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Breastfeeding and your new baby

The midwives caring for you will provide you with education and support to help you establish and maintain breastfeeding. Please do not hesitate to ask your midwife for advice, at any time.

The risks of not breastfeeding

How you feed your baby is one of the most important decisions you will make. Mater Mothers' Hospital staff will provide you with support and guidance with feeding your baby, whatever your decision.

According to the World Health Organization (WHO) and current research, there are risks associated with not breastfeeding your baby and it is important that you are aware of this information.

- For babies, not being breastfed is associated with an increased incidence of infections, such as ear infections, gastroenteritis, and pneumonia. There is also an elevated risk of childhood obesity, type 1 and type 2 diabetes, leukaemia, and sudden infant death syndrome (SIDS).
- For premature babies, not receiving breast milk is associated with an increased risk of necrotising enterocolitis (NEC), a condition where the intestines become infected and can begin to die. This usually requires surgery.
- For mothers, not breastfeeding is associated with an increased incidence of pre-menopausal breast cancer, ovarian cancer, type 2 diabetes and retained pregnancy weight gain.

These differences in health outcomes can be explained by the specific and innate immune factors present in human milk. In other words, every mother makes milk specifically for her own baby's needs with immune protection designed just for them. Therefore, the National Health and Medical Research Council (NHMRC) and the Australian National Breastfeeding Strategy 2010–15 recommend that all babies be exclusively breastfed for six months and continue at least until the baby's first birthday. Mother and baby can then continue to breastfeed for as long as they both wish to do so. The World Health Organization recommends at least two years of breastfeeding for all babies.

How breastfeeding works

Breastfeeding works on supply and demand. Every time your baby feeds, your body starts to make the next feed. The more your baby feeds, the more milk you make. You do not have to wait a specific amount of time for your breasts to fill up before feeding your baby again.

母乳喂养与新生儿

负责照料您的助产士将教导、支持您建立起持续母乳哺育的习惯。您可以随时向您的助产士寻求建议。

非母乳喂养的风险

如何哺育宝宝是您将要作出的重大决定之一。无论您选择用什么方式哺育，Mater 妇产科医院的医护人员都会提供协助与指导。

据世界卫生组织 (WHO) 和最新研究发现，非母乳哺育伴随着某些风险，您有必要了解这些信息。

- 对宝宝来说，非母乳喂养将增加新生儿发生感染概率，如耳内感染、肠胃炎和肺炎。与此同时，罹患儿童肥胖症、1 型与 2 型糖尿病、白血病以及婴儿猝死综合症 (SIDS) 的风险也会上升。
- 对早产儿来说，非母乳喂养将增加罹患坏死性结肠炎 (NEC) 的机率，该病症可导致肠道感染并逐渐坏死，通常需要手术治疗。
- 对母亲来说，非母乳哺育会增加罹患更年期前乳腺癌、卵巢癌和 2 型糖尿病的机率，想要恢复怀孕前体重也显得更加困难。

缺乏母乳哺育会对母婴健康造成这些影响， 是因为人奶中包含着独特的天然性免疫因子。换言之，每位母亲的乳汁都是根据自己孩子的需求量身订做，为宝宝的免疫系统提供特定保护的。因此，澳大利亚「国家卫生和医学研究委员会 (NHMRC)」 和『2010-2015 年澳大利亚国家母乳喂养战略』建议，所有宝宝在出生后六个月内，应该百分之百母乳哺育，加入副食品后，母乳哺育至少持续到宝宝一周岁。此后，可以根据自己情况继续母乳喂养。世界卫生组织建议，所有宝宝至少要母乳喂养两年。

母乳喂养的原理

母乳喂养由供需而定。每次给宝宝喂奶后，您的身体就会开始制造下次哺育所需的母奶。宝宝吸收的母乳越多，您分母乳就越多。因此不需要特别等到乳房饱满， 就可以再次哺育母奶。

Rooming-in

Mater Mothers' Hospitals practise rooming-in, allowing you and your baby to remain together 24-hours a day. This means you are able to respond to your baby when feeding cues are displayed, helping you establish a good milk flow by promoting milk let-down. Rooming-in also helps you to bond with your baby and gain confidence caring for them. Current research indicates that mothers and babies who room-in together actually sleep more effectively.

Feeding cues—how to know when your baby is ready to feed

Look for, and respond to, early feeding cues that your baby displays to indicate they are ready to feed. These feeding cues include:

- rapid eye movement
- clicking or tongue sucking
- rooting—opening their mouth and searching to suck on contact
- hand movements to their mouth and sucking on hands
- moving other extremities
- general increased alertness or activity.

Crying is a late sign of hunger. Avoid waiting for this sign as a crying baby can be more difficult to attach.

