

# 母乳餵哺

## 盡早開始

- 產後應盡早開始讓寶寶吸吮你的乳房。

## 餵奶次數

- 24小時內大概要餵10-14次奶，餵哺次數越密，乳汁就分泌得越多。
- 盡早及頻密的餵哺可刺激乳汁的分泌，讓乳房休息可產生更多的奶是錯誤的觀念。

## 正確的含入乳頭方法



- 你應舒服地向後坐著（不要俯身貼近寶寶）。
- 用單手承託著你的乳房可能會有幫助。
- 將寶寶的頭枕在你的手肘內側，雙腳拉向你的身體，他整個身軀應與你的胸部同高。



- 寶寶的頭及全身都應正面的對著你。
- 輕觸寶寶下唇中央，待他把口張至如同打呵欠一般的大。



- 當寶寶準備好含入乳頭時，將他的身體拉近你。
- 確定寶寶含住了你大部份的乳暈而非只是你的乳頭。



## 初乳

- 產後數日內所分泌的乳汁。
- 量不多（以茶匙而非安士計算）。
- 可防止細菌感染。
- 促進寶寶排清胎糞——能夠避免發生黃疸。
- 滿足寶寶口渴及飢餓的需求。

## 寶寶夜間也需要吃奶

寶寶的腸胃很快就吸收了容易消化的母乳，因此吃母乳的寶寶夜間是會醒來吃奶的。

## 觀察寶



## 寶寶夠飽嗎？

- 上奶以後，
- 24小時內約有6-8片濕尿片，3-5次排便，就表示寶寶已經夠飽了。

## 乳汁不是太稀了嗎？

絕對不是！餵奶的過程中乳汁是會有所變化的，在餵奶前後各擠一點奶，就可見其不同。較多水份的前乳可以止渴，而較濃的後乳能使寶寶有飽足感。

## 乳汁分泌過多

- 每次只餵一邊乳房。
- 若寶寶在剛吃過奶後不久又想再吃，就仍餵以同一邊乳房。
- 讓寶寶趴著吃奶會減緩乳汁的流速。

## 乳頭酸痛

注意：正確的授乳姿勢是避免乳頭酸痛的最佳方法。

- 餵奶後應先以指頭伸入寶寶的嘴角才可抽出乳頭。
- 先餵較不痛的一邊。
- 避免塑膠用品接觸乳頭。
- 只用清水清潔乳房。
- 塗抹純羊脂(Lansinoh®)可加速痊癒。
- 可聯絡國際母乳會的哺乳輔導尋求協助。

## 乳管閉塞

倘若乳管閉塞，乳房會出現腫塊，此時應：

- 作適度的熱敷。
- 多作休息。
- 勤加餵奶。
- 注意授乳姿勢。



## 成長加速期

通常寶寶在三星期大時會進入成長加速期，這時寶寶吃奶會吃得較為頻密，以增加你的奶量。

## 恢復上班時

- 了解工作地點是否方便擠奶及儲存母乳。
- 在奶量穩定下來才恢復上班。
- 在工作時間內擠奶。
- 將擠好的奶帶回家於次日餵給寶寶。
- 在家盡量多餵母乳。



\* 此乃流傳於西方授乳母親之間用以舒緩脹痛痛楚的傳統方法。



# BREASTFEEDING

## Early Start

- Put baby to the breast to nurse as soon as possible after birth.

## How Often?

- Baby needs to nurse 10-12 times in 24 hours. The more you nurse the more milk you will have.
- Frequent breastfeeding stimulates milk production. It is not true that resting the breasts results in more milk.



## Too Much Milk

- Offer only one breast at a feeding.
- Offer the same breast if baby wants more soon after a feeding.
- Feeding against gravity may slow the flow.

## Sore Nipples

Remember: Correct positioning and latch-on are most important for preventing sore nipples.

- Break suction before taking baby off the breast.
- Offer the least sore breast first.
- Avoid plastic against nipples.
- Use only plain water for washing.
- Use an ultra pure modified lanolin (Lansinoh®) to speed healing.
- Check with an LLL Leader for help.

## Latching On



- Sit back comfortably (don't lean over baby).
- Support your breast with one hand.
- Place baby's head in crook of elbow. Pull baby's feet in close to your other side. Hold baby at level of breast.
- Baby's face and body are turned toward mother.
- Tickle baby's lower lip, wait for him to open wide.
- Pull baby closer to you when ready to latch on.
- Make sure that a large part of the areola is drawn into baby's mouth.



## Colostrum

- Produced in first few days.
- Small in quantity (teaspoons, not ounces).
- Protects against infection.
- Clears meconium - Helps reduce jaundice.
- Satisfies baby's thirst and hunger.

## Blocked Duct

If milk becomes blocked a tender lump may appear in the breast.



- Apply heat
- Get plenty of rest
- Nurse frequently
- Check positioning

## Baby Needs Night Feedings

Easily digested human milk passes quickly through the digestive system. This is why breastfed babies wake at night to eat.

## Engorgement

- Cold compresses of cabbage leaves between feedings to reduce swelling.
- Warm showers or compresses before feeding.
- Soften breasts by expressing some milk.
- Nurse often!

## Watch Your Baby



## Growth Spurts

Baby may nurse more often at times to build milk supply. "Frequency days" often occur around 3 weeks of age.

## Back to Work

- Find out about facilities at work for expressing and storing your milk.
- Start working only after milk supply is well established.
- Pump or express milk at work.
- Take milk home for the next day's feedings.
- Frequent breastfeeding when at home.



## Why Avoid Bottles?



## Enough Milk?

After milk comes in

- 6-8 wet diapers in 24 hours.
- 3-5 bowel movements per day mean baby is getting enough milk.

## Milk Too Weak?

Never! Milk changes throughout the feeding. Express one drop of milk before and after a feeding and see the difference. Foremilk is watery to satisfy thirst. Hindmilk is creamy to satisfy hunger.

