

BREASTFEEDING: HOW TO GET STARTED

如何開始給寶寶餵母乳



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG



GREAT START TO BREASTFEEDING:

- Tell your doctor and nurses in the hospital that you plan to breastfeed, and not to give any bottles or pacifiers to your baby.
- **Breastfeed your baby as soon as possible after delivery!**

FIND A COMFORTABLE POSITION:

Laid Back

1. Lean back comfortably.
2. Lay baby on your chest.
3. Let baby move towards your nipple.



Cross Cradle

1. Support your baby's body and neck.
2. Put your baby across your body tummy-to-tummy with you.
3. Baby feeds on the breast opposite your supporting arm.



Clutch/ Football Hold

1. Slide your arm under your baby's back and support his neck with your hand.
2. Hold baby with arm on the same side as the breast being offered.



Cradle Hold

1. Put your baby on his side on top of a pillow, tummy-to-tummy with you.
2. Rest his head on your arm starting off with his nose in front of your nipple.



Lying Down

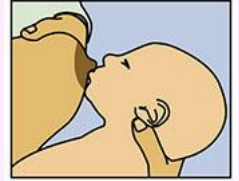
1. Start with his nose in front of your nipple, just like the other positions.



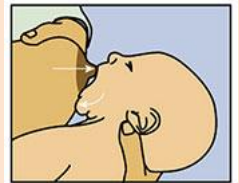
LATCHING ON:

Latch-on is the way a baby attaches to the breast. A good latch-on is important to make sure baby gets enough milk, avoid sore nipples and help your breasts make more milk.

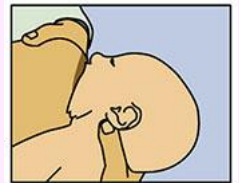
1. Line up baby's nose with your nipple.



2. Baby's head can then tilt back slightly, letting his mouth reach up and over your nipple.



3. Baby's mouth should open wide, and get most of the dark skin around your nipple (areola) in his mouth.



YOU CAN TELL YOUR BABY IS LATCHED ON WELL AND GETTING MILK IF:

- The baby's lips are curled out – not tucked in.
- The baby's chin and lower lip touch the breast.
- The baby's cheeks are rounded.
- You can hear or see baby swallowing.
- You don't feel pain while breastfeeding.



WILL I HAVE MILK AS SOON AS MY BABY IS BORN?

Definitely! Although your breasts are soft, you are already making small amounts of milk.

WILL I HAVE ENOUGH MILK TO FEED MY BABY?

Definitely! The more you breastfeed your baby, the more milk you make. Newborn babies have small stomachs, so they need to be fed 10 or more times in 24 hours (about every 2 hours).

Sources:

- California Department of Public Health- Women, Infants, and Children Program
- Office on Women's Health
- U.S. Department of Health and Human Service

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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母乳餵養好的開始:

- 讓你的婦產科醫生和護士知道你準備母乳餵養寶寶，請不要給你的寶寶餵嬰兒配方奶，及不給安撫奶嘴。
- 寶寶出生之後儘快開始母乳餵養！

含吮:

含吮是寶寶銜接乳房的動作。正確的含吮對寶寶能吃到足夠的母乳是十分重要的，並且能避免乳頭疼痛和幫助乳房分泌更多乳汁。

尋找一個舒服的哺乳姿勢:

後靠式

1. 舒服地向後靠好。
2. 讓寶寶躺在你胸口。
3. 寶寶自己會去找你的乳頭。



橫交搖籃抱

1. 托著寶寶的身體和脖子。
2. 將嬰兒橫抱在胸前，讓寶寶的肚子貼著你的肚子。
3. 如果用右邊乳房餵奶，就用左邊手臂托著寶寶。



側抱式或攬球抱

1. 將你的手臂滑到寶寶的背上，用手托住寶寶的脖子。
2. 給寶寶吮哪一邊的乳房就用哪一邊的手臂抱住寶寶。



搖籃式

1. 讓寶寶側躺在枕頭上，他的肚子貼著你的肚子。
2. 寶寶的頭枕在你的臂彎上，開始時他的鼻子正對著你的乳頭。

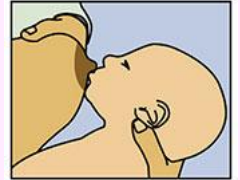


側臥式

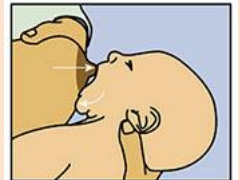
1. 開始時讓嬰兒的鼻子對著你的乳頭，就像用其他餵奶姿勢一樣。



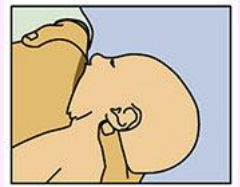
1. 讓寶寶的鼻子對這你的乳頭。



2. 寶寶的頭稍稍向後仰，他的嘴巴從你乳暈下面向上含到你的乳頭。



3. 寶寶應該張大嘴巴、並含吮到較多乳暈進他的口裏。



以下的情況可令你知道寶寶含吮正確而且吃奶:

- 寶寶的上下唇都向外翻，而不是塞在嘴內。
- 寶寶的下巴和下脣貼著乳房。
- 兩腮變圓。
- 你可以聽到或看到嬰兒吞嚥乳汁。
- 餵寶寶吃奶的時候，你不會覺得疼痛。



寶寶一生下來我會不會就有奶?

一定有! 儘管乳房仍然軟，你已經做出少量的初乳。

我會不會有足夠的奶餵寶寶?

一定有! 你餵得越多，就會做出越多奶。新生兒的胃很小，所以他們在二十四小時內要吃人奶十次或以上（大約每隔二小時一次）。

資料來源:

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