The first breastfeed

The first step towards successful breastfeeding is early skin-to-skin contact—if possible, allow uninterrupted skin-to-skin contact with your baby following their birth (although skin-to-skin contact is beneficial at any time). This encourages licking, nuzzling, touching, sniffing and eventual feeding when your baby is ready, which is normally within the first after hour birth. Bathing and weighing should wait until after the first breastfeed.

Correct attachment and positioning of your baby to your breast is also important. Please ask your midwife to provide guidance when attaching your baby, until you feel confident managing this independently.

母婴同室

Mater 妇产科医院实行「母婴同室」的护理制度，确保您与您宝宝全天 24 小时都在一起。这样一来，您可以在宝宝发出「饥饿暗示」时立即回应，以此确保乳汁流动顺畅。建立起充足的母乳供应。「母婴同室」也有助于您与宝宝建立亲密关系，让您更自信地照顾宝宝。当前的研究表明，「母婴同室」可改善双方的睡眠品质。

饥饿暗示 — 怎麽知道宝宝饿了

宝宝想吸奶时就会有特定动作，您要观察、回应以下这些出现「饥饿暗示 (feeding cues)」：

- 眼睛快速转动
- 发出啧啧、吸吮的声音
- 觅食 — 张嘴找东西吸吮
- 手伸向嘴巴然吸吮
- 移动四肢
- 较平常更机警、活跃

哭泣是宝宝饥饿的晚期讯号，尽量避免拖延到此时才做出反应，因为哭泣的宝宝更难成功含乳。

首次哺乳

产后早期「肌肤相亲(skin-to-skin)」是实现成功母乳哺乳的第一步。情况许可的话，宝宝出生后应该裸体贴着妈妈的肌肤不被打扰（尽管「肌肤相亲」在任何时候都是有益的）。这样能鼓励宝宝开始用舌头舔舐、用鼻子摩擦、用手触摸、嗅闻妈妈的乳房，最终准备好吸奶。这些行为通常发生在宝宝出生后一小时内。洗澡和秤重应该在首次母乳哺乳后进行 。洗浴和称体重应在首次哺乳后进行。

与肌肤接触同样重要的是正确的含乳技巧和哺乳姿势。当您尝试让宝宝含乳时，请向助产士寻求指导，直至您有信心独立完成哺乳为止 。

Baby led attachment

Babies have natural instincts which enable them to find their mother's breast, from birth, with little, or no, help from anyone. These behaviours are seen as early as one to two hours after birth and continue for at least three months.

They include:

- poking their tongue out
- turning their head from side to side (rooting)
- wriggling
- finding and grasping the nipple
- attaching onto the breast
- sucking.

The following information will guide you to help your baby to attach to your breast:

- Get to know your baby's hunger cues
- A calm baby—your baby will be able to follow through with their instincts if they are calm rather than upset
- Begin with skin-to-skin contact
- Position your baby in any way that feels right, such as upright on your chest between your breasts. You may also like to semi-recline as this position makes it easier for your baby to make their own way to your breast
- When your baby is ready to feed they will lift and 'bob' their head or glide towards the nipple, using their cheek and chin to manoeuvre them in that direction
- As your baby moves closer to your breast they will nuzzle at your nipple. Do not hurry your baby; they will do this in their own time
- When your baby finds the breast, they will bring their tongue forward and may lick at the nipple. They may press on your breast with their fist or rub your tummy with their feet. This helps to stimulate the secretion of oxytocin, which is the hormone required to release your breast milk
- When your baby finds the nipple, they will dig their chin into the breast, reach up with an open mouth, attach to your breast and start sucking
- Tuck your baby's bottom in firmly against you and provide support to their neck and shoulders while avoiding putting any pressure on their head. Babies need to have their head free in order to position themselves correctly to attach to your breast

Some small, preterm or very sleepy babies may need some hands-on assistance to attach to the breast.

婴儿自行含住乳房(含乳)

宝宝出生后，不太需要外力协助，就能依靠本能找到妈妈的乳房。这些行为最早在婴儿出生后的一两个小时发生，至少持续到宝宝三个月大。

具体行为包括：

- 伸出舌头
- 左右摇晃脑袋 （觅食）
- 蠕动
- 寻找并抓住乳头
- 含住乳房
- 吸吮

以下信息将指导并帮助您使宝宝吸食乳房：

- 了解宝宝的饥饿暗示
- 平静的宝宝——当宝宝处于平静、不躁动的状态时，可以按照本能活动
- 从「肌肤相亲」开始
- 将宝宝放置在舒适的位置，比如胸部正上方、乳房之间。您也可身体半躺，该姿势有助于宝宝自己找到乳房
- 准备吸奶时，宝宝会抬起并摆动头部，或者利用脸颊和下巴滑向乳头的方向
- 接近乳房时， 宝宝会用鼻子摩擦乳头。这时候不要催促宝宝，他们有自己的节奏
- 找到乳房时，宝宝会伸出舌头舔舐乳头，也可能会拳头按压乳房或用脚蹭您的腹部。这有助于刺激分泌催产素，它是释放母乳必需的荷尔蒙
- 宝宝找到乳头时，会将下巴紧贴乳房，张大嘴巴含住乳头，开始吸吮
- 让宝宝的屁股紧靠着您的身体，支持宝宝的颈部和肩膀，避免宝宝的头部承受任何压力。宝宝只有在头部能自由活动时，才能让自己用正确的姿势含着乳头

