

# Getting Started Breastfeeding Your Baby

Breastmilk is the perfect food for your baby. It is all your baby needs for the first 6 months of life. It can take time to learn how to breastfeed. Be patient. You and your baby are both learning something new.

The first milk your body makes is called colostrum. It is often a thick, creamy yellow. Colostrum is rich in nutrients and antibodies that protect your baby from infections and diseases. Breastmilk changes as your baby grows. It becomes a thin, white liquid that sometimes may even look bluish.

Babies do not need any extra water. Your milk is all they need. Avoid giving your baby bottles, pacifiers or using nipple shields in the first few weeks of life unless directed to do so by a doctor. The more often you breastfeed, the more milk you make. It is normal for babies to breastfeed every 1 to 3 hours in the beginning.

## Getting Ready to Breastfeed

Wash your hands and make yourself comfortable. Use pillows to help you hold and support your baby. Some mothers massage their breasts gently before breastfeeding.

# 母乳喂养注意事项

母乳是婴儿的最佳食物。宝宝出生后 6 个月内，母乳可满足宝宝的所有需要。要学会母乳喂养，可能需要一段时间，所以要耐心。这件事对母亲和宝宝都是学习的过程。

身体最先产生的乳汁称为初乳。初乳往往很粘稠，为奶黄色。初乳富含营养和抗体，可防止宝宝受到感染和疾病的威胁。随着宝宝的成长，乳汁也发生变化。乳汁慢慢变成稀薄的白色液体，有时候甚至象水一样。

母乳喂养的宝宝不需要额外喝水，吃母乳就足够了。宝宝出生后的最初几周内，如果医生没有指示，就不要用奶瓶喂奶，不要让宝宝吸安抚奶嘴，也不要使用乳头罩。哺乳愈多，体内分泌的乳汁愈多。宝宝出生后每隔 1 至 3 小时喂奶一次是正常的。

## 哺乳前的准备工作

先洗手，然后找定舒适的位置，用枕头方便自己抱住宝宝。有些母亲在哺乳前会轻轻按摩乳房。

## **Holding Your Baby to Breastfeed**

There are several positions you can use to breastfeed your baby. Make sure you have your baby at breast height so that you are not leaning over your baby. Always bring your baby to your breast instead of trying to put your breast into your baby's mouth.

Football and cross cradle holds will provide the best head control for the newborn.

- **Football or Under the Arm Hold**

1. Place your baby on a pillow at your side.
2. Support your breast with 4 fingers below and your thumb above, forming a "C". Make sure your fingers are behind the areola, the dark area around your nipple.
3. Hold your baby tucked under your arm. Place the palm of your hand on your baby's upper back, between the shoulder blades. Control your baby's head at the neck, below the ears.
4. Lift your baby up to your breast.
5. Tickle your baby's lips with your nipple and wait until your baby's mouth opens wide.
6. Bring your baby onto your breast.



## 哺乳姿势

哺乳可采取几种姿势。宝宝的位置要与乳房平齐，以免哺乳时弯腰。把宝宝抱近乳房，而不要将乳房抵近宝宝的嘴。

采用侧抱和交臂搂抱，最易于调整宝宝的头部。

### • 侧抱（即臂下抱）

1. 身边放一个枕头，将宝宝放在枕头上。
2. 用手托着乳房，四指在乳房下方，大拇指在乳房上方，成「C」形。手指必须放在乳晕后方。乳晕就是乳头周围的深色区域。
3. 用手臂夹住宝宝。手掌心托住宝宝后背上方肩胛骨之间。臂弯托着宝宝的颈项，托着耳朵下方的头部。
4. 将宝宝送往乳房方向。
5. 用乳头触碰宝宝的嘴唇，等宝宝自己张开嘴。
6. 把宝宝抱近乳房。



- **Cross Cradle Hold**

1. Place your baby on a pillow across your lap so he or she faces you at breast level.
2. Support your breast with the hand on that side with your fingers and thumb below to form a “U” shape.
3. Place your baby’s legs under the arm opposite the breast from which he will be feeding.
4. Support your baby’s head and back with your arm and hand your baby’s legs are under.



