

哺餵母乳的好處 衛生教育指導

The benefits of breast nursing

前言 Preface :

母乳是上天提供給嬰兒，最安全及完美的食物，疼愛寶貝的您們。哺餵母乳是最佳的選擇，請以具體行動力來給寶貝完整“愛”的開始。

Breast milk is obtained from nursing. It is the safest and most ideal supplement. You love your baby. It is the best to begin breast feeding from the start.

哺餵母乳的好處 Benefits of breast feeding

▶ 母親方面

Benefits of breast feeding for the mother:

- ✦幫助子宮收縮，產後惡露排出，避免大出血。

Breast feeding helps with uterine contraction, evacuation of lochia, and prevention of postpartum hemorrhage.

- ✦研究發現哺乳母親較不易得乳癌及卵巢癌。

Research has shown a correlation between breast feeding and a decreased risk of breast cancer and ovarian cancer.

- ✦持續性哺乳會延長產後無月經的時間；降低再度懷孕的機率。

Continued breast feeding prolongs the period of amenorrhea, resulting in a lower pregnancy rate.

- ✦幫助身材的恢復。

Breast nursing helps mother to regain her figure.

▶ 嬰兒方面

Benefits of breast feeding for the baby:

- ✦母乳含有嬰兒前六個月所需的營養，且容易消化；含有最適

當的蛋白質、脂肪、乳糖、維生素、鐵、鈣、磷、酵素。

Breast milk contains all the nutrition that the baby will need for the first six months. It is easy to digest and contains suitable proteins, fat, lactose, vitamins, iron, calcium, phosphates, enzymes, etc.

✦保護嬰兒免於感染；母乳含殺菌的活白血球及比非得因子，促進嬰兒腸道中乳酸桿菌增長，可抑制造成腹瀉的細菌繁殖；故嬰兒少有腹瀉、呼吸道感染及中耳炎，到孩子2-3歲，母乳仍持續有預防感染幫助兒童由感染中恢復的功效。

Breast feeding helps to protect the baby away from infection; Breast milk also contains leukocytes and other bacteriocide factors that induce the growth of the lactose bacilli in the baby's gut. This helps inhibit the growth of the bacteria and prevents diarrhea. As a result, the infant baby will seldom get diarrhea, respiratory infections and otitis media. Breast milk can continue to help the baby to recover from infectious diseases until he/she is 2 to 3 years old.

✦減少嬰兒慢性疾病的發生，前六個月完全吃母乳的嬰兒較不會有過敏現象。文獻報告，過早讓嬰兒接觸牛奶蛋白，會引起自體免疫反應，而造成日後的兒童型糖尿病；餵母乳的嬰兒較不會有淋巴腫瘤。

Babies who are breast fed have a lesser risk of chronic diseases and seldom suffer from allergic reactions during the first six months. It has been reported in journals that formula milk may cause an autoimmunological reaction and lead to juvenile diabetes mellitus. A correlation has been found between breast fed babies and a lower occurrence of lymphoma.

✦ 嬰兒的吸吮力可因哺餵母乳而增強，助嬰兒顎部及臉部肌肉的發展，降低奶瓶性齲齒罹患率。

Breast feeding leads to a strong sucking ability, which may help the jaw and facial muscles to develop properly. There is a lesser risk of bottle dental caries in babies who have been breast fed.

✦ 嬰兒哺餵母乳比較不會有過度餵食的現象，因嬰兒一旦獲得滿足會立停止吸吮。假如以奶瓶餵食，易有強迫餵食的傾向而造成過度肥胖。

Breast feeding can prevent over feeding because the baby will stop sucking when he/she is full. Bottle feeding however, may cause overfeeding, leading to overweight gain.

▶ 母乳哺餵可增加親子互動，提供母親與嬰兒親密關係的增長。

Breast feeding may increase interactions between the mother and her baby and allow the mother to develop a good relationship with her baby.

▶ 便宜、方便、隨時可得且環保不需消耗地球資源。

Lastly, breast milk is cheaper, more convenient, and accessible. It is environment-friendly and does not contribute to the consumption of global resources.