

宝宝护理

Caring for Your Baby

There are some things you need to learn to care for your baby. Talk to your baby's nurse or doctor if you have questions.

Feedings

If you are breastfeeding your baby, you may need to feed your baby every hour for the first few days. Later on, your baby can go 3 to 4 hours without breastfeeding. Let your baby nurse on the first breast as long as possible, then offer the second breast. Some babies nurse quickly, in 15 minutes, others take more time, like 30 minutes. This is all normal. Burp your baby when changing breasts. Watch the foods you eat. Some things you eat may upset your baby's stomach or cause gas.

If you are bottle-feeding your baby, offer formula every 3 to 4 hours. Begin giving your baby 1 to 3 ounces of formula at each feeding. Slowly increase the amount of formula. Burp your baby after every few ounces.

Babies have growth spurts in the first 6 months, and will eat more often during them. Watch for feeding cues and feed your baby whenever your baby wants to eat.

Feeding Cues

Your baby will give you signals 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

关于宝宝护理您需要了解的信息。如有疑问，请咨询宝宝的护士或医生。

喂养

如果是母乳喂养，最初的数天里，您可能需要每小时哺乳一次。之后，可以每3-4小时哺乳一次。让您的宝宝尽可能久地吸吮第一只乳房，然后换到第二只乳房。有些宝宝哺乳时间很短，只要15分钟，有些更久一些，要30分钟。这都属于正常情况。换乳房时给宝宝拍嗝。注意您的饮食摄入。妈妈摄入的某些食物会造成宝宝胃部不适或胀气。

若是奶瓶喂养，则每3-4小时喂一次配方奶。从每餐给宝宝1-3盎司配方奶开始。慢慢增加配方奶份量。每喝几盎司，为宝宝拍嗝。

宝宝在最初六个月会经历数个猛长期，期间食量通常会增加。注意观察喂食信号，宝宝只要想吃就进行喂养。

喂食信号

宝宝会给您饥饿的信号称为喂食信号。宝宝的喂食信号可能包括：

- 攥紧拳头
- 吃手
- 舔嘴唇
- 手舞足蹈

- Turning the head towards your body
- Sucking sounds
- Crying

Your baby will also show signs when he is full such as fingers open, hands down to his side, relaxed arms and legs, turning head away or biting the nipple.

Burping and Spitting Up

Burp your baby by sitting him upright or holding him up against your chest. Rub or gently pat his back until the air bubble comes up.

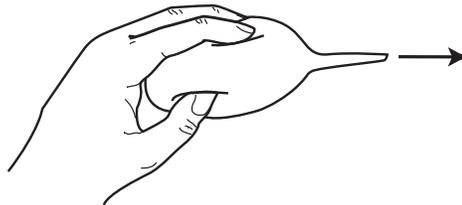
It is normal for your baby to spit up small amounts after a feeding or with burping.

Call your baby's doctor if your baby is spitting up large amounts often or with force.

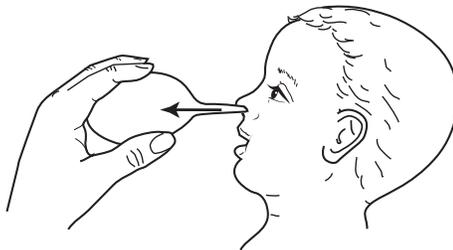
Bulb Syringe

You can use a bulb syringe to clear out mucus from your baby's nose.

