

# 新生儿宝宝

## Your New Baby

As a new parent, you may have questions about your baby. Below are some common physical features and behaviors you may notice in your baby soon after birth.

### Sleep and Wake Cycles

For the first few hours after birth, babies are usually active and awake. Then they become sleepy for the next 12 to 24 hours. Expect your baby to sleep 16 to 20 hours a day, and not on any set schedule. Babies wake often at night for feedings.

### Head

Your baby's head may look large and misshaped from the birth process. This will slowly correct itself in about a week. Babies have two soft spots on the head. These soft spots will slowly close and do not need any special care.

### Eyes

Babies see best at a distance of 8 to 10 inches. Your baby's eye color changes after birth. Most babies have their permanent color by 1 year of age. It is normal for your baby's eyes to be swollen, have red spots in the white part of the eyes or look cross-eyed. These conditions will most often go away.

初为父母时,您可能有一些关于宝宝的问题。以下是宝宝出生后不久您可以注意到的常见体征和行为。

### 睡眠和清醒周期

宝宝出生后前几个小时通常精力充沛,保持清醒状态。接下来的 12 至 24 小时便会昏昏欲睡。您的宝宝每天大约睡 16 至 20 小时,而且不按照固定时间睡觉。宝宝晚上会频繁醒来吃奶。

### 头部

在宝宝的最初阶段,婴儿的头部可能看起来很大而且形状不规则。这种状况将在大约一周内自行改善。婴儿的头部有两处较软的地方。这些部位将慢慢闭合,无需任何外界的帮助。

### 眼睛

宝宝最远能看 8 至 10 英寸。您的宝宝在出生后眼睛颜色会改变。大多数宝宝的眼睛颜色会在 1 岁时固定下来。宝宝眼睛肿胀、眼白有红斑或看起来斜视都是正常的。这些症状会慢慢消失。

## Breasts and Genitals

It is normal for babies' breasts and genitals to look swollen. This will slowly go away. The baby's breasts may have a small amount of milk-like fluid coming out of them that will slowly go away. It is normal for baby girls to have a small amount of clear, white or blood-tinged vaginal discharge and mucus for several days after birth.

## Skin

The lips and the area inside the mouth should be pink.

- If you notice any blueness around your baby's mouth and your baby is not alert or able to respond to you, **call 911**.
- If your baby develops skin blisters filled with fluid or pus, **call your baby's doctor** to have your baby checked for an infection, especially if there is also a cough, fever or poor feeding.

These skin conditions may be seen and will often go away without treatment:

- Patches of red skin seen on the eyelids, forehead or back of the neck.
- Bluish-gray spots found on the back and buttocks that often fade over a period of months or years.
- Fine, white bumps that are not blisters over a red background. This does not need any creams or lotions.
- Tiny white dots that appear on the face. Do not squeeze them.
- Dry peeling skin or cracking around the wrists or ankles. As the dry skin flakes off, new soft skin will appear.

## 乳房和生殖器

婴儿的乳头和生殖器看起来有点肿是正常的。不久会慢慢消失。宝宝的乳房可能会有少量乳状液体留出,这也会慢慢消失。女婴出生后几天内阴道有少量透明、白色或淡血色流出物和粘液是正常现象。

## 皮肤

嘴唇及口腔内部应当呈粉红色。

- 如果您注意到宝宝嘴巴四周发黄,并且宝宝不活泼或不能回应您,请**致电 911**。
- 如果宝宝皮肤上长有充满液体或脓汁的水泡,请**致电宝宝的医生**,让其检查宝宝是否受到感染,尤其是伴有咳嗽、发烧或喂哺困难等现象时。

您可能会看到以下这些皮肤症状,不过这些症状通常无需治疗便会消失:

- 眼睑、额头或颈后可见红色斑块。
- 背部和臀部可见蓝灰色斑点;这些斑点通常会在几个月或几年后消退。
- 发红的皮肤上有白色小点(非水泡)。这不需要涂抹任何护肤霜或护肤液。
- 脸上出现小白点。不要捏挤。
- 皮肤干燥脱皮,或手腕或脚踝周围破裂。干燥的皮肤脱落时,将会出现柔嫩的新皮肤。

- Fine, downy hair seen on the back, arms and ears.

