

# 母乳餵養注意事項

## 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.

### 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.

母乳是嬰兒的最佳食物。寶寶出生後6個月內，母乳可滿足寶寶的所有需要。要學會母乳餵養，可能需要一段時間，所以要耐心。這件事對母親和寶寶都是學習的過程。

身體最先產生的乳汁稱為初乳。初乳往往很粘稠，為奶黃色。初乳富含營養和抗體，可防止寶寶受到感染和疾病的威脅。隨著寶寶的成長，乳汁也發生變化。乳汁慢慢變成稀薄的白色液體，有時候甚至像水一樣。

母乳餵養的寶寶不需要額外喝水，吃母乳就足夠了。寶寶出生後的最初幾週內，如果醫生沒有指示，就不要用奶瓶餵奶，不要讓寶寶吸奶嘴，也不要使用乳頭罩。哺乳愈多，體內分泌的乳汁愈多。寶寶出生後每隔1至3小時餵奶一次是正常的。

### 哺乳前的準備工作

先洗手，然後找定舒適的位置，用枕頭方便自己抱住寶寶。有些母親在哺乳前會輕輕按摩乳房。

### 哺乳姿勢

哺乳可採取幾種姿勢。寶寶的位置要與乳房平齊，以免哺乳時彎腰。把寶寶抱近乳房，而不要將乳房抵近寶寶的嘴。

採用側抱和交臂摟抱，最易於控制寶寶的頭部。

## 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.



## 側抱（即臂下抱）

1. 身邊放一個枕頭，將寶寶放在枕頭上。
2. 用手托著乳房，四指在乳房下方，大拇指在乳房上方，成「C」形。手指必須放在乳暈後方。乳暈就是乳頭周圍的深色區域。
3. 用手臂夾住寶寶。手掌心托住寶寶後背上方肩胛骨之間。臂彎托著寶寶的頸項，托著耳朵下方的頭部。
4. 將寶寶送往乳房方向。
5. 用乳頭觸碰寶寶的嘴唇，等寶寶自己張開嘴。
6. 把寶寶抱近乳房。

## 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.



## 交臂摟抱

1. 膝蓋上放一個枕頭，將寶寶放在枕頭上，讓寶寶的臉正對乳房。
2. 用同側的手托著哺乳的乳房，手指和大拇指放在乳房下方，成「U」形。
3. 讓寶寶的腿位於另一側的手臂下。
4. 用寶寶的腿所在一側的手臂和手托著寶寶的頭和後背。

## 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.



## 摟抱

許多媽媽都發現，這種姿勢一開始很難掌握。隨著寶寶逐漸長大，媽媽用這種姿勢會愈來愈熟練。

1. 用枕頭將寶寶墊至乳房的高度，將寶寶側放在枕頭上，讓寶寶肚子對著自己。
2. 用前臂托著寶寶的頭。
3. 托著寶寶的後背，用手托舉寶寶的臀部。

## 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.



## 側臥式

這種姿勢剛開始很難掌握，最好有人從旁協助。

1. 媽媽採取舒適的側臥姿勢，要哺乳的乳房在下側。
2. 用枕頭靠住媽媽的身體。
3. 讓寶寶側臥，面對乳房。
4. 抱住寶寶，寶寶的頭靠在媽媽的臂彎上。

## 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.
- 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.



## 含住乳頭

調整好寶寶的姿勢，托著乳房後，就可以讓寶寶含住乳頭。

- 手放在乳房下方，放在乳房周圍深色區域（乳暈）的後面。慢慢托舉乳房。將乳頭伸向寶寶的嘴。
- 用乳頭觸碰寶寶的嘴唇。慢慢擠出一些乳汁。寶寶應該會張大嘴巴。對準乳頭，深深插入寶寶的嘴中。
- 寶寶像打哈欠一樣張開嘴的時候，將寶寶移近身體。這樣可以幫助寶寶的嘴儘量包住乳暈。
- 讓寶寶貼在媽媽的胃部，寶寶的鼻尖和下巴緊靠乳房。哺乳時要一直托舉乳房，防止乳頭從寶寶嘴中滑出。
- 換另一側乳房餵奶之前，要拍一拍寶寶的後背。下次餵奶時，先餵上次最後餵的乳房。

## 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.

## 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.

## 多長時間哺乳一次？

白天每隔 2至3小時哺乳一次，這樣可以減少寶寶夜裡醒來吃奶的次數。如果減少白天的哺乳次數，寶寶就會增加夜裡吃奶的次數。寶寶出生後前3個月內，每24小時需要哺乳8至10次。哺乳往往有助於媽媽的身體分泌更多乳汁，並防止乳房過於充盈（即脹奶）。

## 寶寶出生後多長時間應該開始哺乳？

分娩後哺乳愈早愈好。即使還沒有來奶或奶量還不多，也要每隔 2至3小時哺乳一次。寶寶出生後最初的日子，哺乳非常重要。反覆的哺乳有助於媽媽和寶寶彼此熟悉。對自己和寶寶都要有耐心。

## 每次應哺乳多長時間？

大多數嬰兒出生後的 24至48小時內，每次吃奶大約要15至20分鐘。此後，寶寶可能會吃一側的乳房20分鐘，然後吃另一側的乳房20分鐘。讓寶寶自己決定吃多長時間，不要刻意控制時間長短。

### 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.



### 注意事項:

- 每次哺乳，讓寶寶先吃一側乳房，直到吃空。寶寶可能會放慢吃奶速度，吮吸乳頭尋求安慰，然後放開乳頭，或含著乳頭入睡。
- 吃空一側乳房後，拍一拍寶寶的後背，換一側乳房哺乳。
- 有些寶寶每次哺乳，兩側的乳房都要吃到，有些則只須吃一側即可。如果寶寶吃完一側後又吃另一側，要讓寶寶吃夠為止。
- 吃完奶後，寶寶會顯露吃飽的樣子，放鬆而滿足。

### 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.



### 如何將寶寶的嘴從乳房拿開?

要將寶寶的嘴從乳房拿開，或讓寶寶中斷吃奶，有兩種方式：

- 將手指伸入寶寶的嘴角，放在寶寶的齒齦之間。
- 將寶寶的下嘴唇推至寶寶的下齒齦上，直至感覺到寶寶的舌頭放開乳頭，然後將寶寶的頭輕輕從乳房移開。

## 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.

## 如何知道寶寶是不是吃飽奶了？

身體會分泌足夠寶寶吃的乳汁。如果每側乳房2至3小時哺乳一次，每次20分鐘，身體會分泌足夠寶寶吃的乳汁。若母乳充足，乳房會充滿乳汁，餵奶後會變軟，兩次餵奶之間乳房會自動飽脹起來。吃飽奶後，寶寶會：

- 在24小時內尿濕6片或更多片尿布
- 在餵奶後睡覺
- 每天排大便超過2次
- 體重增加

如果您認為寶寶吃奶吃不飽，請致電給寶寶的醫生、診所或哺乳輔導員，尋求幫助。