1. Squeeze the air out of the bulb.



2. Gently insert the tip into the nose and then slowly release the bulb. Do not force the tip high into the nose.



- 头转向妈妈的身体
- 发出吮吸声
- 啼哭

宝宝吃饱了也会显示信号，如手指张开、手放下置于身侧、手臂和腿放松、把头转开或咬乳头。

拍嗝和吐奶

让宝宝坐直或竖趴在您的胸口，为宝宝拍嗝。按摩或轻拍宝宝背部直到空气排出。

喂食后或拍嗝时，宝宝少量吐奶，属于正常情况。**如果宝宝经常大量或猛烈地吐奶**，请联系您的儿科医生。

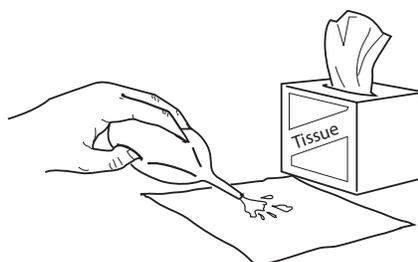
洗鼻器

您可以使用球形洗鼻器清洁宝宝鼻腔内的黏液。

1. 挤出球内的空气。

2. 将头端轻轻放入鼻腔，然后慢慢放松洗鼻球。不要强行插入鼻腔深处。

3. Remove the bulb and squeeze any fluid into a tissue.
4. Repeat as needed.
5. After you are done, wash the bulb syringe with soap and warm water.



3. 移开洗鼻球，然后将液体挤到纸巾上。
4. 如需要，重复以上步骤。
5. 结束后，用肥皂和温水清洗洗鼻器。

动作轻柔，不要过度使用洗鼻器。否则会造成宝宝鼻腔肿胀。

Be gentle and do not to use the bulb syringe too much. This can cause your baby's nose to swell. Suctioning the sides of your baby's mouth in the cheek area can be a better option, but be careful not to suction the back of the mouth or throat, which can cause gagging.

抽吸宝宝口腔的脸颊内侧区域是更好的选择，但注意不要抽吸口腔后部或喉咙，避免宝宝作呕。

Cord Care

The baby's umbilical cord is clamped at birth. The clamp is removed in the hospital. It usually takes 7 to 14 days before the cord falls off by itself. Do not try to remove the cord. Until the cord is healed, keep the diaper below the cord.

Keep the area clean, dry and open to the air. If the area becomes dirty with urine or poop, sponge bathe the area gently with warm water and pat or air dry. Do not put your baby in a tub of water until the area has healed.

When the cord falls off, there may be a small amount of drainage or a few drops of blood. **Call your baby's doctor** if the cord smells bad, has yellow or green discharge, is bleeding more than a few drops, or if the skin around it becomes red or seems painful to the baby.

脐带护理

出生时，宝宝脐带被钳住。住院期间，钳子被移除。通常7-14天左右，脐带会自动脱落。不要自行移除脐带。脐带痊愈前，尿布穿戴在脐带之下。

保持该区域清洁、干燥和通风。若该区域被尿液或粪便污染，用海绵沾温水轻轻擦浴，然后轻轻拍干或晾干。该区域愈合前，不要给宝宝盆浴。

脐带脱落时，可能有少量渗出液或数滴血。如果脐带有异味，有黄色或绿色分泌物，出血超过数滴，周围皮肤变红或者宝宝看起来很痛苦，**请联系您宝宝的医生**。

Bowel Movements

Most babies will have a sticky and dark bowel movement within 48 hours. The stool will change to greenish-brown, then to a light yellow, mustard color. Breast milk stool will become watery and mustard in color. Formula stool is more formed and yellow in color. As long as your baby is comfortable, do not worry about how often they have bowel movements. Soft stool is normal.

- Call your baby's doctor if your baby has diarrhea or very loose stool for more than 24 hours.
- Call your baby's doctor if your baby's stool is very hard or difficult to pass.
- Do not give your baby home remedies or medicine unless told to do so by your baby's doctor.

Urine

Expect 5 to 6 wet diapers each day by the time the baby is 5 days old. Babies can lose fluids very fast. If you think your baby is not getting enough liquids, feed him every 2 hours. Call your baby's doctor if your baby is not having enough wet diapers.

Diaper Change

Change the diaper when it becomes wet or dirty. This will help prevent skin rashes. Talk to your baby's doctor or nurse about a product to use if your baby's skin becomes red. Use a wet washcloth or baby wipes to gently clean the area and between the folds of skin and genitals.

