

母乳餵養常識

Breastfeeding Basics

Here are some breastfeeding basics that you may find helpful. Talk to your baby's doctor, nurse or your lactation specialist if you have other questions.

Mother's Diet

No special foods or diets are needed for breastfeeding. Some helpful tips:

- Choose a variety of healthy foods for your meals and snacks each day. Eating healthy will help you and your baby feel well.
- Eat 4 to 5 servings of dairy products each day. A calcium supplement can help you get enough calcium.
- Drink water or fruit juices when you are thirsty.
- Take your prenatal vitamins as directed by your doctor.
- Limit caffeine and artificial sweeteners in your diet. Caffeine is in chocolate, coffee and tea. Artificial sweeteners are in diet soft drinks and in some low calorie or diet foods.
- Avoid drinking alcohol. Alcohol takes about 2 to 3 hours per serving to leave breast milk.
- It takes about 4 to 6 hours for the foods you eat to show up in your breast milk. If you have a family history of an allergy or your baby seems fussy after you eat a certain food, avoid that food and see if your baby feels better.

這裡提供一些母乳餵養常識，可能對您有用。如有其他疑問，請諮詢寶寶的醫生、護士或母乳專家。

母親的飲食

哺乳期不需特殊的食物或飲食。可注意以下事項：

- 每天在正餐和用點心時，食用多種健康食物。健康的飲食會讓母親和寶寶身體健康。
- 每天吃4至5份乳製品。補充鈣有助您攝入足量的鈣。
- 口渴時飲用水或果汁。
- 遵醫囑服用產前維他命。
- 限制飲食中的咖啡因和人工甜味劑。巧克力、咖啡及茶內含咖啡因。低糖汽水和某些低熱或低糖食物中含人工甜味劑。
- 避免飲酒。每飲一份酒，酒精成份須2至3小時後才從乳汁中消失。
- 進食後大約4至6小時後食物才在在乳汁中出現。如有家族過敏史或寶寶吃某種食物後煩躁不安，須避免該食物，然後看寶寶的情況是否好轉。

- Some babies have a hard time when a mother eats dairy products or vegetables such as broccoli, beans, onions or peppers. If the problem persists, talk to your doctor.
- Avoid weight loss diets. To lose weight, walk more and limit high calorie foods.

Getting Started

Colostrum, the first milk your body makes, is very good for your baby. Over the next few days, your breasts will feel fuller, and you will have more milk. Your milk supply will depend on how much milk and how often your baby takes from the breast. The more milk your baby takes, the more milk your breasts will make.

The nurses will help you and your baby learn how to breastfeed. Relax and give yourself time to learn.

Your baby may be very sleepy the first few days. Your baby's stomach is small so your baby will need to feed often. You may feel increased thirst while nursing, drowsiness during breastfeeding and mild uterine contractions while breastfeeding the first few days.

Avoid feeding your baby from a bottle, either breastmilk or formula, for the first 3 to 4 weeks or until your baby learns to feed well. Sucking from a bottle is a different mouth action. Bottle sucking may interfere with the baby's nursing at the breast.

After the first 3 to 4 weeks, you can try to feed your baby breast milk through a bottle if you would like. If your baby is not able to breastfeed, you can pump your breast milk, feed your baby the breast milk through the bottle or freeze the breast milk in a closed container for later use.

- 有些寶寶在母親食用乳製品或蘭花菜、豆角、洋蔥或辣椒後會有不良反應。如問題持續，請諮詢醫生。
- 避免減肥的飲食。要降低體重，可增加散步，並限制高卡路里食物。

開始步驟

初乳是您的身體會產後初始分泌的乳汁，對寶寶非常有好處。幾天以後，您的乳房會感到較大，您也就會分泌更多的乳汁。乳汁分泌量的多少取決於哺乳量和哺乳頻率。寶寶吃母乳越多，乳房分泌的乳汁就越多。

護士會幫助您和寶寶掌握哺乳技巧。不要緊張，慢慢來學。

寶寶出生後頭幾天內可能非常嗜睡。寶寶的胃小，因此每天需要多次哺乳。在哺乳的最初幾天，您在餵奶時可能會感到更容易口渴、困倦，並有輕度的子宮收縮。

最初 3 週或 4 週，或在寶寶會熟練吃奶之前，無論是餵母乳還是配方奶，都不要用奶瓶餵奶。從奶瓶中吮奶是一個不同的嘴部動作。奶瓶餵奶可能會影響寶寶吃乳房的母乳。

最初 3 週或 4 週後，如果您願意，可嚐試用奶瓶給寶寶餵母乳。如無法直接給寶寶餵奶，可用吸奶器將乳汁吸出，放在奶瓶內餵給寶寶吃，或放在封閉容器內冷凍起來，需要時餵給寶寶吃。

Feeding Cues

Your baby will give you signs of hunger called feeding cues. Your baby's feeding cues may include:

- Clenched fists
- Hands to mouth
- Licking of lips
- Moving of arms and legs
- Turning the head towards your body
- Sounds
- Crying

Try to begin feeding your baby before he or she becomes too upset.

How is my baby doing with breastfeeding?

