

# Breastfeeding Basics

Here are some breastfeeding basics that you may find helpful. Talk to your baby's doctor, nurse or your lactation specialist if you have other questions.

## Mother's Diet

No special foods or diets are needed for breastfeeding. Some helpful tips:

- Choose a variety of healthy foods for your meals and snacks each day. Eating healthy will help you and your baby feel well.
- Eat 4-5 servings of dairy products each day. A calcium supplement can help you get enough calcium.
- Drink water or fruit juices when you are thirsty.
- Take your prenatal vitamins as directed by your doctor.
- Limit caffeine and artificial sweeteners in your diet. Caffeine is in chocolate, coffee and tea. Artificial sweeteners are in diet soft drinks and in some low calorie or diet foods.
- Avoid drinking alcohol. Alcohol takes about 2-3 hours per serving to leave breast milk.
- It takes about 4-6 hours for the foods you eat to show up in your breast milk. If you have a family history of an allergy or your baby seems fussy after you eat a certain food, avoid that food and see if your baby feels better. Some babies have a hard time when a mother eats dairy products or vegetables such as broccoli, beans, onions or peppers. If the problem persists, talk to your doctor.
- Avoid weight loss diets. To lose weight, walk more and limit high calorie foods.

## Getting Started

During pregnancy, your body makes milk called colostrum. When you have your baby, your body begins to make breast milk. Your milk supply will depend on how much milk and how often your baby takes from the breast. The more milk your baby takes, the more milk your breasts will make.

# 母乳喂养常识

这里提供一些母乳喂养常识，可能对您有用。如有其它疑问，请咨询宝宝的医生、护士或哺乳专家。

## 母亲的饮食

哺乳期对食物或饮食没有特殊的要求。可注意以下事项：

- 每天在正餐和用点心时，食用多种健康食物。健康的饮食会让母亲和宝宝都身体健康。
- 每天吃 4-5 份奶制品。钙补充剂有助您摄入足量的钙。
- 口渴时饮水或果汁。
- 遵医嘱服用产前维他命。
- 限制饮食中的咖啡因和人工甜味剂。巧克力、咖啡及茶内含咖啡因。低糖软饮和某些低热或低糖食物中含人工甜味剂。
- 避免饮酒。每饮一份酒，须等 2-3 小时后乳汁中才能不含酒精。
- 进食后大约 4-6 小时后会进入乳汁。如有家族过敏史或宝宝吃某种食物后烦躁不安，须避免该食物，看宝宝的情况是否好转。有些宝宝在母亲食用奶制品或花菜、豆子、洋葱或辣椒后会有不良反应。如问题持续存在，请咨询医生。
- 避免透过控制饮食来减肥。要降低体重，可增加散步并限制高热食物。

## 开始步骤

妊娠期间，您的身体会分泌称为初乳的乳汁。宝宝出生后，身体开始分泌乳汁。乳汁分泌量的多少取决于哺乳量和哺乳频次。宝宝吃母乳越多，乳房分泌的乳汁就越多。

The nurses will help you and your baby learn how to breastfeed. Relax and give yourself time to learn.

Your baby may be very sleepy the first few days. Your baby's stomach is small so your baby will need to feed often. You may feel increased thirst while nursing, drowsiness during breastfeeding and mild uterine contractions while breastfeeding the first few days.

Avoid feeding your baby from a bottle, either breastmilk or formula, for the first 3 to 4 weeks or until your baby learns to feed well. Sucking from a bottle is a different mouth action. Bottle sucking may interfere with the baby's nursing at the breast.

After the first 3 to 4 weeks, you can try to feed your baby breast milk through a bottle if you would like. If your baby is not able to breastfeed, you can pump your breast milk, feed your baby the breast milk through the bottle or freeze the breast milk in a closed container for later use.