一些出生体重较轻、早产或嗜睡的宝宝，需要他人从旁协助才能含住乳房。

Signs of correct attachment

- Comfortable for mother, i.e. no pain or stinging.
- Deep slow rhythmic sucking pattern. The slower the suck, the more milk that is drawn into your baby's mouth.
- Your baby appears relaxed.
- Your breasts soften with the feed.

Sore or damaged nipples

A certain amount of nipple sensitivity in the early days of breastfeeding is normal. However, damaged or grazed nipples are not normal and usually mean your baby has not attached properly. If you have grazed or cracked nipples, ask your midwife to guide you when you are attaching your baby to the breast.

The nipple area produces its own natural oils, and nipple creams can block openings from the ducts on your nipples, increasing the possibility of mastitis. Breast milk contains special skin healing properties so expressed breast milk is the ideal treatment for sore nipples. Gently rub expressed breast milk onto the nipple after feeds and allow the milk to dry before replacing your bra. To prevent infection always wash your hands before you handle your breasts.

Demand feeding

Breastfed babies feed according to hunger. Allow your baby to continue feeding until they have had enough, fall asleep or come off your breast. You may notice that your baby wishes to suck more often in the early days until your milk comes in, which is usually on the second or third day following birth. This is normal infant behaviour and should be encouraged.

Feed your baby whenever they exhibit hunger cues. Sucking time may vary from feed to feed. Allow your baby to feed on the first breast until their rhythmic, or nutritive, sucking stops. They may then flutter suck at the end of the feed. This is normal and helps your baby to have the fat-rich milk which is available towards the end of the feed. Babies settle for longer periods and gain more weight when allowed to flutter suck at the end of a feed.

Babies will generally feed between eight to 12 times each day. If they have a longer break between feeds they will often have several feeds close together (cluster feeding). Some babies may not display hunger cues so if you are having difficulty waking and feeding your baby please speak to your midwife.

正确含乳的征兆

- 妈妈觉得舒适，没有疼痛或刺痛感
- 节奏慢而深的吸吮。宝宝吸吮得越慢，吸入的母乳就越多
- 宝宝看起来很放松
- 乳房随着哺乳而变得柔软

乳头疼痛受损

在母乳喂养初期, 某种程度的乳头敏感属于正常现象。然而，乳头受损或破皮就不正常了，这显示宝宝没有用正确的方式含住乳头。如果乳头破皮或破裂了，请在试着让宝宝含乳时，向助产士寻求指导。

乳头会自行分泌天然油脂。市面上买的乳头保护霜会阻塞乳头上的乳腺管开口，增加乳腺炎的发病率。母乳含有特殊的伤口愈合功效，因此挤出母乳是治疗受伤乳头的理想办法。在喂奶后，轻轻地将挤出的乳汁涂抹于乳头，等乳汁自然干后再换上干净的内衣。为了避免感染，在接触乳房前请洗净双手。

根据需求喂奶

请根据宝宝的需求喂奶。持续哺乳，直到宝宝吃饱、睡着或是松开乳房。您可能会注意到，在产后最初阶段、直到您开始出母乳（通常是产后第二、第三天），宝宝吸吮乳房的意愿更强烈。这属于新生儿的正常行为，应当予以鼓励。

任何时候宝宝出现饥饿暗示，妈妈就要予以哺乳。宝宝每次吸奶的时间长短不同。让宝宝在第一个乳房上吸奶，直到深沉有节奏的吸吮动作停止。宝宝在吸奶的最后阶段，可能转变成轻微的吸吮。这是一种正常现象，有助于宝宝吸收只在最后阶段出现的高脂肪母乳。允许宝宝在吸奶最后阶段轻微吸吮，可以让宝宝长时间饱足，增加更多体重。

一般来说，宝宝每天需要哺乳八到十二次。如果两次喂奶间隔的时间较长，随后通常要连着几次密集喂奶。有些宝宝不会作出饥饿暗示，如果您在唤醒和哺乳宝宝方面遇到困难，请告知您的助产士。

How do I know if my baby is getting enough breast milk?

