

餵奶方法之衛生教育指導

BREAST FEEDING PROCEDURE

母乳為嬰兒最適宜的天然營養品，以母乳餵養無論在營養上、經濟上及母子心理與感情方面，都有很多優點。Mother's breast milk is the most natural nutritional food for babies, its advantages include nutrition, economics, psychological and emotional aspects.

✚ 母親餵奶前應洗淨雙手，保持乳頭乾淨，以最舒適的姿勢或坐或躺，將嬰兒抱在胸前，身體緊貼母親，餵奶時，應視奶量多少，用一邊或兩邊乳房哺餵，但以左右乳房交換餵奶為原則。

Before breast-feeding, it is important to washed hands. Maintain mother's nipple head clean and dry. Using the most comfortable sitting or lying down position, placed the baby in front of mother's chest with body close to the mother's. During feeding, observed the amount of milk using one or both breasts. Alternate between the two breasts in feeding.

✚ 吸吮奶量足夠的嬰兒，平常吸奶 15 分鐘，最多 20 分鐘就能滿足，自動放開乳房，熟睡 3~4 小時，並有適量的體重增加。吸吮次數及時間依嬰兒需求而定。

In feeding babies with enough milk flow, it usually takes 15 minutes time; at most, it takes 20 minutes to satisfy a baby's appetite. When the baby had enough feeding, he will spontaneously let go of the nipple and sleep soundly for 3-4 hours with ample increase in body weight. Feeding frequency and duration depends on the baby's demand.

✚ 每次餵奶中及餵奶後，讓嬰兒抱直在大人肩上，並將手呈空杯狀輕拍背部，或上半身抱直放在腿上，手托住雙頰，以另

一手輕拍背部。這動作可將吞入胃中的空氣排出，減少吐溢奶情形發生，若欲躺下時，也應將嬰兒上半身放高或加上右側臥，以免造成吐溢奶及吸入性肺炎的產生。

During and after each feeding, let be baby be carried upright on the shoulder then with the hands cupped, lightly tap the baby' s back. Or, with the baby lying face down across your legs, use one hand to grasp the baby' s cheek and the other hand to lightly tap the baby' s back. This procedure can allowed the swallowed air to be burped out and minimizing incidence of milk regurgitation. On lying down, placed the baby with his upper half of body elevated or placed the baby on his right side to avoid regurgitating milk into the lungs.

Lotung St Mary Hospital wishing you good health