

Your New Baby

As a new parent, you may have questions about your baby. Below are some common physical features and behaviors you may notice in your baby soon after birth.

Sleep and Wake Cycles

For the first few hours after birth, babies are active and awake. Then they become sleepy for the next 12-24 hours. Expect your baby to sleep 16-20 hours a day, and not on any set schedule. Babies wake often at night for feedings.

Head

Your baby's head may look large and misshaped from the birth process. This will slowly correct itself in about a week. Babies have two soft spots on the head. These soft spots will slowly close and do not need any special care.

Eyes

Babies see best at a distance of 8-10 inches. Your baby's eye color changes to its permanent color at 6-12 months. It is normal for your baby's eyes to be swollen, have red spots in the white part of the eyes or look cross-eyed. These conditions will most often go away.

Breasts and Genitals

It is normal for babies' breasts and genitals to look swollen. This will slowly go away. The baby's breasts may have a small amount of milk-like fluid coming out of them that will slowly go away. It is normal for baby girls to have a small amount of blood-tinged vaginal discharge and mucus for several days after birth.

新生寶寶

初次為人父母時，您可能有一些關於寶寶的問題。以下是寶寶出生後不久您可以注意到的常見體徵和行爲。

睡眠和清醒週期

寶寶出生後前幾個小時精力充沛，保持清醒狀態。接下來的 12-24 小時便會昏昏欲睡。您的寶寶每天大致睡 16-20 小時，而且不按照固定時間睡覺。寶寶晚上會頻繁醒來吃奶。

頭部

您寶寶的頭部可能看起來比較大，並且由於產程而有些變形，這大約會在一星期後慢慢自行糾正。寶寶的頭上有兩個囟門，它們會慢慢閉合，不需要任何特殊護理。

眼睛

寶寶最遠能看 8-10 英寸(20-25 公分)。寶寶眼睛的顏色會有變化，6-12 個月時才會恒定不變。寶寶眼睛腫脹、眼白有紅斑或者看起來斜視都是正常的，這些症狀通常都會消失。

乳部和生殖器

寶寶的乳部和生殖器看起來腫脹是正常現象，這種現象會慢慢消失。寶寶的乳部可能會有少量乳狀液體留出，這也會慢慢消失。女嬰出生後幾天內陰道有少量淡血色流出物和粘液是正常現象。

Skin

The lips and the area inside the mouth should be pink.

- If you notice any blueness around your baby's mouth and your baby is not alert or able to respond to you, **call 911**.
- If your baby develops skin blisters filled with fluid or pus, **call your baby's doctor** to have your baby checked for an infection, especially if there is also a cough, fever or poor feeding.

These skin conditions may be seen and will often go away without treatment:

- Patches of red skin seen on the eyelids, forehead or back of the neck.
- Bluish-gray spots found on the back and buttocks that often fade over a period of months or years.
- Fine, white bumps that are not blisters over a red background. This does not need any creams or lotions.
- Tiny white dots that appear on the face. Do not squeeze them.
- Dry peeling skin or cracking around the wrists or ankles. As the dry skin flakes off, new soft skin will appear.
- Fine, downy hair seen on the back, arms and ears.
- Creamy, white substance that may be on the skin at birth and stay in skin folds for the first few days after birth.

Jaundice

Jaundice is a yellow color of the skin and eyes. It often goes away in 1-2 weeks. In the hospital, a small sample of your baby's blood may be tested to check the amount of jaundice.

After you go home, check your baby's skin and eye color in natural daylight or in a room with fluorescent lights.

Call your baby's doctor if:

- Your baby's abdomen, legs and arms are yellow.
- Your baby's whites of the eyes are yellow.
- Your baby is yellow and your baby is hard to wake, is fussy or not feeding.