Breast milk contains all the nutrients and fluid that your baby needs in the first six months of life. **No other fluids are needed.** You can be confident in knowing that your baby is receiving enough breast milk if your baby:

- has five to six wet disposable nappies per day (or six to eight wet cloth nappies) and their urine is pale in colour
- has two to three loose bowel movements per day that are yellow, or mustard, in colour. After six weeks of age your baby's bowel motions may decrease in frequency, but this is not a concern if weight gain and the number of wet nappies are adequate. Breastfed babies are rarely constipated
- settles following most feeds
- looks alert when awake
- has a moist mouth.

Complementary feeds

Mater does not routinely give infant formula or boiled water to breastfed babies, (unless medically indicated) for the following reasons:

- any infant formula given to your baby in the newborn period will interfere with the protection against infection that breast milk is creating in your baby's gut
- both soy and cows' milk formula can cause allergies
- your breasts make less milk if breastfeeds are missed or replaced by a formula feed
- your breasts may become overfull and painful (engorged) if the milk in your breasts is not removed regularly
- a baby has a completely different sucking action for breastfeeding compared to sucking on a teat. A breastfed baby can become confused between the two and may then have difficulty attaching correctly to the breast.

Dummies/pacifiers

The early use of pacifers can interfere with the natural process of breastfeeding. Pacifiers can contribute to slow weight gain, early weaning and thrush infections of your baby's mouth and your nipples. The routine use of pacifiers for breastfed babies is not recommended. If you choose to use a pacifier they must be washed regularly with hot soapy water, rinses thoroughly and allowed to air dry. Clean pacifiers should be stored in an airtight container.

怎么知道宝宝是否吸收充足母乳？

母乳含有宝宝出生后六个月内所需的一切营养和水分。除此以外，**宝宝不需要任何其他液体**。如果有以下情况，您就能放心确认宝宝已经吸收充足的母乳：

- 每天都要换五到六片纸尿布（或六到八片布尿布），并且尿液颜色浅淡
- 每天有两次到三次稀大便，颜色为黄色或芥末色。六周后排便频率可能降低，只要宝宝体重保持增长、尿布用量与以前一致，就不必担心。母乳喂养的婴儿很少有便秘
- 喂奶后大多能安静下来
- 清醒时看起来很机警
- 嘴巴湿润

副食品

Mater妇产科医院不会常规性地为母乳喂养的宝宝提供配方奶粉和开水（除非出于医疗需要），具体原因如下：

- 在新生儿阶段提供任何婴儿配方奶粉都会干扰母乳在宝宝体内建立对抗感染的防护系统
- 豆奶和牛奶配方奶粉都可能会引起过敏
- 错过母乳哺乳或以配方奶粉代替，会减少母乳分泌
- 未能规律排出母乳，可能导致乳房胀痛（乳房肿胀）
- 宝宝对母乳和奶嘴的吸吮方式完全不同。母乳喂养的宝宝可能对此困惑，因此难以正确地含住乳房

橡皮奶嘴/安抚奶嘴

太早使用安抚奶嘴可干扰母乳喂养的自然过程。使用安抚奶嘴可能导致婴儿体重增长缓慢、提前断奶，甚至让宝宝的口腔和您的乳头感染鹅口疮。不建议母乳喂养的婴儿经常使用安抚奶嘴。如果您选择使用安抚奶嘴，必须定期使用热肥皂水彻底清洗干净并自然晾干。干净的安抚奶嘴应存放在密封容器内。

Nipple shields

Nipple shields are made of soft silicone and may be used to help mothers with flat or inverted nipples to continue breastfeeding. However, it is imperative that a nipple shield not be used until your milk comes in (usually around day three), and then with assistance from a midwife.

Follow up with a lactation consultant or child health nurse is recommended if you are discharged home using a nipple shield. You will be able to stop using the nipple shield when it feels right for both of you.

To clean your nipple shield rinse in cold water, wash in hot soapy water to remove any milky residue, rinse thoroughly and allow to air dry (or pat dry with clean paper towel). Store in a clean, dry airtight container, which should also be washed daily using the same technique.

Continuing breastfeeding following discharge from hospital

During the early stages of breastfeeding, your baby's feeding pattern will vary significantly. Remember, the amount of breast milk you produce depends on the amount of sucking stimulation your breasts receive so continue to feed as often as your baby wishes.

It is normal for your baby to have some unsettled periods throughout the day. The most common time is in the late afternoon and early evening when your baby's feeds may be close together, which is called cluster feeding. This is normal infant behaviour and should be encouraged.

Growth spurts

As your baby grows there may be times where they will want to feed more often. Growth spurts, or periods of increased breastfeeds, commonly occur at around three and six weeks and three months of age. More frequent feeding is your baby's way of increasing your milk supply to meet their growing needs. Continue to feed on demand and your baby's feeding patterns should return to normal after two to three days. This is also normal infant behaviour.