Creamy, white substance that may be on the skin at birth and stay in skin folds for the first few days after birth.

## Jaundice

Jaundice is a yellow color of the skin and eyes. It often goes away in 1 to 2 weeks. In the hospital, a small sample of your baby's blood may be tested to check the amount of jaundice.

### Call your baby's doctor if:

- Your baby's abdomen, legs and arms are yellow.
- Your baby's whites of the eyes are yellow.
- Your baby is yellow and your baby is hard to wake, is fussy or not feeding.

## Coughing, Sneezing, and Hiccups

Coughing and sneezing at times is normal. It does not mean the baby is ill unless there is a yellowish or greenish discharge from the nose or other symptoms. New babies often hiccup during or after eating.

## Choking

Babies can choke when held too flat when eating. When feeding, hold your baby's head upright and never prop up a bottle. If your baby chokes, coughs or spits up, stop the feeding, sit him up or hold him over on his side. Pat his back gently until the choking stops then start the feeding again. New parents should take an infant CPR class.

- 背部、手臂以及耳朵上可见细绒毛。

出生时,皮肤上可能有乳白色物质,出生后的几天内会留在皮肤褶皱中。

## 黄疸

黄疸是指皮肤和眼睛呈黄色。这种状况通常在出生 1 至 2 周内消失。在医院,可以化验宝宝的少量血液样本,检查黄疸量。

### 出现以下情况时,请致电宝宝的医生:

- 宝宝的腹部、腿部、手臂发黄。
- 宝宝的眼白发黄。
- 宝宝发黄,并且嗜睡、急躁不安或不吃奶。

## 咳嗽、打喷嚏、打嗝

偶尔咳嗽和打喷嚏是正常现象。这并不说明宝宝病了,除非鼻子里有淡黄色或淡绿色的分泌物或有其他症状。吃奶时或吃完奶后,新生儿通常都会打嗝。

## 呛奶

如果吃奶时宝宝身体被抱得太平,可能会呛奶。喂奶时,应使宝宝头部直立,切勿将奶瓶倚靠在宝宝嘴上。如果宝宝呛奶、咳嗽或吐奶,应停止喂奶,让宝宝坐起来,或将宝宝侧身抱起。轻拍宝宝背部,直到不再呛奶,然后再开始喂奶。新任父母应学习婴儿人工呼吸课程。

## Senses

Babies are always growing and learning about the world around them. Babies like being held, rocked, stroked and carried. A sturdy but gentle touch can help them feel secure and calm. Babies love to hear you talk to them and will listen to your voice and other sounds. Babies have a good sense of smell. They can smell breast milk or formula. Babies can follow slow moving objects and can focus on things up to eight inches away.

## Reflexes

Several reflexes are present at birth.

- There is a **startle reflex** where the baby throws out his arms then brings them back to the middle of his body when he hears a loud noise or is suddenly moved.
- The **sucking reflex** should be strong and vigorous.
- The **rooting reflex** is when the baby turns his head toward the breast or nipple and may also open his mouth.
- The **stepping reflex** is when the baby makes a stepping movement when held in a standing position.
- The **grasping reflex** is when the baby will hold on tightly to an object placed in the baby's palm.

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

## 感官

宝宝总是在不断成长,日益了解周围的世界。宝宝喜欢被抱着、被摇晃、被抚摸。坚实而温柔的触摸会让宝宝感到安全和平静。宝宝喜欢听父母说话,会聆听父母的声音及其他声音。婴儿的嗅觉很好。他们可以闻到乳汁或婴儿食品的味道。宝宝的目光能跟随慢慢移动的物体,并可注视远至 8 英寸(约 20 厘米)以外的物体。

## 条件反射

宝宝出生时有以下几种条件反射。

- **惊跳反射**:当宝宝听见巨大噪声或被突然移动时,他会先举起双臂,然后将双臂收回身体中央。
- **吸吮反射**:应当强烈有力。
- **觅食反射**:宝宝将头转向乳房或奶嘴,还可能张开嘴。
- **跨步反射**:托住宝宝使之站立时,宝宝会做出迈步的动作。
- **抓握反射**:宝宝会紧紧握住放在自己手心里的物体。

**如有疑问或担心,请咨询宝宝的医生或护士。**