- **Cradle Hold**

Many mothers find this hold hard at first. It gets easier as your baby gets a little bigger and more skillful at nursing.

1. Place your baby on her side with baby’s tummy facing you, using pillows so she is at breast level.
2. Rest your baby’s head on your forearm.
3. Support your baby’s back and hold her bottom with your hand.



## • 交臂搂抱

1. 膝盖上放一个枕头，将宝宝放在枕头上，让宝宝的脸正对乳房。
2. 用同侧的手托着哺乳的乳房，手指和大拇指放在乳房下方，成「U」形。
3. 让宝宝的腿位于另一侧的手臂下。
4. 用宝宝的腿所在一侧的手臂和手托着宝宝的头和后背。



## • 搂抱

许多妈妈都发现，这种姿势一开始很难掌握。随着宝宝逐渐长大，妈妈用这种姿势会愈来愈熟练。

1. 用枕头将宝宝垫至乳房的高度，将宝宝侧放在枕头上，让宝宝肚子对着自己。
2. 用前臂托着宝宝的头。
3. 托着宝宝的后背，用手托举宝宝的臀部。



- **Side-Lying Hold**

This hold is also hard at first unless you have help.

1. Make yourself comfortable by lying on the same side as the breast from which you will feed.
2. Use pillows for support.
3. Place your baby on his side facing your breast.
4. Cradle your baby with the base of his head in the bend of your arm.



## **Latching On**

When your baby is positioned and your breast is supported, you are ready for your baby to latch onto your nipple.

- Place your hand under your breast behind the dark area around the nipple called the **areola**. Gently lift the breast. Guide your nipple toward your baby's mouth.
- Tickle your baby's lips with your nipple. Gently squeeze out some milk. Your baby should open his or her mouth wide. Aim the nipple up and back, deep into your baby's mouth.
- When your baby opens her mouth wide like a yawn, pull your baby closer. This allows you to help your baby get as much of the areola inside your baby's mouth.

## • 侧卧式

这种姿势刚开始很难掌握，最好有人从旁协助。

1. 妈妈采取舒适的侧卧姿势，要哺乳的乳房在下侧。
2. 用枕头靠住妈妈的身体。
3. 让宝宝侧卧，面对乳房。
4. 抱住宝宝，宝宝的头靠在妈妈的臂弯上。



## 含住乳头

调整好宝宝的姿势，托着乳房后，就可以让宝宝含住乳头。

- 手放在乳房下方，放在乳房周围深色区域（**乳晕**）的后面。慢慢托举乳房。将乳头伸向宝宝的嘴。
- 用乳头触碰宝宝的嘴唇。慢慢挤出一些乳汁。宝宝应该会张大嘴巴。对准乳头，深深插入宝宝的嘴中。
- 宝宝像打哈欠一样张开嘴的时候，将宝宝移近身体。这样可以帮助宝宝的嘴尽量包住乳晕。



- Hold your baby's body against your stomach with the tip of your baby's nose and chin next to your breast. Continue to hold your breast to support its weight and to prevent your nipple from falling out of your baby's mouth.
- Burp your baby before switching to your other breast. For the next feeding, start on the side you ended with at the last feeding.

### **How often should I breastfeed?**

Breastfeed every 2 to 3 hours during the day so that your baby may not wake as often during the night for feedings. Fewer day feedings mean that your baby will need more feedings at night. During the first 3 months, babies need to feed 8 to 10 times in a 24-hour period. Breastfeeding often helps you make more milk and prevents your breasts from becoming overfull or engorged.

### **How soon should I breastfeed after my baby is born?**

Breastfeed right after delivery if possible. Continue to breastfeed your baby every 2 to 3 hours even if your milk has not come in or you do not have a lot of milk yet. In the early days of life, breastfeeding is very important. Practice times together help you and your baby get to know one another. Be patient with yourself and your baby.