乳头保护罩

乳头保护罩是用柔软矽胶制成，用于帮助乳头平坦或凹陷的妈妈哺育宝宝。然而，乳头保护罩只能在出奶后（一般为第三天）开始使用，并且要在助产士的协助下使用 。

如果您在出院时使用乳头保护罩，回家后最好继续咨询哺乳专家或儿童健康护士。在您认为合适的时候，随时可以停用乳头保护罩。

清洗乳头保护罩的方法：首先用冷水冲洗，然后在热肥皂水中清除乳汁残留物，最后彻底冲洗并晾干（或用干净的纸巾拍干）。清洁后存放在洁净、干燥且密封的容器中，储存容器也要按照上述方法每日清洗 。

出院后继续母乳喂养

在母乳喂养的早期阶段，宝宝吸奶的模式会有巨大变化。请谨记，乳房接收吸吮刺激的多寡将直接影响母乳的产量，因此要尽可能多喂宝宝。

婴儿在一天内出现几次躁动期是正常的，这在黄昏和傍晚最为常见。在这段时间，宝宝吸奶的间隔时间较短，也就是所谓的「密集哺乳期」。这属于新生儿的正常行为，应当予以鼓励。

快速生长期

随着宝宝成长，有时可能需要更频繁地吸奶。快速成长期，即哺乳高峰期，一般发生在婴儿出生后第三周、第六周和第三个月。为了让母奶产量达到这一阶段快速成长的需求，婴儿会较往常更频繁地吸奶。这也属于新生儿的正常行为，请持续根据宝宝的需求哺乳，两、三天后宝宝的吸奶模式就会恢复常态。

Breastfeeding and nutrition

Breastfeeding helps you lose weight after your baby is born but now is not the time to diet. You may become hungrier when you are breastfeeding and it is best to satisfy your hunger with nutritious foods. Eat a generous amount of fruits and vegetables, wholegrain breads and cereals, calcium and protein rich rich foods – do not skip meals. No one food has been proven to upset babies or cause wind. The best advice is to eat all foods in moderation, unless there is a family history of food alergies or intolerance. The natural variation in your diet will change the flavour of your breastmilk for your baby, which may better prepare your baby for the introduction of solid foods after six months of age. Breastfeeding mothers need enough fluids to stay hydrated. Drink to satisfy your thirst only. Increasing the amount of fluid you drink does little to increase your milk supply.

Alcohol

The current Australian guidelines recommend that, for women who are breastfeeding, not drinking alcohol is the safest option. For further information, see Mater's *Alcohol during pregnancy and breastfeeding* brochure accessible via **http://brochures.mater.org.au**

Caffeine

The younger your baby is, the longer it will take any caffeine to be metabolised in their body. Excessive caffeine intake may make your baby wakeful and fussy. Remember caffeine can be found in tea, coffee, soft drinks, energy drinks, some medications, herbal preparations, as well as foods containing coffee or chocolate.

Engorgement

Full, painful, hard or shiny breasts, commonly referred to as engorgement, will rarely occur if your baby is able to breastfeed at any time of the day or night. Correct positioning and attachment will also help to prevent engorgement.

If your breasts do become overfull and uncomfortable:

- continue to feed your baby when they are hungry
- remove your bra when your baby is feeding
- hand express a little milk before a feed. This softens the areola to assist your baby to attach
- continue allowing your baby to soften one breast first before offering the second breast. Express the second breast for comfort, only
- wear a supportive bra between feeds but make sure that it is not too tight
- apply covered cold packs for 10 to 15 minutes after feeds for comfort (only while your breasts are engorged).

母乳喂养与营养

虽然母乳喂养有助于产后瘦身，现阶段还不是减肥的时机。母乳喂养时，您可能觉得比平时更加饥饿，这时候最好补充营养的食物，包括大量蔬果、全麦面包和谷类、富含钙及蛋白质的食物，不要错过用餐。目前没有证据显示有哪种食品会造成婴儿不适或引起胀气，除非有食物过敏或排斥的家族史，最好还是均衡摄取各种食物。母亲摄取的饮食会改变母乳味道，多样摄取食物可以帮助宝宝六个月大以后更容易适应副食品。哺乳时，需要摄取足够水分。增加液体摄取无助于增加母乳产量，您只要不感到口渴即可。

酒类

根据澳大利亚现行指导方针，哺乳期间不饮用任何酒类，是最安全的选择。如欲了解更多讯息，请上网站 http://brochures.mater.org.au，参阅 Mater 编写的『妊娠期与哺乳期饮酒须知』宣传手册。

咖啡因

年龄越小的宝宝，咖啡因在体内新陈代谢所需的时间就越长。如果摄取过量咖啡因，就会出现不易入睡和烦躁的情况。请谨记，咖啡因可能存在于茶饮、咖啡、饮料、提神饮料、部分药物以及中草药制剂中，含有咖啡和巧克力的食品也含有咖啡因。