## **Feeding Cues**

Your baby will give you signs of hunger called feeding cues. Your baby's feeding cues may include:

- Clenched fists
- Hands to mouth
- Licking of lips
- Moving of arms and legs
- Turning the head towards your body
- Sounds
- Crying

Try to begin feeding your baby before he or she becomes too upset.

护士会帮助您和宝宝掌握哺乳技巧。不要紧张，慢慢来。

宝宝出生后头几天内可能非常嗜睡。宝宝的胃非常小，因此每天需要多次哺乳。在哺乳的最初几天，可能会感到容易口渴，喂奶时觉得困倦想睡觉，并发生轻度的子宫收缩。

最初 3 周或 4 周，或在宝宝熟练掌握吃奶能力之前，无论是母乳还是配方奶，都要避免用奶瓶喂奶。从奶瓶中吮奶是一个不同的嘴部动作。奶瓶喂奶可能会干扰宝宝从乳房吃母乳。

最初 3 周或 4 周后，如果您愿意，可尝试用奶瓶给宝宝喂母乳。如无法直接给宝宝喂奶，可用吸奶器将乳汁吸出，放在奶瓶内喂给宝宝吃，或放在封闭容器内冷冻起来，需要时喂给宝宝吃。

## 喂奶信号

宝宝肚子饿了，会作出称为喂奶信号的动作。宝宝的喂奶信号可能包括：

- 攥紧拳头
- 吃手
- 舔嘴唇
- 手舞足蹈
- 头转向妈妈的身体
- 发出声音
- 哭闹

试着在宝宝大哭大闹之前给宝宝喂奶。

## **How is my baby doing with breastfeeding?**

Watch for signs that your baby is latched on to your nipple well and getting milk. Signs may include:

- A fast, shallow motion in the cheeks as your baby first latches on that changes to a deep, slow, rhythmic motion.
- Motion near your baby's ear and temple as your baby's lower jaw moves up and down.
- Seeing, hearing, or feeling your baby swallowing.
- Feeling a tingling sensation in the breast.

## **Is My Baby Getting Enough Milk?**

If your baby is getting enough milk, your breasts will be full with milk, soft after feedings and refill between feedings. Your baby will:

- Have 6 or more wet diapers in a 24 hour period
- Sleep between feedings
- Have more than 2 bowel movements each day
- Gain weight

A healthy, full term baby who is nursing well does not need extra water or formula. Do not feed your baby extra water or formula unless ordered to do so by your baby's doctor. Talk to your baby's doctor, nurse or your lactation specialist if you do not think that your baby is getting enough milk.

## **How Often Will My Baby Feed?**

Feedings are timed from the start of one feeding to the start of the next. At first, try to feed your baby every 2 to 3 hours during the day and evening, and at least every 4 hours during the night. If your baby gives feeding cues, feed your baby. Your baby may want several feedings very close together. By the end of the first week, your baby will be nursing 8 to 12 times in 24 hours. As your baby and your milk supply grow, your baby may begin feeding less often.

## 如何判断宝宝的吃奶能力？

留心观察宝宝吸稳乳头吃奶的迹象。迹象可包括：

- 宝宝刚吸住乳头时，双颊会有一个快而浅的动作，然后双颊转为深、慢、有节奏的运动。
- 宝宝耳朵和太阳穴附近在动，下颚上下动作。
- 能看到、听到或感觉到宝宝在吞咽。
- 乳房有刺痛感。

## 怎样才知道宝宝吃饱了？

若母乳充足，乳房会充满乳汁，喂奶后应变软，两次喂奶之间乳房会自动饱胀起来。吃饱奶后，宝宝：

- 在 24 小时内会尿湿 6 次或更多次
- 在喂奶后会睡觉
- 每天排大便超过 2 次
- 体重增加

健康的足月宝宝如果哺乳得当，不需要额外喝水或配方奶。除非宝宝的医生嘱咐宝宝额外喝水或配方奶，否则不要这么做。如认为宝宝没有喝饱奶，请向宝宝的医生、护士或哺乳专家提出。