皮膚

嘴唇及口腔內部應當呈粉紅色。

- 如果您注意到寶寶嘴四週發黃，並且寶寶不活潑或者不能回應您，**請致電 911**。
- 如果寶寶皮膚上長有充滿液體或膿汁的水泡，請致電**寶寶的醫生**，讓其檢查寶寶有沒有受感染，尤其是伴有咳嗽、發燒或喂哺困難等現象時。

您可能會看到以下這些皮膚症狀，不過這些症狀通常不需要治療就會消失：

- 眼瞼、額頭或頸後可見紅色斑塊。
- 背部和臀部可見藍灰色斑點；這些斑點通常會在幾個月或幾年後消褪。
- 發紅的皮膚上有白色小腫塊（非水泡）。這不需要塗抹任何護膚霜或護膚液。
- 臉上出現小白點。不要捏擠。
- 皮膚乾燥脫皮，或者手腕或腳踝週圍破裂。乾燥的皮膚脫落時，柔嫩的新皮膚將會出現。
- 背部、手臂以及耳朵上可見細絨毛。
- 出生時皮膚上可能有乳白色物質，出生後的幾天內會留在皮膚褶皺中。

黃疸

黃疸是指皮膚和眼睛呈黃色，通常會在 1-2 週內消失。在醫院，可以化驗寶寶的少量血液樣本，檢查黃疸量。

回家後，應在自然光下（或在有螢光燈的房間內）檢查寶寶皮膚和眼睛的顏色。

出現以下情況時，請致電寶寶的醫生：

- 寶寶的腹部、腿部、手臂發黃。
- 寶寶的眼白發黃。
- 寶寶發黃，並且嗜睡、急躁不安或者不吃奶。

Coughing, Sneezing, and Hiccups

Coughing and sneezing at times is normal. It does not mean the baby is ill unless there is a yellowish or greenish discharge from the nose or other symptoms. New babies often hiccup during or after eating.

Choking

Babies can choke when held too flat when eating. When feeding, hold your baby's head upright and **never** prop a bottle. If your baby chokes, coughs or spits up, stop the feeding, sit him up or hold him over on his side. Pat his back gently until the choking stops then start the feeding again. New parents should take an infant CPR class.

Senses

Babies are always growing and learning about the world around them. Babies like being held, rocked, stroked and carried. A sturdy but gentle touch can help them feel secure and calm. Babies love to hear you talk to them and will listen to your voice and other sounds. Babies have a good sense of smell. They can smell breastmilk or formula. Babies can follow slow moving objects and can focus on things up to eight inches away.

Reflexes

Several reflexes are present at birth.

- There is a **startle reflex** where the baby's arms will flare out and their legs will straighten when they hear a loud noise or are suddenly moved.
- The **sucking reflex** should be strong and vigorous.
- The **rooting reflex** is when the baby turns his head toward the breast or nipple and may also open his mouth.

咳嗽、打噴嚏、打嗝

不時咳嗽和打噴嚏是正常現象。這並不說明寶寶病了，除非鼻子裏有淡黃色或淡綠色的流出物或者有其他症狀。吃奶時或者吃完奶後，新生寶寶通常都會打嗝。

嗆奶

如果吃奶時寶寶身體被抱得太平，可能會嗆奶。餵奶時，應使寶寶頭部直立，**切勿**將奶瓶倚靠在寶寶嘴上。如果寶寶嗆奶、咳嗽或吐奶，應停止餵奶，讓寶寶坐起來，或將寶寶側身抱起。輕拍寶寶背部，直到不再嗆奶，然後再開始餵奶。新任父母應學習嬰兒人工呼吸課程。

感官

寶寶總是在不斷成長，日益瞭解週圍的世界。寶寶喜歡被抱著、被搖晃、被撫摸。堅實而溫柔的觸摸會讓寶寶感到安全和平靜。寶寶喜歡聽父母說話，會聆聽父母的聲音以及其他聲音。寶寶有良好的嗅覺，可以聞到母乳或配方奶的味道。寶寶的目光能跟隨慢慢移動的物體，並可注視遠至 8 英寸(20 公分)以外的物體。

反射

寶寶出生時有以下幾種反射。

- **驚嚇反射**：寶寶聽到大大的聲響或者突然被移動時，手臂會甩開，兩腿會伸直。
- **吸吮反射**：應當強烈有力。
- **覓食反射**：寶寶將頭轉向乳房或奶嘴，還可能張開嘴。

- The **stepping reflex** is when the baby makes a stepping movement when held in a standing position.
- The **grasping reflex** is when the baby will hold on tightly to an object placed in the baby's palm.

Talk to your baby's doctor or nurse if you have any questions or concerns.

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- **跨步反射**：托住寶寶使之站立時，寶寶會做出邁步的動作。
- **抓握反射**：寶寶會緊緊握住放在自己手心裏的物體。

如有任何疑問或擔心，請告訴寶寶的醫生或護士。

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Your New Baby. Traditional Chinese.