

母乳喂养常识

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.

这里提供一些母乳喂养常识，可能对您有用。如有其它疑问，请咨询宝宝的医生、护士或母乳专家。

母亲的饮食

哺乳期不需特殊的食物或饮食。以下一些事项会帮助：

- 每天在正餐和用点心时，食用多种健康食物。健康的饮食会让母亲和宝宝身体健康。
- 每天吃**4至5**份奶制品。钙补充剂有助于您摄入足够量的钙。
- 口渴时饮用水或果汁。
- 遵医嘱服用产前维他命。
- 限制饮食中的咖啡因和人工甜味剂。巧克力、咖啡及茶含有咖啡因。低糖软饮料和某些低热或低糖食物中含人工甜味剂。
- 避免饮酒。每饮一份酒，须**2至3**小时后乳汁中才能不含酒精。
- 进食后大约**4至6**小时后食物才在乳汁中出现。如有过敏家族史或宝宝吃某种食物后烦躁不安，须避免该食物，然后看宝宝的情况是否好转。

- 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.

- 有些宝宝在母亲食用奶制品或花菜、豆角、洋葱或辣椒等蔬菜后会有不良反应。如问题持续存在，请咨询医生。
- 避免控制饮食来减肥。要降低体重，可增加散步，并限制高热食物。

开始步骤

初乳，是您的身体初始分泌的乳汁，对宝宝非常有好处。几天后，您的乳房会感到更满，您也就会分泌更多的乳汁。乳汁分泌量的多少取决于哺乳量和哺乳频次。宝宝吃母乳越多，乳房分泌的乳汁就越多。

护士会帮助您和宝宝掌握哺乳技巧。不要紧张，慢慢来学。

宝宝出生后头几天内可能非常嗜睡。宝宝的胃小，所以每天需要多次哺乳。您在哺乳的最初几天，可能会感到口渴、困倦，并且子宫出现轻度的收缩。

最初3至4周，或在宝宝学会熟练吃奶之前，无论是喂母乳还是配方奶，都不要用奶瓶喂奶。从奶瓶中吮奶是一个不同的嘴部动作。奶瓶喂奶可能会影响宝宝吃乳房的母乳。

最初3至4周后，如果您愿意，可尝试用奶瓶给宝宝喂母乳。如无法直接给宝宝喂奶，可用吸奶器将乳汁吸出，放在奶瓶内喂给宝宝吃，或放在封闭容器内冷冻，需要时喂给宝宝吃。

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.

喂奶信号

宝宝肚子饿了，会作出称为喂奶信号的动作。宝宝的喂奶信号可能包括：

- 攥紧拳头
- 把手放在嘴上
- 舔嘴唇
- 手舞足蹈
- 头转向妈妈的身体
- 发出声音
- 哭闹

尝试在宝宝大哭大闹之前，给宝宝喂奶。

如何判断宝宝的吃奶能力？

留心观察宝宝含住乳头并且吃到奶的迹象。迹象可包括：

- 宝宝刚含住乳头时，在双颊上会有快而浅的动作，然后双颊的动作转为深、慢、有节奏。
- 当宝宝下颚上下动作时，宝宝的耳朵和太阳穴附近在动。
- 能看到、听到或感觉到宝宝的吞咽。
- 乳房有麻酥酥的感觉。

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.

怎样才知道宝宝吃饱了?

若宝宝吃饱了，乳房会充满乳汁，喂奶后应变软，两次喂奶之间乳房会自动饱胀起来。吃饱奶的宝宝：

- 在24小时内会尿湿6个或更多的尿布
- 两次喂奶之间会睡觉
- 每天排大便超过2次
- 体重增加

健康的足月宝宝如果哺乳得当，不需要额外喝水或配方奶。除非宝宝的医生让宝宝额外喝水或配方奶，否则不要这么做。如认为宝宝吃不饱，请向宝宝的医生、护士或母乳专家咨询。

多长时间喂奶一次?

喂奶的间隔是指从一次喂奶的开始时到下次喂奶的开始时。刚开始，争取白天和晚上每隔2至3小时给宝宝喂奶一次，夜间至少每4小时喂奶一次。如宝宝发出喂奶信号，则随时喂奶。宝宝可能需要短时间内连续喂奶数次。

第一周结束时，宝宝24小时内要吃奶8至12次。随着宝宝的长大和母亲乳汁的增多，宝宝的吃奶次数可能会减少。

虽然在宝宝能够一次睡较长时间后，有时候作梦、饥饿或白天过于活跃也会干扰宝宝的睡眠。做好准备，宝宝夜间可能会醒来，需要喂奶。

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.

宝宝出生后前六个月有一个快速生长期，吃奶次数会增加。增加喂奶次数后，母亲的身体会产生更多的乳汁，满足宝宝在快速生长期内的需求。快速生长期一般为3至5天。

叫醒宝宝

如果宝宝睡得很深，不要为了喂奶而叫醒宝宝。如果宝宝已经入睡，但身体在动，例如眼球在眼睑下转动，嘴巴和舌头在动或睡眠中有吮奶的动作，这是叫醒宝宝喂奶的最佳时机。

夜间将灯光调暗，保持房间安静。避免用剧烈动作叫醒宝宝。要轻轻地叫醒宝宝，可转动宝宝的身体，或给宝宝换尿片。如15分钟后，宝宝依然没有兴趣吃奶，一小时后再尝试喂奶。

如有任何疑问或担心，请咨询医生、护士或母乳专家。