- 让宝宝贴在妈妈的胃部，宝宝的鼻尖和下巴紧靠乳房。哺乳时要一直托举乳房，防止乳头从宝宝嘴中滑出。
- 换另一侧乳房喂奶之前，要拍一拍宝宝的后背。下次喂奶时，先喂上次最后喂的乳房。

## **多长时间哺乳一次？**

白天每隔 2 至 3 小时哺乳一次，这样可以减少宝宝夜里醒来吃奶的次数。如果减少白天的哺乳次数，宝宝就会增加夜里吃奶的次数。宝宝出生后前 3 个月内，每 24 小时需要哺乳 8 至 10 次。哺乳往往有助于妈妈的身体分泌更多乳汁，并防止乳房过于充盈（即胀奶）。

## **宝宝出生后多长时间应该开始哺乳？**

分娩后哺乳愈早愈好。即使还没有来奶或奶量还不多，也要每隔 2 至 3 小时哺乳一次。宝宝出生后最初的日子，哺乳非常重要。反复的哺乳有助于妈妈和宝宝彼此熟悉。对自己和宝宝都要有耐心。

## How long should I breastfeed my baby?

Most babies will breastfeed for about 15 to 20 minutes the first 24 to 48 hours. After this time, the baby may want to breastfeed for 20 minutes on one breast and continue for up to 20 minutes on the second breast. Let your baby, rather than the clock, decide when he is finished.

Helpful tips:

- Breastfeed your baby on the first breast until he is done. The baby may slow down and comfort suck, release the nipple or start to fall asleep with the nipple resting in his mouth.
- Burp your baby and offer your other breast.
- Some babies breastfeed on both breasts at each feeding, while others may breastfeed on only one. If your baby takes the second breast, let your baby breastfeed on the second breast until he is finished.
- When finished, your baby will act full, relaxed and content.



## 每次应哺乳多长时间？

大多数婴儿出生后的 24 至 48 小时内，每次吃奶大约要 15 至 20 分钟。此后，宝宝可能会吃一侧的乳房 20 分钟，然后吃另一侧的乳房 20 分钟。让宝宝自己决定吃多长时间，不要刻意控制时间长短。

### 注意事项：

- 每次哺乳，让宝宝先吃一侧乳房，直到吃空。宝宝可能会放慢吃奶速度，吮吸乳头寻求安慰，然后放开乳头，或含着乳头入睡。
- 吃空一侧乳房后，拍一拍宝宝的后背，换一侧乳房哺乳。
- 有些宝宝每次哺乳，两侧的乳房都要吃到，有些则祇须吃一侧即可。如果宝宝吃完一侧后又吃另一侧，要让宝宝吃够为止。
- 吃完奶后，宝宝会显露吃饱的样子，放松而满足。



## **How do I take my baby off my breast?**

Taking your baby off your breast or breaking the suction of your baby's tongue may be done in two ways:

- Insert your finger in the corner of your baby's mouth, between your baby's gums.
- Curl your baby's lower lip over his lower gum until you feel your baby's tongue release your nipple. Then remove your baby's head away from your breast gently.

## **How do I know if my baby is getting enough to eat?**

Your body makes as much milk as your baby needs. If you breastfeed every 2 to 3 hours for 20 minutes on each breast, your body will produce more than enough milk for your baby. 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

Call your baby's doctor, clinic or a Lactation Specialist for help if you think your baby is not getting enough to eat.

## 如何将宝宝的嘴从乳房拿开？

要将宝宝的嘴从乳房拿开，或让宝宝中断吃奶，有两种方式：

- 将手指伸入宝宝的嘴角，放在宝宝的齿龈之间。
- 将宝宝的下嘴唇推至宝宝的下齿龈上，直至感觉到宝宝的舌头放开乳头，然后将宝宝的头轻轻从乳房移开。

## 如何知道宝宝是不是吃饱奶了？

身体会分泌足够宝宝吃的乳汁。如果每侧乳房 2 至 3 小时哺乳一次，每次 20 分钟，身体会分泌足够宝宝吃的乳汁。若母乳充足，乳房会充满乳汁，喂奶后会变软，两次喂奶之间乳房会自动饱胀起来。吃饱奶后，宝宝会：

- 在 24 小时内尿湿 6 片或更多片尿布
- 在喂奶后睡觉
- 每天排大便超过 2 次
- 体重增加

如果您认为宝宝吃奶吃不饱，请致电给宝宝的医生、诊所或哺乳辅导员，寻求帮助。

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