乳房肿胀

乳房饱胀、疼痛、坚硬或发亮，通常被称为「乳房肿胀」。如果宝宝无论白天、夜晚随时可以吸奶，发生乳房肿胀的机率就微乎其微。正确的哺乳姿势和含乳技巧有助于预防乳房肿胀。

如果乳房胀满不适：

- 继续在宝宝需要时喂奶
- 母乳哺育时，请脱掉内衣
- 哺乳前用手挤出一些母奶。这可以软化乳晕，有助于宝宝含乳
- 让宝宝持续吸吮一边乳房，直到柔软后再换边。为另一边乳房挤出母奶，以确保舒适
- 在喂奶间隔期穿着有支撑作用的内衣，但不宜过紧
- 哺乳后冷敷十到十五分钟，以保证乳房舒适（仅适用于乳房肿胀时）

Mastitis

It is a good idea to check your breasts regularly, and note any lumps and flushed or tender areas as quick treatment of a blocked duct can actually prevent mastitis.

Mastitis is a hot, red, painful inflammation of the breast tissue, accompanied by flu-like symptoms such as fever, tiredness, aching joints, back pain and nausea and vomiting.

Factors which can lead to mastitis include:

- sudden, strict timing of breastfeeds
- sudden changes in feeding patterns
- nipple damage including cracks or grazes
- poor attachment resulting in the breast not draining well
- untreated engorgement
- being overtired, skipping meals and not looking after yourself.

To treat both blocked ducts and mastitis it is extremely important to empty the sore, tender breast as often as possible and feeding your baby is the best way to do this—**this is not the time to wean.** Apply moist heat, such as a warm face washer, to the affected area before you feed. When attaching your baby to the breast, point their chin towards the flushed area for better drainage.

Start feeding on the affected side for two feeds and do not limit the sucking time on this breast. Gently massage the affected area with the pads of your fingers while feeding or expressing. You may need to express the other breast for comfort. If you cannot feed your baby, express your breast milk.

You also need to get plenty of rest and maintain a healthy diet.

You should seek medical advice if symptoms continue for 12 to 24 hours; you have a temperature above 37.5 degrees Celsius or feel unwell. Your doctor will prescribe antibiotics, which treat mastitis and does not harm your baby. Ensure you take the entire course of the antibiotic tablets (you may need two courses of antibiotics) to effectively treat mastitis and prevent it recurring.

乳腺炎

最好定期检查乳房，注意是否有肿块、发红或敏感的区域，尽早治疗乳腺管阻塞可以预防乳腺炎发生。

乳腺炎是造成乳房组织发热、红肿、疼痛的炎症，伴随诸如发烧、疲倦、关节疼痛、后背疼痛、恶心及呕吐的感冒症状及呕吐。

造成乳腺炎原因包括：

- 突然严格控制喂奶时间
- 突然改变喂奶模式
- 乳头受损，包括破裂或破皮
- 含乳技巧不佳，导致排乳不顺
- 乳房肿胀未予治疗
- 过度疲劳，忽略饮食， 没有照顾好身体

这不是断奶的时机。相反的，尽可能频繁地哺育宝宝，让疼痛敏感的乳房排出母乳，对于治疗乳腺管阻塞和乳腺炎极为重要。哺乳前，在发炎部位采用湿热疗法，例如使用洗脸毛巾热敷。宝宝含乳时，让下巴朝向发红区域，有助于母乳排出 出。

哺乳时先从发炎的乳房开始，同侧连续哺育两次，不要限制宝宝吸吮的时间。在哺乳或挤奶时，用指腹轻轻按摩发炎位置。您可能需要按压另一侧乳房以保持舒适。如果不能哺育宝宝，请将母乳挤出。

您也需要充分休息，并保持健康饮食。

如果发炎症状持续十二到二十四个小时，或是您的体温超过摄氏三十七点五度，或者身体感到不适，请寻求医疗建议。医生将为您开立抗生素治疗乳腺炎，同时确保剂量不会伤害到宝宝。务必确实服用完整个疗程（您有可能需要服用两个疗程的抗生素），以有效治愈乳腺炎，防止病情复发。

Expressing breast milk

When will I need to express milk for my baby?

There may be times when you need to express breast milk for your baby, e.g. if you are going out or returning to work. If your baby is preterm or unwell and is unable to suck at the breast it is important to commence expressing as soon as possible after the birth to provide colostrum for your baby.

Midwives are able to assist you to hand express or use an electric breast pump to express your colostrum. Do not expect a large quantity of colostrum as it is very concentrated, and has a small volume initially. Regular expressing acts as breast stimulation to assist the breasts as they build milk volume over the next few days.

You should express each breast for 10 minutes, at least eight times per day, with no longer than a five hour break at any one time (usually overnight). Prolactin levels (the hormone responsible for milk production) are higher overnight so expressing at least once during the night is encouraged.

