

如何哺餵母乳 衛生教育指導

How to breast-feed

✚ 衣著的選擇 choice of clothing :

哺乳期應穿哺乳內衣支托乳房，選擇特別設計前開扣寬鬆衣服為主。

The breast feeding mother should dress loosely with an easily opened front. During the breast feeding period, the mother should wear a nursing brassiere which provides good breast support.

✚ 飲食的攝取 Food and intake supplements :

母親營養充足，方能產生品質佳的乳汁，一般以均衡飲食為原則，約比平日熱量攝取多增加 500 卡左右即可，宜採適量蛋白質、維生素、礦物質的攝取，哺餵半小時前進食熱飲尤佳；各類促進乳汁分泌食物（如：鯉魚湯、當歸黃耆豬蹄湯、蹄膀燉花生、海帶豆漿佛手湯、木瓜牛奶、麻油雞湯、麻油炒牡蠣）

A healthy mother can provide nutritious milk. A balance diet is needed which include protein, vitamins, minerals. Calories intake for a breastfeeding mother is only 500 cal. more per day than who doesn' t have breast feeding. It is better to take a warm soup a half hour before nursing. There are some Chinese soups can be considered such as (fish soup, Tanqui pork foot soup, peanuts pork foot soup, seaweed soy bean milk soup, papaya milk soup, chicken soup, sesame stir fry oyster soup).

✚ 哺餵的姿勢 Posture of breastfeeding :

舒服的姿勢及適當的支托（可用小枕頭、靠墊）預防腰酸背痛或乳頭不適之情形發生。產婦可採坐姿、盤腿坐姿、側躺及斜躺臥姿皆可。

The mother should be in a comfortable position (with a

small pillow supporting the back) to prevent low back soreness and nipple injury.

✚ 哺餵的步驟 Breast feeding procedures :

✚ 母親應先洗淨雙手，並做乳房簡單的溫水清潔，一天一次即可。

The mother must clean her hands and breasts with warm water once a day.

✚ 採舒適的姿勢哺餵。

Be in a comfortable position.

✚ 抱著寶寶，使寶寶的口唇與母親的乳房維持在同一水平上，口與母親的乳頭應相對應。

Hold the baby with the baby' s mouth at the same level as the mother' s breast.

✚ 使寶寶含住整個乳頭及部分乳暈，必要時以大拇指分開，將乳房稍為往後，讓嬰兒容易含到乳暈，以防嬰兒鼻子被壓住無法呼吸，拒絕吸吮。

The baby' s lips should be in contact with the breast areola. Use the mother' s thumb to pull the breast slightly upward to prevent the compression of the baby' s nose and making it difficult for the baby breathe and resulting in the baby refusing to suck on the breast.

✚ 每邊乳房約餵奶 10-15 分鐘，兩邊採輪流交替方式可讓寶寶吸吮較脹的乳房，下回再餵另一邊。

Breast feed with each breast for 10-15 minutes beginning with the fuller breast and then alternating between the breasts.

✚ 當要停止餵奶時，可用手指在寶寶嘴角邊輕壓，讓寶寶停止吸奶，再輕輕拉出乳頭。勿強拉以免乳頭受傷；一般讓寶寶自己決定停止吸吮為佳。

When the mother wants to stop breastfeeding, just lightly press on the baby' s mouth and gently pull out the breast

to prevent injury. The best method is to let the baby stop naturally.

✦讓寶寶坐直或趴在母親肩上，由下往上輕撫其背部促排氣。

Let the baby sit right up and prone on the mother's shoulder, lightly pat the baby's back to let the baby burp.

✦餵奶後將乳房內剩餘之乳汁排出避免脹奶。

Evacuate all residue breast milk after breastfeeding to prevent breast from becoming engorged.

✦使用清潔乳墊蓋住乳頭，避免乳汁滲出，弄濕衣服。

Use a clean breast cover to cover the breast to prevent breast milk from leaking and soiling the mother's clothing.

✦ 哺餵時間 Breastfeeding time :

✦儘早哺餵母乳，於產後當天或術後情況許可即可哺餵。

Breast feeding should be done as early as possible.

✦嬰兒室開放 24 小時哺餵時間。

Baby room is open 24 hours a day to let the mother breastfeeding.

✦親子同室。

Practice rooming in (the mother and her baby should be put in the same room).