## 多长时间喂奶一次？

喂奶的间隔是指从一次喂奶的开始时刻到下次喂奶的开始时刻。开始时，白天和晚上每隔 2 至 3 小时给宝宝喂奶一次，夜间至少每 4 小时喂奶一次。如宝宝发出喂奶信号，则随时喂奶。宝宝可能需要短时间内连续喂奶数次。第一周结束时，宝宝 24 小时内要吃奶 8 至 12 次。随着宝宝的长大和母亲乳汁的增多，宝宝的吃奶次数可能会减少。

Even after babies are able to sleep for longer periods, their sleep is sometimes disturbed by dreams, hunger or a busy day. Expect that your baby will wake at night and may need to be fed.

Babies have growth spurts in their first 6 months and will nurse more often during them. By feeding more often, your body will make more milk to get through the growth spurts. These spurts often last 3-5 days.

## **How Long Will My Baby Feed?**

Feed your baby until he shows signs that he is full such as slowing down sucking and then detaching himself from the breast, and relaxing his hands, arms and legs. If you stop before your baby is done, your baby may not get the high fat milk. This is the milk that is best for growth.

Allow your baby to completely finish feeding on the first breast. This may take 10 to 25 minutes. Then offer the second breast. Your baby may feed for a while on that breast, or not want the second breast at all. Alternate the breast you begin with at each feeding. Some mothers track, which breast to begin with by pinning a safety pin to their bra strap.

## **Waking the Sleeping Baby**

If your baby is in a deep sleep, do not wake your baby for a feeding. If your baby is asleep but has some body motions such as eye motion under the lid, active mouth and tongue motion, or sucking in sleep, this is the best time to wake your baby for a feeding.

At night, dim the lights and keep the room quiet. Avoid startling movements. Wake the baby gently by moving your baby or you can change your baby's diaper. If after 15 minutes your baby shows poor interest in breastfeeding, try an hour later.

**Talk to a doctor, nurse or lactation specialist if you have any questions or concerns.**

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实时宝宝能够一次睡较长时间后，作梦、饥饿或白天过于活跃有时候也会干扰宝宝的睡眠。因此要做好准备，宝宝夜间可能会醒来，需要喂奶。

宝宝出生后的最初六个月有一个快速生长期，吃奶次数会增加。增加喂奶次数后，母亲的身体会产生更多的乳汁，让满足宝宝在快速生长期内的需求。快速生长期一般为 3-5 天。

## **宝宝每次吃奶要多长时间？**

一直喂到宝宝有吃饱的迹象，例如吮吸频率放慢，然后放开乳头，手、胳膊和腿放松。如果在宝宝吃饱之前停止喂奶，宝宝可能吃不到高脂乳汁。高脂乳汁对宝宝的生长最有营养。

宝宝吃第一个乳房时，让宝宝吃到自己放开乳头。这可能需要 10 至 25 分钟。然后，再让宝宝吃第二个乳房。宝宝可能再吃一段时间，或者根本不要再吃第二个乳房。每次开始喂奶时，左右乳房轮换。有些母亲会在乳罩的带子上别一个安全别针，记录上次吃的是哪一侧乳房。

## **叫醒宝宝**

如果宝宝睡得很深，不要为了喂奶而叫醒宝宝。如果宝宝已经入睡，但有一些身体活动，例如眼球在眼睑下转动，嘴巴和舌头在动或睡眠中有吮奶的动作，这是叫醒宝宝喂奶的最佳时机。

夜间将灯光调暗，保持房间安静。避免用剧烈动作叫醒宝宝。要轻轻叫醒宝宝，可转动宝宝的体，或给宝宝换尿片。如 15 分钟后，宝宝依然没有兴趣吃奶，一小时后再尝试喂奶。

**如有任何疑问或担心，请咨询医生、护士或哺乳专家。**

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