- For girls – Clean the genitalia from front to back. This avoids getting stool into the opening leading to the bladder, which may cause an infection.
- For boys – Gently clean the penis. If not circumcised, do not pull back on the foreskin to clean it.

排便

大多数宝宝在出生后48小时内会排出又黏又黑的粪便。粪便会变成黄绿色、然后浅黄色、芥末色。母乳喂养的粪便呈水样，芥末色。配方奶喂养的粪便更成形且更黄。只要宝宝整体状态舒适，不要担心其排便频率。软便属于正常情况。

- 如果宝宝腹泻或者便溏超过24小时，请联系您宝宝的医生。
- 如果宝宝粪便干硬或排便困难，请联系您宝宝的医生。
- 除非宝宝的医生嘱咐，否则不要给宝宝使用家庭疗法或药物。

排尿

至宝宝5天大时，预计每天换5-6片湿尿布。宝宝脱水非常快。如果您认为宝宝液体摄入不足，则每两小时喂食一次。如果宝宝排尿不足，请联系您宝宝的医生。

更换尿布

在尿布变湿或变脏时，更换尿布。这可以预防皮疹。如果宝宝出现红屁股，联系宝宝的医生或护士，咨询可以使用的产品。使用湿毛巾或湿纸巾轻柔地清洁该区域，以及皮肤褶皱处和生殖区。

- 从前往后 清洁女宝宝的生殖区。这可避免粪便从尿道口进入膀胱，引起感染。
- 轻柔地清洁男宝宝的阴茎。如果没有包皮环切的话，不要拉开包皮进行清洁。

Fingernails

Keep your baby's nails short so they do not scratch themselves. Find a position that lets you access your baby's hands. It is best to use a nail file (emery board) instead of baby nail scissors or clippers. Gently rub back and forth with the file until the nail is short and smooth. Use care not to file the baby's skin. If you use baby nail clippers, be careful not to clip the baby's skin.

指甲

剪短宝宝的指甲，防止宝宝抓伤自己。找到一个位置可以让你握住宝宝的手。最好使用指甲锉（指甲砂锉），而非婴儿指甲剪或指甲钳。用指甲锉轻轻前后摩擦，直到指甲变得又短又圆滑。小心不要锉到宝宝皮肤。如果使用婴儿指甲钳，小心不要剪到宝宝的皮肤。

Sleeping

Always put your baby on his or her back for sleeping.

Follow the ABC's of safe sleep:

- **ALONE**- babies need to sleep on their own surface. Bed sharing is not safe.
- **BACK**- babies should be on their back for every sleep.
- **CRIB**- the crib should be empty. This means no toys, no bumper pads, no pillows, no blankets, no stuffed animals and no supplies.

Having your baby in a onesie sleeper or sleep sack is safest. Pacifiers are okay as long as they are not hanging around your baby's neck.

睡眠



始终让宝宝仰睡。

遵循以下ABC安全睡眠方法：

- **单独 (ALONE)**：宝宝需要独自睡在自己的床上。同床睡不安全。
- **仰睡 (BACK)**：每次睡觉时，宝宝都应仰睡。
- **婴儿床 (CRIB)**：婴儿床应该清空。即，没有玩具、防撞垫、枕头、毯子、毛绒玩具和婴儿用品。

让宝宝在睡觉时穿连体睡服或使用睡袋是最安全的。可以使用安抚奶嘴，但不要将它挂在宝宝脖子上。

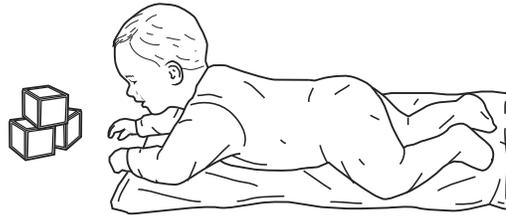
Tummy Time

Place your baby on his or her stomach while you spend time with your baby when he or she is awake and ready to play. This will help your baby's muscles in the neck, arms and body get stronger. It also helps your baby avoid flat spots on his or her head, and help your baby learn how to roll, sit, crawl, and pull to stand.

