

哺乳姿勢(一) 衛生教育指導

BREAST-FEEDING POSITION

媽媽完全的放鬆自己，以舒服的姿勢坐著或躺著，哺乳時可以多運用抱枕或被子來支撐自己或寶寶。

Mother should be totally relaxed with the most comfortable sitting or lying position. During breast-feeding, mother can use a pillow or blanket to support herself and the baby.

✚ 抱寶寶的要點 Important baby position

- 讓寶寶靠近媽媽，臉面對媽媽的乳房，鼻子正對著乳頭。

Let baby be near mother with face in front of mother's breast and nose facing the nipple.

- 寶寶的頭、脖子與身體成一直線，寶寶的肚子緊貼著媽媽的肚子。

The baby's head, neck, body should be in a straight line, the baby's body should be close to mother's body.

- 如果是新生兒，媽媽應托著寶寶的頭、肩膀及臀部。

In newborn babies, mother should support baby's head, shoulder.

- 媽媽可以用手托住乳房輕輕碰觸寶寶的上唇，刺激寶寶的尋覓反射，等寶寶嘴張得很大，很快地抱寶寶靠近乳房（並非移動媽媽的身體），讓寶寶同時含住乳暈與乳頭，而非只含住乳頭。

The mother can use her hand to support her breast and lightly touch the baby's upper lips, stimulating the baby's rooting reflex. Wait until the baby's mouth open wide then quickly hug the baby towards the breast without changing the mother's position. Let the baby suck the areola and nipple.

✚ 媽媽可以觀察寶寶正確吸奶時的表現

Mother can closely observed baby's expression during

feeding

- 寶寶整個身體是向著媽媽並靠近他。

The whole body of the baby should be close and facing the mother.

- 寶寶的臉貼著乳房。The baby's face is affixed to the breast.

- 寶寶的嘴張的很大。The baby's mouth is opened widely.

- 寶寶的下唇往外翻。The baby's lower lip is extroverted.

- 寶寶的上方的乳暈較下唇下方的乳暈露出的多。

The areola is more exposed outside the upper lip than lower lip.

- 可看到寶寶兒慢慢的深深的吸吮。

Observed the baby sucking slowly and deeply.

- 餵完後寶寶放鬆而飽足。

After feeding, the baby is relaxed and satisfied.

- 媽媽不覺得乳頭酸痛。Mother will not feel pain around the nipple and areola.

- 媽媽可能聽到吞嚥聲。Mother can hear swallowing sounds.

- 媽媽哺乳時可以多嘗試不同的姿勢讓寶寶吸奶，避免乳腺阻塞。

During feeding, mother can experiment and try different positions to let the baby suck and prevent blockage of the lactating ducts.



寶寶正確含住乳房的姿勢，乳房在寶寶嘴內被伸展成一個奶頭。

Correct sucking position of baby with nipple elongatedly stretched inside the mouth