!

A. Milk time - Timer for nursing

B. Pediamécum AEP

C. My Baby - Baby Diary

D. BLW Meals

Which application is related to daily records?

Only one answer is correct!

A. Milk time - Timer for nursing

B. Pediamécum AEP

C. My Baby - Baby Diary

D. BLW Meals

Which application is related to feeding?

Only one answer is correct!

A. Milk time - Timer for nursing

B. Pediamécum AEP

C. My Baby - Baby Diary

D. BLW Meals

Which application is related to breastfeeding?

Only one answer is correct!

A. Milk time - Timer for nursing

B. Pediamécum AEP

C. My Baby - Baby Diary

D. BLW Meals

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Congratulations!

You have completed the self-learning session of this module!