Start out with just a few minutes at a time, a few times each day.

Increase the time as your baby gets used to it and begins to like it.

Play with your baby in this position. Never leave your baby alone on his or her stomach.



俯卧时间

宝宝清醒并想要玩耍的时候，使宝宝俯卧，并陪伴他/她。这有助于使宝宝的颈部、手臂和躯体肌肉变强壮。也有助于避免宝宝扁平头，并帮助宝宝学习如何翻身、坐、爬和扶站。

从每天几次、每次几分钟开始。

宝宝习惯并开始喜欢以后，延长时间。

和俯卧的宝宝一起玩。俯卧时切勿离开宝宝。

Room Temperature and Dress

Dress your baby with one extra layer more than you are wearing. Do not overdress your baby or let him get too warm. Your baby's room should be at a temperature that is comfortable for an adult. Air conditioning is not harmful to your baby, but keep your baby away from fans and drafts.

室温和穿着

宝宝比你多穿一件即可。不要给宝宝穿太多或太热。宝宝房间的温度以成人觉得舒适为宜。空调对宝宝无害，但请远离风扇和风口。

Your Baby's Temperature

Take your baby's temperature if your baby is eating poorly, feels warm to the touch, is more irritable or is hard to wake. There are different ways to take a temperature, but in the baby's bottom (rectal) is thought to give the best reading for babies.

宝宝体温

如果宝宝食欲差、手感发热，较平时易激惹或难以唤醒，请测量宝宝的体温。测量体温有各种方法，但肛温对婴儿而言，读数最为准确。

Call your baby's doctor if you think he or she may have a fever. In general:

- Babies younger than 3 months - a rectal temperature of 100.4° F (38° C) or higher, or an armpit (axillary) temperature of 99° F (37.2° C) or higher.

Crying

All babies cry. Crying is how babies let you know they are hungry, wet, thirsty, cold or bored. It can also be a way to release tension.

With healthy babies, it is normal:

- For the crying to come and go.
- For the baby to keep crying when you are trying to comfort them.
- For crying to happen more in the evening hours when baby is tired.
- For your baby to have a red face, clenched fists, hard and tight stomach, arched back, legs pulled up to their stomach or stiff legs.
- For the crying to last a long time.

A crying baby can frustrate and worry parents. Crying often makes parents think there is something wrong. Understanding what is normal will not make your baby stop crying, but it can make you feel better about yourself and your baby. Always check with your doctor if your baby cries more than you think your baby should.

如果您认为宝宝发烧了，请联系宝宝的医生。总体而言，发烧表现为：

- 小于3个月的宝宝，肛温大于等于100.4° F (38° C)，或腋下温度大于等于99° F (37.2° C)。

啼哭

所有的宝宝都哭。啼哭是宝宝让您了解他们饥饿、尿湿、口渴、寒冷或无聊的方式。也是释放压力的方法。

对于健康的宝宝来说，以下属于正常情况：

- 时哭时止。
- 当你试着安抚时，宝宝会继续哭闹。
- 傍晚宝宝疲乏时，啼哭更多。
- 啼哭时，宝宝会满脸通红、攥紧拳头、腹部又硬又紧、弓背、腿蜷缩到腹部或僵直。
- 啼哭持续很长时间。

啼哭的宝宝会让父母感到受挫和担心。啼哭经常让父母认为有什么不对劲。了解什么属于正常情况不会让宝宝停止哭闹，但会让您对自己和宝宝的感觉好点。如果您认为宝宝的啼哭超过了可接受的范围，请联系您的医生。

Soothing a Crying Baby

Respond to the crying quickly to prevent your baby from becoming too upset. This will not spoil your baby. **Never shake your baby.** This causes serious injuries. Get help or take a break before you get too upset.

