

# 照料您的寶寶

## 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

您應當學會如何照料自己的寶寶。如果您有任何疑問，請諮詢您寶寶的護士或醫生。

### 哺乳

如果您選擇母乳喂養寶寶，那麼最初幾天可能需要您每小時餵一次寶寶。之後，您的寶寶可能連續三四個小時都不需要哺乳。讓您的寶寶盡可能長時間在第一個乳房上哺乳，然後再用第二個乳房餵奶。一些寶寶哺乳時間很快，15分鐘之內完成，而另一些寶寶需要更長時間，比如30分鐘。這都很正常。換另一邊乳房哺乳時需要給您的寶寶拍嗝。注意您的飲食。您吃的某些食物可能引發寶寶腸胃不適或者胃脹氣。

如果用奶瓶給寶寶餵奶，請每隔三至四個小時餵養一次配方奶。剛開始請每次給寶寶餵養一至三盎司的配方奶。請逐步遞增配方奶。寶寶每喝幾盎司就請給他拍嗝。

出生后的前六個月，寶寶會經歷多次快速生長期，在此期間需要更為頻繁地進食。密切關注哺乳徵兆並且只要寶寶需要隨時給他餵奶。

### 哺乳徵兆

哺乳徵兆是指您的寶寶向您發出的飢餓信號。您的

寶寶的哺乳徵兆可能包括：

- 雙拳緊握
- 吃手
- 舔唇
- 擺動手臂和腿

- 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.

- 將頭轉向您的身體
- 發出吮吸的聲音
- 哭鬧

寶寶吃飽之後也會顯示某些徵兆，比如手指鬆開、雙手置於身側、放鬆手臂和腿、將頭轉開或者咬乳頭。

## 拍嗝和溢奶

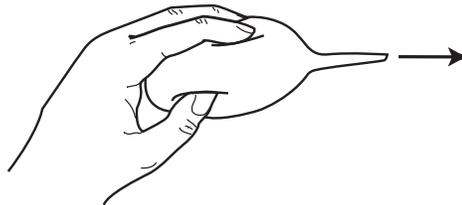
讓寶寶坐直或者將寶寶緊貼您胸前給他拍嗝。揉搓或輕拍寶寶背部，直至吐出氣泡。

如果您的寶寶在哺乳或拍嗝之後溢出少量奶水，這非常正常。如果您的寶寶經常或用力吐出大量奶水，**請致電您寶寶的醫師。**

## Bulb Syringe

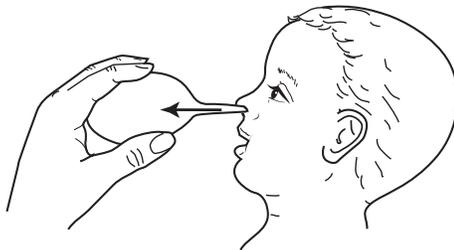
You can use a bulb syringe to clear out mucus from your baby's nose.

1. Squeeze the air out of the bulb.



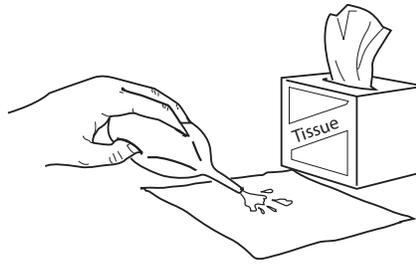
1. 將球形內空氣擠壓出來。

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



2. 輕柔地將頂端插入鼻腔，然後慢慢鬆開球囊。切勿將頂端插入鼻腔過深。

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. 取出球形並將所有液體擠入紙巾中。
4. 依據需要重複進行。
5. 完成之後，請用肥皂及溫水清洗球囊。

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.

請盡量輕柔，切勿過度使用球形注射器。這可能導致寶寶鼻子腫脹。在寶寶面頰區域吸吮其口腔兩側可能更為妥帖，但切勿在其口腔後部或者喉嚨位置吸吮，可能會引發嘔吐。

## 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.

## 臍帶護理

出生時會用臍帶夾把寶寶的臍帶夾起來。臍帶夾會在醫院被取走。臍帶殘端一般會在七至十四天內自行脫落。切勿人為去除臍帶殘端。在臍帶愈合之前，請將尿布置於臍帶之下。

保持臍帶區域清潔、乾燥、通風。如果臍帶區域被尿液或糞便沾污，請用海綿加溫水輕柔地清洗臍帶區域，輕輕拍干或者風乾。在臍帶區域愈合之前，切勿將寶寶放在有水的浴缸裡。

臍帶脫落時，可能會滲出少量液體或幾滴血液。如果臍帶有異味，存在黃色或綠色分泌物，出血較多，或者臍帶周圍皮膚變紅或寶寶看起來有疼痛感，請致電您寶寶的醫師。

## 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

大多數寶寶會在48小時以內排出粘稠和深色的大便。大便會逐漸變為綠褐色，其後變成淡黃、芥末色。食用母乳的寶寶，他們的大便會變得更稀，顏色呈芥末色。食用配方奶的寶寶，他們的大便更加板結，顏色呈黃色。只要寶寶感覺舒適，就無需擔心他們排便的頻率。軟便非常正常。

