

## 如何知道你足月的寶寶能得到足夠的母乳？

- 你的寶寶很可能在出生後的第一兩天只濕一至兩片尿布，但第三至四天開始，尿濕的次數便會增加，這時寶寶每天最少應有六至八片很濕的尿布(五至六片紙尿片)。
- 在出生後的第一二天，你的寶寶會排出墨綠色柏油狀的胎糞，第三天後，寶寶每天的大便次數將會增加至最少二至五次。
- 在出生後的第三至四天，寶寶的體重會有所下降，甚至失掉出生時體重的百分之七，但在產後第三至四天當你的乳量逐漸增加時，你可預料寶寶的體重將每週增加平均六安士 (170 千克)，或每月一磅半 (680 千克)，但切記量度體重增加時，必須從最輕的體重算起 (即第三或四天時的體重)，而非出生時的體重。
- 寶寶的授乳次數應很頻密，最少一個半至三小時一次，平均每天應有八至十二次。
- 寶寶應看起來很健康，有良好的膚色，並且肌膚有結實的質感，寶寶亦應長胖，身長及頭圍有增長，而且也應該表現得精靈活潑。

## 若你需要增加乳量

**尋求協助：**倘若寶寶的體重增加得並不理想，或甚至乎下降，你應盡快找醫生檢查。很多時只要改善一下餵哺技巧便可以解決問題，但有些情況下，緩慢的體重增加有可能顯示嚴重的健康問題。

**增加授乳的頻密度：**只要寶寶願意，便一直讓他繼續吃奶。經常渴睡的寶寶有可能需要被弄醒及鼓勵較頻密的授乳。

**每次授乳都讓寶寶吸吮你兩邊的乳房：**這樣能確使寶寶吸收到最多的乳汁，並可刺激你分泌更多的母乳。

**確保授乳姿勢正確：**寶寶的雙唇應含到你的乳暈 (即乳頭四周較深色的地方)，而非單只含著乳頭的周邊。若你不肯定寶寶的吸吮方法是否正確，或有任何疼痛感，便須請教你的產後護理員，LLL Leader，或其他母乳餵哺專家。

**嘗試作輪流交替授乳：**你每次授乳時若轉換乳房二至三次，可助提高寶寶對吸吮的興趣。每當寶寶的吸吮速度慢下來時，或吞嚥次數減少，你便可轉到另外一邊乳房。每次授乳都讓寶寶輪流吸吮每邊乳房兩次可以刺激及增加你多點乳汁的分泌。

**讓寶寶只吃你的母乳：**若你的寶寶有進食奶粉的話，切勿突然中斷，待你的乳量增加起來才可慢慢減少奶粉的使用量。但你必須留意寶寶大小便的次數，以確使能足夠寶寶的所需，同時也應與寶寶的醫生保持聯絡。

**只讓寶寶吸吮你的乳房：**你若有需要讓寶寶進食奶粉的話，可以利用茶匙、杯或餵哺輔助器 (Nursing Supplementer)，這是一種利用幼管子搭到乳房的輔助器，可讓寶寶在吸吮乳房的同時從管子吸到容器中預先盛好的奶粉。

**照顧自己，確保有充足的休息、均衡的飲食和吸收足夠的水份：**好好照顧自己不但能確保乳汁分泌暢順，亦可令你感覺舒暢開朗。

若你有任何問題或憂慮，應立刻聯絡你的 LLL Leader 或其他母乳餵哺專家。切記若寶寶的體重沒有增加時，便須要找醫生檢查。



## HOW TO KNOW YOUR HEALTHY FULL-TERM BREASTFED BABY IS GETTING ENOUGH MILK

- Your baby may have only one or two wet diapers during the first day or two after birth. Beginning about the third day or fourth day, your baby will have at least six to eight really wet cloth diapers (five to six disposables).
- Your baby will pass meconium, the greenish-black, tarry first stool, over the first day or two. Baby will begin having at least two to five movements a day beginning about the third day after birth.
- Your baby may lose up to seven percent of his/her birth weight during the first three or four days. Once your milk supply becomes more plentiful on the third or fourth day, expect your baby to begin gaining an average of six ounces (170 grams) per week or one and a half pounds (680 grams) per month. Be sure to count weight gain from the lowest weight (his weight on the third or fourth day), not from birth weight.
- Your baby will nurse frequently, often every one and one-half to three hours, averaging about eight to twelve times a day.
- Your baby will appear healthy, his colour will be good, his skin will be firm, he will be filling out and growing in length and head circumference, and he will be alert and active.

### IF YOU NEED TO INCREASE YOUR MILK SUPPLY

**Get help.** If your baby is not gaining well, or is losing weight, keep in close touch with your baby's doctor. In many cases, improved breastfeeding techniques will quickly resolve the situation, but in some cases, slow weight gain may indicate a serious health problem.

**Nurse frequently** for as long as your baby will nurse. A sleepy baby may need to be awakened and encouraged to nurse more frequently.

**Offer both breasts at each feeding.** This will ensure that your baby gets all the milk available and that both breasts are stimulated frequently.

**Be sure that baby is positioned correctly at the breast.** Baby's lips should be on the areola (dark area surrounding the nipple), well behind the nipple. If you are not sure baby is sucking well, or feel any soreness, ask your health care provider, La Leche League Leader, or other breastfeeding specialist to help you.

**Try switch nursing.** Switching breasts two or three times during each feeding will help to keep your baby interested in nursing. Switch breasts as soon as baby's sucking slows down and he swallows less often. Your milk supply will be stimulated by using both breasts at least twice at each feeding.

**Give your baby only human milk.** If your baby has been receiving formula supplements, do not cut these out abruptly. Gradually cut back on the amount of supplement as your milk supply increases, but watch baby's wet and soiled diapers to be sure he is getting enough milk. Stay in touch with your baby's doctor.

**All your baby's sucking should be at the breast.** If some supplement is necessary temporarily, it can be given by spoon, cup, or with a nursing supplementer, a device used to feed baby additional milk through a small tube while he nurses at the breast.

**Pay attention to your own need for rest, relaxation, proper diet, and sufficient fluids.** Taking care of yourself will aid in increasing your milk supply and improving your general sense of well being.

*If you have any further questions or concerns be sure to get in touch with your La Leche League Leader or other breastfeeding specialist. Remember that a baby who is not gaining weight will need to be checked regularly by a doctor.*