Try these actions to calm your baby:

- Cuddle or swaddle your baby in a blanket and hold him close to you.
- Place your baby's head near your heart.
- Let your baby suck on his or her finger or a pacifier.
- Rock, walk with your baby or take him or her for a ride in a stroller or a car.
- Talk to your baby in a steady, soft voice.
- Sing, hum or coo softly to your baby.
- Turn on something with a rhythmic sound such as music, a fan or clothes dryer. Do not place the baby on the dryer.
- Keep the lights low and the room quiet.

Try to stay calm. Take a break. A crying baby can be stressful. Have someone watch and comfort your baby while you relax. Call your baby's doctor for advice if you feel your baby:

- Cries too much
- Cries are loud, piercing or do not stop
- Cries more than 3 hours each day and more often than 3 days each week

Shaken Baby Syndrome

Shaken Baby Syndrome is brain damage caused by someone shaking a baby even one time. Normal playing with a child, like bouncing the baby gently on a knee, will not cause brain damage, but **never shake a baby.**

Make sure to tell anyone caring for your baby to never shake your baby.

安抚啼哭的宝宝

迅速对啼哭作出反应，以防止您的宝宝过于不安。这不会宠坏宝宝。**千万不要摇晃您的宝宝。**这会导致严重的伤害。如果您感到十分心烦，请寻求帮助或休息一下。

尝试以下几点，安抚您的宝宝：

- 用毯子包住或裹紧宝宝，并把宝宝抱紧。
- 把宝宝的头靠在您心脏附近。
- 让宝宝吮吸手指或安抚奶嘴。
- 边走边晃宝宝或用婴儿车或小车带宝宝走走。
- 用稳定而温柔的声音跟宝宝说话。
- 对宝宝轻轻地唱歌、轻哼或发出咕咕声。
- 打开发出节律性声音的东西，如音乐、风扇或者干衣机。不要将宝宝置于干衣机上。
- 把灯光调暗，保持房间安静。

保持冷静。休息一下。啼哭的宝宝让人紧张。您放松的时候，让别人照看并安抚您的宝宝。如果您觉得宝宝有以下情况，请联系宝宝的医生，寻求建议：

- 啼哭过多
- 啼哭太大声、尖锐或没有休止
- 每天啼哭超过3小时，每周超过3天。

摇晃婴儿综合征

摇晃婴儿综合征是指婴儿受到哪怕一次摇晃而导致的脑损伤。与孩子正常玩耍，如把宝宝放在膝盖上轻轻弹跳不会导致脑损伤，但**请勿摇晃宝宝。**

请告诉所有照顾宝宝的人，千万不要摇晃您的宝宝。

Pacifiers

Babies like to suck. Pacifiers can help calm babies. If you are breastfeeding, do not use a pacifier until your baby is breastfeeding well. Never hang the pacifier around your baby's neck. Do not use a bottle nipple as a pacifier.

Bathing

You may give your baby a sponge bath. Do not put your baby into a tub of water until the cord falls off, the umbilical area heals and the circumcision heals for boys.

The temperature of the water should be 100 degrees Fahrenheit or 37 degrees Celsius to prevent chilling or burning. If you do not have a bath thermometer, use your wrist to test the water. It should feel warm, **not hot**. The room should be free of drafts, such as open windows or fans.

Never leave your baby alone, even for a second. If the telephone rings or someone knocks on the door ignore it and finish the bath. Accidents can occur quickly. Always support your baby's head during the bath. Keep a firm grip on your baby. A soapy baby can be very slippery.

Bathe your baby every 3 to 4 days. It is best to bathe your baby before a feeding. The rest of the time, cleaning after each diaper change and washing baby's face and neck after feedings are enough.

Washing Baby's Clothes

In the first few months, a detergent made for a baby, such as Dreft® or Ivory Snow® may be used because it is gentle on a baby's skin. You may also use detergent without fragrance. Do not use bleach because it can irritate your baby's skin.