- 如果您的寶寶腹瀉或者拉稀超過24小時，請致電您寶寶的醫師。
- 如果您的寶寶大便太硬或者排便困難，請致電您寶寶的醫師。
- 沒得到您寶寶的醫師同意，請切勿對您的寶實施以家庭治療或服用藥物。

## 排尿

寶寶出生后五天以內，每天都會尿濕五至六塊尿布。寶寶失水速度很快。如果您認為寶寶沒有得到足夠水分，可以每隔兩小時給他餵奶。如果寶寶排尿次數不足，請致電您寶寶的醫師。

## 尿布更換

尿布一旦濕了或髒了就必須更換。有助於防止皮疹。如果您寶寶的皮膚變紅，請諮詢寶寶的醫師或護士了解該使用何種產品。請使用濕毛巾或嬰兒濕巾輕輕清潔該區域以及皮膚褶皺和生殖器之間區域。

- 女嬰——請從前往後清潔生殖器。避免大便進入膀胱開口，從而誘發感染。
- 男嬰——輕柔地清潔陰莖。如果沒有割包皮，請勿拉開包皮清潔。

## 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.

## 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.

## 指甲

寶寶的指甲不能太長，防止抓傷自己。保持一個讓您能接觸寶寶雙手的姿勢。最好使用指甲銼（金剛砂板），而不要用嬰兒指甲剪或指甲鉗。輕輕地用指甲銼來回摩擦指甲，直到將指甲打磨的又短又光滑。請務必留意切勿磨傷寶寶皮膚。如果您使用嬰兒指甲鉗，小心不要夾到寶寶皮膚。

## 睡眠



睡覺時請一定確保寶寶保持仰臥姿勢。

請遵循安全睡眠的ABC基本原則：

- **獨睡 (ALONE)** —— 寶寶需要單獨睡覺。帶著寶寶同床睡覺很不安全。
- **仰睡 (BACK)** —— 寶寶每次睡覺都應該保持仰臥姿勢。
- **嬰兒床 (CRIB)** —— 嬰兒床上應當空無一物。嬰兒床上不得放置任何玩具、防撞護墊、枕頭、毛毯、填充動物玩偶或其他任何日用品。

讓寶寶睡在連體衣或睡袋中最安全。可以放置奶嘴，但不得掛在寶寶脖子上。

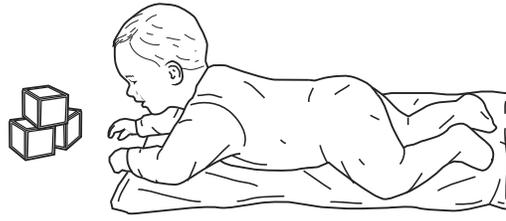
## Tummy Time

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.



## 俯臥時間

寶寶醒著并準備玩耍的時候，您就可以讓寶寶保持俯臥姿勢并陪寶寶玩耍。這有助於加強寶寶頸部、手臂和身體的肌肉。還有助於防止寶寶出現扁平頭，并幫助寶寶學習如何滾動、坐起、爬行以及站起來。

開始每次幾分鐘，每天進行幾次。

如果寶寶習慣并喜歡上這種玩耍之後，再逐步延長時間。

陪著寶寶用這種姿勢玩耍。切勿讓寶寶獨自趴著。

## 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.

## 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.

## 室溫及著裝

比照您的衣著，給您的寶寶多穿一層衣服。請勿給寶寶穿太多衣物，也不要讓其過熱。應依據成年人舒適度設置嬰兒房間溫度。空調對寶寶無害，但務必讓寶寶遠離風扇和氣流。

## 寶寶的體溫

如果您的寶寶胃口不佳，摸起來體溫較高，更為易怒或難以叫醒，請給寶寶量體溫。可採用不同的方法測量體溫，但通常認為，寶寶屁股（直腸）溫度為寶寶體溫最為準確的讀數。

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.

如果您認為寶寶可能發燒了，請致電寶寶的醫師。通常情況：

- 不滿3個月的寶寶——直腸溫度100.4華氏度（38攝氏度）或更高，或者腋窩溫度99華氏度（37.2攝氏度）或更高。

## 哭鬧

所有寶寶都會哭鬧。哭鬧是寶寶想讓您知道他們餓了、渴了、尿了、冷了或者無聊了。哭也是釋放壓力的一種方式。

對健康寶寶而言，以下情況都很正常：

- 寶寶不時哭鬧。
- 當您竭力撫慰寶寶時，他卻哭個不停。
- 寶寶疲憊的時候，晚上哭鬧次數會更多。
- 寶寶漲紅了臉，雙拳緊握，腹部抽緊，背部呈弓形，雙腿向上拉至腹部或者雙腿僵硬。
- 哭鬧很長時間。