How do I express?

You can express by hand, or use a breast pump.

- Always wash your hands before handling your breasts.
- A warm face washer on the breasts may help the milk to let-down. Gentle massage of the breast towards the nipple is also helpful.
- Use a clean container to collect the breast milk. In the first few days colostrum may be hand expressed and the droplets drawn into a syringe. This may require some assistance from your midwife.
- If possible, it is best to feed your baby before expressing. This way you can express at the end of a feed taking advantage of the flow of milk your baby has started. Remember not to aim to express large amounts at once (unless your baby is not going to the breast at all). Express small amounts at one sitting several times over the day.
- Your midwife can assist you to work out how much breast milk you will need to express for your baby.

挤出母乳

什么时候需要为宝宝挤出母乳？

有时候您需要为宝宝挤出母乳，例如出门在外或是重回职场时。如果您的宝宝是早产儿或体质较弱，无法吸吮乳房，您也必须在产后尽快挤出母乳，才能为宝宝提供初乳。

助产士可以用人工方式或借助电动吸奶器协助您挤出初乳。不要期望能挤出很多初乳，因为它的浓度很高，最初只有少量分泌。规律地挤出母乳以刺激乳房，有助于增加未来几天的母乳产出。

挤出母乳时，每侧乳房各挤十分钟，每天至少挤八次，每次挤奶间隔不超过五小时（通常是指夜里）。泌乳素（负责泌乳的荷尔蒙）水平在夜晚较高，因此建议在夜里至少挤一次奶。

如何挤奶？

您可以手动挤奶或使用电动吸奶器 。

- 在接触乳房前，请清洗双手
- 用热毛巾热敷乳房，有助于母乳排出。轻轻往乳头方向按摩也有帮助
- 使用干净的容器收集母乳。在产后前几天，可手动挤出初乳，用小吸管收集乳汁。您可能需要助产士协助
- 如有可能，最好在喂奶后挤奶。这样一来，您可以趁这个机会利用宝宝引起的乳汁流动来挤奶。请谨记，不要试图一次挤出大量母乳（除非宝宝完全无法含乳）。每天应分多次、每次挤出少量母乳
- 助产士可以帮您确定该为宝宝挤出多少母奶

How do I hand express?

- Position your thumb and first two fingers about 2.5–4 cm behind the nipple. Place your thumb pad above the nipple and the finger pads below the nipple forming the letter "C" with the hand as shown below.
- Push straight into chest wall.
- Press thumb and fingers together gently (to meet) and then release. Repeat step two and three to establish milk flow.
- Repeat rhythmically to drain the breast. Position, push, roll, position, push, roll…
- Rotate your thumb and finger position to milk the other ducts.
- Any handling of your breast should be gentle and non-painful. If discomfort occurs, move your fingers further behind the areola which should increase comfort as well as milk flow. Ask your midwife to assist you if difficulties occur.

Avoid:

- squeezing the breast—this may cause bruising
- pulling out the nipple—this can cause tissue damage
- sliding on the breast—this can cause skin burns.

如何手动挤奶？

- 将拇指与中指、食指分别放在乳头外侧，彼此相距二点五公分到四公分。将拇指腹放在乳头上方，中指腹、食指腹放在乳头下方，使手掌如下图所示呈 C 型
- 向胸壁径直推压
- 拇指和手指轻轻按压、收拢，然后松开。重复步骤二和步骤三使乳汁流出
- 有节奏地重复这些动作，挤出母乳。拇指和手指就位、按压、收拢，就位、按压、收拢…
- 转换拇指和手指的位置，挤出其他乳腺管中的乳汁
- 触碰乳房的手法要轻柔，不至于感到疼痛。如果感到不适，将手指移出乳晕外围，这样能提高舒适度和母乳排出量。如果遇到困难，请向助产士寻求帮助

请避免：

- 挤乳房 — 可能导致淤青
- 拉乳头 — 可能导致组织受损
- 搓乳房—可能导致皮肤擦伤

Storing expressed breast milk safely

Breast milk	Room temperature	Refrigerator	Freezer
Freshly expressed into closed container	Six to eight hours at less than 26 degrees Celcius. If refrigeration is available, store milk in back of the refrigerator where it is coldest.	Three days at four degrees Celsius. Store in back of refrigerator where it is coldest.	Two weeks in freezer compartment inside a refrigerator. Three months in freezer section of refrigerator with separate door. Six to twelve months in deep freeze.
Previouslly frozen and thawed in refrigerator but **not** warmed	Four hours or less i.e. next feed.	Store in refrigerator 24 hours— if milk has not been warmed	Do not re-freeze.
Thawed outside refrigerator in warm water	For completion of feed.	Hold for four hours or until next feed.	Do not re-freeze.
Infant has began feeding	Only for completion of feed, then discard.	Discard.	Do not re-freeze.