安抚奶嘴

宝宝喜欢吮吸。安抚奶嘴可以帮助宝宝平静下来。如果是母乳喂养，除非哺乳顺利，否则不要使用安抚奶嘴。切勿将 安抚奶嘴挂在宝宝的脖子上。不要用奶瓶的奶嘴代替安抚奶嘴。

沐浴

可以给宝宝擦澡。脐带脱落、脐带区域愈合以及男婴包皮环切伤口愈合之前，不要让宝宝盆浴。

水温应控制在华氏100度或摄氏37度，防止冻着或烫着宝宝。如果没有浴用温度计，用手腕测试水温。以温暖为宜，但**不能**发烫。洗澡的房间内不应有冷风，例如打开的窗户或风扇。

洗澡时切勿离开宝宝，一秒钟也不行。如果电话铃响或有人敲门，不要去管，先给宝宝洗完澡。意外发生得很快。洗澡时，始终用手托住宝宝的头。要托稳宝宝的**身体**。宝宝身上抹了肥皂后，可能非常滑。

每3-4天给您的宝宝洗一次澡。最好是在喂食前给宝宝洗澡。其他时候，在每次更换尿布后，清洁宝宝，在每次喂食后清洁宝宝的脸部和颈部，就足够了。

清洗宝宝的衣物

最初的几个月，使用婴儿专用洗衣剂，如 Dreft® 或 Ivory Snow®，因为它们对宝宝的皮肤比较温和。也可以使用无香味的洗衣剂。不要使用漂白剂，因为它会刺激宝宝的皮肤。

Vaccines

Vaccines help prevent diseases. These are given in the doctor's offices and health clinics. To protect your baby's health, vaccines should be given on a schedule. Be sure that your baby gets all his or her vaccines. Take the vaccine record with you to all doctors' appointments. Vaccines for children are free through your local health department.

When Should I Call My Baby's Doctor?

- **Call 911** if your baby turns blue or has trouble breathing.
- **Call your baby's doctor** if your baby has any of the following:
 - Cries non-stop or is more irritable
 - Has a fever
 - Discharge from the eyes often
 - A hard time breathing, breathing very fast or the skin below or between the ribs pulls in when baby breathes
 - Dry, rough patches on the body, blisters or sores that crust over or a rash that comes on all of a sudden
 - Redness discharge or a foul smell from the umbilical cord
 - Baby is breastfeeding less often or taking less formula for more than 8 hours
 - Green vomit or vomiting after more than two feedings in a row
 - Baby is hard to wake up
 - No wet diaper for more than 8 hours
 - Change in stool patterns, constipation or diarrhea.
 - Cough that will not go away, especially if there is a rash.

疫苗

疫苗有助于预防疾病。在医生诊所或健康诊所接种。为保护宝宝的健康，应按计划接种疫苗。确保宝宝接种所有疫苗。约见医生时带上疫苗记录。当地卫生部门免费提供宝宝的疫苗。

什么时候应联系宝宝的医生？

- 如果宝宝肤色发青或者呼吸困难，**拨打 911**。
- 如果宝宝出现以下情况，请**联系宝宝的医生**：
 - 哭闹不止或较平时易激惹
 - 发烧
 - 眼睛经常有分泌物
 - 呼吸困难、呼吸急促或者宝宝呼吸时肋间或肋下皮肤凹陷
 - 身体出现干燥粗糙的皮肤、水疱或结成硬皮的疮、突然出现疹子
 - 脐带渗出红色液体或散发恶臭
 - 宝宝母乳次数减少或进食配方奶减少超过8小时
 - 绿色呕吐物或连续两次以上喂食后呕吐
 - 宝宝难叫醒
 - 超过8个小时没有排尿
 - 排便模式改变，便秘或腹泻
 - 咳嗽不止，特别是出现疹子时。

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

如有疑问，请咨询宝宝的医生。