寶寶哭鬧可能會令父母感到沮喪和擔憂。哭鬧經常讓父母擔心是哪裡出了問題。雖然了解哪些屬於正常哭鬧不會使您的寶寶停止哭泣，但可以讓您對自己和寶寶感覺更為心安。如果寶寶的哭鬧超出您認為的合理範圍，請一定諮詢您的醫師。

## 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.

## 撫慰哭鬧的寶寶

對哭鬧迅速做出反應，以防寶寶太過傷心。這不會寵壞您的寶寶。**絕對不要搖晃您的寶寶。**這樣會造成嚴重傷害。在您太過心煩之前，請尋求幫助或稍加休息。

嘗試以下辦法安撫您的寶寶：

- 用毯子將寶寶擁入懷中并緊抱住他。
- 將寶寶的頭靠近您的心。
- 讓寶寶吮吸自己的手指或者奶嘴。
- 一邊走一邊輕搖您的寶寶，或者將其放入嬰兒車或汽車玩具中推行一段。
- 用平穩柔和的聲調和寶寶耳語。
- 給您的寶寶輕聲唱歌、哼曲或輕哼。
- 打開一些有節奏的聲音，比如音樂、風扇或乾衣機。切勿將寶寶置於烘乾機上。
- 調暗燈光，保持房間安靜。

盡量保持平靜。稍加休息。寶寶的哭鬧讓人壓力倍增。在您放鬆時，找個人來照料撫慰您的寶寶。請諮詢寶寶的醫師，如果您感覺您的寶寶出現以下情況：

- 哭鬧地太過頻繁
- 哭鬧聲太大、過於刺耳或從不停歇
- 每天哭鬧三個小時以上以及每週三天以上都會哭鬧

## 搖晃嬰兒綜合症

“搖晃嬰兒綜合症”是指只搖晃一次就可能給嬰兒造成的腦損傷。正常和兒童玩耍，比如把孩子放置于膝蓋上輕輕顛著玩，不會造成腦損傷，但**絕對不要搖晃嬰兒。**

請務必告訴照料寶寶的人絕對不要搖晃您的寶寶。

## 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.

## 安撫奶嘴

寶寶喜歡吮吸。安撫奶嘴有助於安撫寶寶。如果您採用母乳餵養，在母乳餵養寶寶完成之前切勿使用安撫奶嘴。切勿將安撫奶嘴懸掛于寶寶脖子上。切勿將奶瓶奶嘴當做安撫奶嘴。

## 洗浴

可以給您的寶寶用海綿洗澡。在臍帶脫落、臍部愈合以及男嬰包皮環切愈合之前，切勿將寶寶置於有水的浴缸之中。

水溫應保持在100華氏度或37攝氏度以防止過冷或過燙。如果您沒有洗浴溫度計，請用手腕測試水溫。洗澡水應該是溫水而非熱水。室內不應有風，比如敞開窗戶或打開風扇。

**絕對不要讓您的寶寶獨處**，哪怕是一秒鐘。如果電話響起或有人敲門，洗浴完成之前都別去搭理。事故可能發生於瞬間。洗澡時一定要扶著寶寶的頭。牢牢抓著您的寶寶。寶寶塗了香皂之後滑不留手。

每隔三至四天為寶寶洗浴一次。最好在餵奶之前給寶寶洗浴。其餘時間，換尿布之後進行清潔以及餵奶之後洗臉洗脖子就足夠了。

## 清洗寶寶的衣物

剛出生的幾個月內，可以採用為嬰兒特製的某種洗衣液，比如 Dreft® 或 Ivory Snow®，因為這樣的洗衣液對寶寶的皮膚非常柔和。您也可以選用不帶香味的洗衣液。請勿使用漂白劑，它會刺激您寶寶的皮膚。

## 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

疫苗有助於預防疾病。可以前往醫師辦公室和健康診所接種疫苗。為保護寶寶的身體健康，應按時接種疫苗。請確保您的寶寶接種了所有疫苗。每次看醫師時請攜帶疫苗記錄。可以通過當地衛生部門免費接種兒童疫苗。

## 我應該何時致電我寶寶的醫師？

- 如果您的寶寶面色發青或呼吸困難，請撥打**911**。
- 如果您的寶寶存在以下任何症狀，請致電**寶寶的醫師**：
  - 不停哭鬧或更為易怒
  - 發燒
  - 眼睛經常有分泌物
  - 呼吸困難、呼吸非常急促或寶寶呼吸時肋骨下或肋骨間皮膚收縮
  - 身體上存在乾燥、粗糙的斑塊，皮膚上長有水泡或潰瘍或者突然出現皮疹
  - 臍帶流出紅色分泌物或發出難聞的氣味
  - 寶寶進食母乳次數減少或者進食配方奶減少連續八個小時以上。
  - 連續兩次以上進食后出現綠色嘔吐物或者嘔吐
  - 很難叫醒寶寶
  - 八個小時以上沒有尿濕尿片
  - 改變排便規律、便秘或腹瀉
  - 咳嗽長期不退，特別是併發皮疹時

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

**如果您有任何問題或擔心，請諮詢您寶寶的醫師或護士。**