Never use a microwave to warm breast milk— it heats unevenly (the resulting hot spots can burn your baby's mouth) and destroys some of the important properties present in breast milk.

母乳的安全存放

母乳	室温	冰箱	冷冻柜
母乳直接挤到可以密封的容器中	可在 摄氏 26 度以下保存 6-8 个小时 如有冰箱，请储存在冰箱后部最冷的地方	可在 摄氏 4 度保存 3 天 储存在冰箱后部最冷的地方	可在单门冰箱的冷冻格内存放 2 周 可在双门冰箱的冷冻柜存放 3 个月 可在冷冻库存放 6-12 个月
母乳在冰箱中解冻，但**尚未**加热	最多可保留四小时，例如保留到下一次喂奶	如果没有加热过，可以储存在冰箱 24 个小时	请勿再次冷藏
母乳在室温下以温水解冻	直接用于喂奶	如果没有加热过，可以储存 4 小時，或是直到下次餵奶	请勿再次冷藏
已经在喂的母乳	完成喂奶后即倒掉	倒掉	请勿再次冷藏

切忌使用微波炉加热母乳，因为加热不均造成的热点可能会烫伤宝宝口腔，并破坏母乳中的一些重要养分。

Cleaning expressing equipment

It is important to wash your hands before handling clean expressing or feeding equipment.

General cleaning

- Rinse all equipment in cold water immediately after use.
- Wash all equipment in hot water and detergent.
- Rinse all equipment with clean hot water so that no soap remains.
- Drain any water from the equipment and air dry on a clean paper towel.
- Seal bottles and storage containers.
- Store in a clean container in the fridge for 24 hours.
- If not used in 24 hours repeat cleaning.

Note: It is important that equipment is dry before sealing bottles and storing in the container.

If someone who lives in your home is unwell general cleaning as well as boiling or steam sterilising is recommended.

Boiling

- Put all equipment into a large saucepan and cover with water making sure that all air bubbles are removed from the equipment.
- Place a lid on the saucepan and bring to the boil.
- Boil for five minutes.
- Allow the equipment to cool in the saucepan, with the lid on, until it is just hand-hot before removing it.
- Drain any water from the equipment and air dry on a clean paper towel.
- Seal bottles and storage containers.
- Store in a clean container in the fridge for 24 hours.
- If not used within 24 hours repeat cleaning.

Steam

When using a steam steriliser at home, always follow the manufacturer's instructions, carefully, and then follow the steps for drying and storing, as above.

清洗挤奶用具

在使用干净的挤奶用具或喂奶设备前，请务必清洗双手。

一般清洗

- 一经使用完毕，立即用冷水冲洗
- 以热水和清洁剂清洗所有用具
- 再用干净热水冲洗，确保没有肥皂残留
- 倒掉用具中所剩的水，放在干净纸巾上自然晾干
- 奶瓶和存储容器都要盖好密封
- 储存于干净容器内，可放入冰箱保存 24 个小时
- 24 小时内若未使用，则需重新清洗

请注意：用具必须在完全干燥后，才能密封瓶盖，放入储存容器。

如果家里有人生病，除了一般清洗，还建议采用煮沸及蒸汽消毒。

煮沸消毒

- 将所有用具都放到一只大型深锅，以水盖过，确保用具内不再有气泡
- 盖上锅盖煮至水沸
- 水沸后再煮 5 分钟
- 不要揭开锅盖，让用具在锅内冷却，不烫手后拿出来
- 倒掉用具中所剩的水，放在干净的纸巾上自然晾干
- 奶瓶和存储容器都要盖好密封
- 贮存于干净容器内，可放入冰箱保存 24 个小时
- 24 小时内若未使用，则需重新清洁

蒸汽消毒

如果在家里使用蒸汽消毒器，一定要严格按照生产商的使用说明小心操作，然后按照上述步骤晾干存放。

Returning to work and breastfeeding

Breastfeed when you are not at work. Express after breastfeeds when you are at home if you require more expressed milk for when you are at work. While you are at work express milk for each feed you will miss. If extra milk is required express when your supply is greatest; this is usually first thing in the morning, so express after feeding your baby and prior to leaving for work. When you are on days off breastfeed your baby and express only if you require a stock of breast milk for work days.

返回工作岗位后的母乳喂养

工作之余，请直接哺育宝宝。如果要准备上班期间宝宝需要的母乳，可以趁每次在家哺乳后，接着挤出母乳保存；至于上班期间，应按照每次哺乳的时间挤奶（即便无法亲喂）。如果宝宝还需要额外的母乳，请在奶水最充沛的时候挤奶，这一般都在早晨，所以请在上班前那次哺乳后挤奶。休假期间请直接哺育宝宝，只有在为工作日储备母乳时才挤奶 。