

BREASTFEEDING TIPS FOR MOTHER RETURNING TO WORK OR SCHOOL

上班或上學媽媽餵母乳的心得



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Breast milk is the BEST food for your baby during the first year of life. Even if you are returning to work or school, you can still breastfeed your baby!

IMPORTANT POINTS TO REMEMBER WHILE WORKING OR GOING TO SCHOOL:

Breastfeed before you leave home and again soon after you return home. While you are away, pump or hand express your breast milk into bottles and save for later.

PUMPING BREAST MILK

- Before you pump, wash your hands thoroughly.
- Gently massage your breasts to start the breast milk flowing.
 - Look at your baby's picture or think of your baby while pumping.
- You will make more breast milk if you breastfeed or pump your breasts often.
- While you are away from your baby, pump every 2 to 3 hours for about 15 to 30 minutes.
- Be patient. You will figure out the best times to pump your breast milk.

STORING BREAST MILK

Store your milk in clean glass bottles.

- Only put 2 to 3 ounces in each glass bottle.
 - As your baby gets older and drinks more milk, you can put more breast milk in each bottle.



- Write the date you pump your milk on each bottle. Use the oldest breast milk first.
- Store breast milk in the refrigerator, freezer or a cooler with ice.
- Stored breast milk looks different than fresh breast milk. Gently swirl the bottle before feeding.
- After each feeding, throw away any leftover milk in the bottle.
- If you freeze your breast milk, make sure to leave a little space in the bottle.



HOW LONG CAN I KEEP MY BREAST MILK?

	Cooler with Ice	Refrigerator	Freezer
Fresh Breast milk	5 hours	5 days	3-4 months
Thawed Breast milk	Use within 1 hour after thawing	Use up to 24 hours after thawing	Do not refreeze thawed breast milk

WARMING UP BREAST MILK

- Defrost breast milk in the refrigerator overnight.
- Warm breast milk in a bowl of warm water.
- Do not thaw or warm breast milk in the microwave.



Sources:

- California Department of Public Health- Women, Infants, and Children Program
- Toronto Public Health

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。 Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

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母乳是嬰兒一歲之前最好的食物。即使您產後恢復上班或上學，您仍然能夠母乳餵養您的寶寶！

恢復上班或上學時，要記得的：

您可以在離家之前給寶寶餵母乳、然後回家之後儘快再餵。當您不在家的時候，您可以用抽奶器或用手把乳汁擠到奶瓶裏，留給寶寶遲一點吃。

抽吸母乳的心得

- 在抽吸母乳之前，徹底洗乾淨雙手。
- 輕輕按摩乳房，會令乳汁容易流出。
 - 抽吸乳汁時，看著您寶寶的照片或想著寶寶也會幫助您增加乳汁。
- 多餵母乳或多抽吸母乳會令乳汁量增多。
- 當您與寶寶不在一起的時候，每隔二到三小時就泵乳汁、每次抽吸十五至三十分鐘。
- 要有耐心。您便會知道甚麼時候抽吸乳汁對您是最適合的。

母乳的儲存：

- 將乳汁放在乾淨的玻璃奶瓶內。
- 每個奶瓶只裝二至三安士。
 - 寶寶需要吃多些母乳的時候，您就可以在每個奶瓶內多放一點乳汁。
- 在每個奶瓶上註明抽出乳汁的日期。先抽出的乳汁應該先用。



- 抽出的乳汁應存放在冷藏箱、雪櫃或冰箱中。
- 儲存過的乳汁與剛擠出的乳汁看起來不一樣，所以要把乳汁輕輕搖勻、才餵給寶寶吃。
- 餵哺後，剩下的乳汁要倒掉。
- 如果您要冰凍乳汁，在每個奶瓶內應留少許空間容納乳汁結冰。



母乳可以保存多久？

	冷藏箱	雪櫃	冰箱
新鮮的母乳	5 小時	5 天	3 至 4 個月
解凍的母乳	解凍後 1 小時內用	解凍後 24 小時內用	已解凍的乳汁勿再冰凍

將母乳加溫：

- 把冰凍的乳汁從冰箱移到雪櫃，置雪櫃過夜解凍，明日早上便可用。
- 把裝有母乳的奶瓶放在大碗裏，用溫水加溫。
- 切勿用微波爐將乳汁解凍或加溫。



資料來源：

- California Department of Public Health- Women, Infants, and Children Program
- Toronto Public Health

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