Watch for signs that your baby is latched on to your nipple well and getting milk. Signs may include:

- A fast, shallow motion in the cheeks as your baby first latches on that changes to a deep, slow, rhythmic motion.
- Motion near your baby's ear and temple as your baby's lower jaw moves up and down.
- Seeing, hearing, or feeling your baby swallowing.
- Feeling a tingling sensation in the breast.

餵奶信號

寶寶肚子餓了，會作出稱為餵奶信號的動作。寶寶的餵奶信號可能包括：

- 攥緊拳頭
- 把手放在嘴上
- 舔嘴唇
- 手舞足蹈
- 頭轉向媽媽的身體
- 發出聲音
- 哭鬧

嚐試在寶寶大哭大鬧之前，給寶寶餵奶。

如何判斷寶寶的吃奶能力？

留心觀察寶寶含住乳頭並且吃到奶的跡象，其中可包括：

- 寶寶剛吸住乳頭時，雙頰會有快而淺的動作，然後雙頰的動作轉為深、慢、有節奏。
- 當寶寶下顎上下動作時，寶寶的耳朵和太陽穴附近會動。
- 能看到、聽到或感覺到寶寶的吞嚥。
- 乳房有麻酥酥的感覺。

Is my baby getting enough milk?

If your baby is getting enough milk, your breasts will be full with milk, soft after feedings and refill between feedings. Your baby will:

- Have 6 or more wet diapers in a 24 hour period
- Sleep between feedings
- Have more than 2 bowel movements each day
- Gain weight

A healthy, full term baby who is nursing well does not need extra water or formula. Do not feed your baby extra water or formula unless ordered to do so by your baby's doctor. Talk to your baby's doctor, nurse or your lactation specialist if you do not think that your baby is getting enough milk.

How often will my baby feed?

Feedings are timed from the start of one feeding to the start of the next. At first, try to feed your baby every 2 to 3 hours during the day and evening, and at least every 4 hours during the night. If your baby gives feeding cues, feed your baby. Your baby may want several feedings very close together.

By the end of the first week, your baby will be nursing 8 to 12 times in 24 hours. As your baby and your milk supply grow, your baby may begin feeding less often.

Even after babies are able to sleep for longer periods, their sleep is sometimes disturbed by dreams, hunger or a busy day. Expect that your baby will wake at night and may need to be fed.

怎樣才知道寶寶吃飽了？

若母乳充足，乳房會充滿乳汁，餵奶後應變軟，兩次餵奶之間乳房會自動飽脹起來。吃飽奶後，寶寶：

- 在 24 小時內會尿濕 6 次或更多尿布
- 在兩次餵奶之間會睡覺
- 每天排大便超過2次
- 體重增加

健康的足月寶寶如果哺乳得當，不需要額外喝水或加配方奶。除非寶寶的醫生讓寶寶額外喝水或配方奶，否則不要這麼做。如認為寶寶吃不飽，請向寶寶的醫生、護士或母乳專家提出。

多長時間餵奶一次？

餵奶的間隔是指從一次餵奶的開始到下次餵奶的開始。剛開始時，設法白天和晚上每隔2至3小時給寶寶餵一次奶，夜間至少每4小時餵一次奶。如寶寶發出餵奶信號，則隨時餵奶。寶寶可能需要短時間內連續餵奶數次。第一週結束時，寶寶24小時內要吃奶8至12次。隨著寶寶的長大和母親乳汁的增多，寶寶的吃奶次數可能會減少。

即時寶寶能夠一次睡較長時間後，有時候作夢、飢餓或白天過於活躍也會干擾寶寶的睡眠。因此要做好準備，寶寶夜間可能會醒來，需要餵奶。

即時寶寶能夠一次睡較長時間後，有時候作夢、飢餓或白天過於活躍也會干擾寶寶的睡眠。因此要做好準備，寶寶夜間可能會醒來，需要餵奶。

Babies have growth spurts in their first 6 months and will nurse more often during them. By feeding more often, your body will make more milk to get through the growth spurts. These spurts often last 3 to 5 days.

Waking the Sleeping Baby

If your baby is in a deep sleep, do not wake your baby for a feeding. If your baby is asleep but has some body motions such as eye motion under the lid, active mouth and tongue motion, or sucking in sleep, this is the best time to wake your baby for a feeding.

At night, dim the lights and keep the room quiet. Avoid startling movements. Wake the baby gently by moving your baby or you can change your baby's diaper. If after 15 minutes your baby shows poor interest in breastfeeding, try an hour later.

Talk to a doctor, nurse or lactation specialist if you have any questions or concerns.

寶寶出生後前六個月有一個快速生長期，吃奶次數會增加。增加餵奶次數後，母親的身體會產生更多的乳汁，滿足寶寶在快速生長期內的需求。快速生長期一般為3至5天。

叫醒寶寶

如果寶寶睡得很深，不要為了餵奶而叫醒寶寶。如果寶寶已經入睡，但有一些身體活動，例如眼球在眼瞼下轉動，嘴巴和舌頭在動或睡眠中有吮奶的動作，這是叫醒寶寶餵奶的最佳時機。

夜間將燈光調暗，保持房間安靜。避免用劇烈動作叫醒寶寶。要輕輕叫醒寶寶，可轉動寶寶的身體，或給寶寶換尿布。如15分鐘後寶寶依然沒有興趣吃奶，一小時後再嚐試餵奶。

如有任何疑問或擔心，請諮詢醫生、護士或母乳專家。