

給妳的BB

生命好開始

對母乳餵哺認識多一點

“母乳餵哺是一種有效促進嬰幼兒健康成長和發育的自然方法¹。”

— 歐洲兒童腸胃、肝臟和營養科學會 (ESPGHAN) 營養委員會

“在出生後首6個月內建議以純母乳餵哺嬰兒，及後適當地加入固體食物至兩歲或以上²。”

— 世界衛生組織



兒童營養顧問小組

香港 • 2010年11月



Child Nutrition Advisory Group
兒童營養顧問小組

母乳餵哺 給妳和BB帶來 重大益處



對媽媽的益處³

- ◆ 加快子宮收縮至產前體積
- ◆ 減少產後出血
- ◆ 有助較快回復產前體重
- ◆ 改善產後骨質密度和減低更年期出現髖骨骨折的風險
- ◆ 減低出現卵巢癌和乳癌的風險

(資料參考自美國兒科學院)

對BB的益處

母乳的獨特、均衡營養組合是BB最理想的食糧，能給初生至6個月BB提供健康成長所需的一切營養。母乳一

- ✓ 提供幫助BB**腦部發育**和智能發展的重要營養⁴
- ✓ 有助強化BB免疫力，**減低出現感染**和嚴重疾病的機會⁵
- ✓ 促進BB健康的**視力發展**⁶
- ✓ 容易消化和吸收，有助促進**消化系統發展**⁷
- ✓ 能強建BB的**骨骼發育**⁸
- ✓ 減低出現以下問題的風險：
 - 兒童哮喘⁹
 - 過重和兒童期肥胖¹⁰
 - 因腹瀉和呼吸道感染而入院¹¹
 - 出生首年患上胃腸道感染和濕疹¹²

“母乳餵哺能給妳的BB生命好開始。它不但能有助BB的智能發展，更能促進整體的健康發育。”

母乳餵哺與妳的BB成長

BB的體重一般在6個月時會較初生體重多一倍，而到1歲時體重更達至兩倍¹³。相對飲用配方奶粉的嬰兒，母乳餵哺的嬰兒在出生後4至18個月期間體重增長較慢¹⁴。嬰兒期的急速體重上升和較肥胖的身型已被證實能增加成年期出現過重和肥胖的風險^{15,16}。在兩歲時，妳的BB會趕上正常的發育，特別當已引進固體食物。

給BB嘗試母乳之外的食物

- ◆ 在出生首6個月純以母乳餵哺BB¹，並建議在6個月後同時引進固體食物³。
- ◆ 母乳餵哺未能給6個月或以上的BB提供足夠的鐵質、鋅、銅、維他命D和維他命K。美國兒科學院建議應從固體食物中補充足夠的營養和鐵質³。
- ◆ 妳可在BB出生後的第17至26個星期內嘗試引進固體食物¹⁷，來確保BB能攝取足夠的營養。BB的營養需要會隨成長而增加，因此在母乳餵哺的同時需加入固體食物¹⁸。

母乳餵哺貼士： 讓媽媽及BB能舒適地餵食

#1：為身心作好準備

- ◆ 安排一個**舒適的環境**，讓妳和BB都能夠放鬆心情
- ◆ 確保BB能夠正確地**吸吮乳頭**。妳可以將姆指放於乳暈上方，而其餘的手指和手掌在下方握住乳房，幫助BB正確吸吮
- ◆ 丈夫亦應參與其中以作支持和協助



#2：找出最舒適的餵哺姿勢

- ◆ 承托妳的背部和手臂
- ◆ 確保BB的整個身體都面向著妳



改良式搖籃抱法



搖籃式抱法



欖球式抱法



躺臥式抱法

#3：維持充足的乳汁供應

- ◆ 儘早開始餵哺母乳¹⁹
- ◆ 按需要隨時給BB餵哺母乳
- ◆ 放鬆心情及充分休息；壓力會影響母乳分泌¹⁹
- ◆ 避免煙酒及服用違禁藥物¹⁹
- ◆ 恆常運動（請與醫生商討適合妳的運動計劃）
- ◆ 在授乳期間保持健康飲食²⁰：
 - 進食多樣化的食物（見下表）
 - 選擇高纖維食物（如生果、蔬菜、乾豆、全麥麵包、麥片和其他全穀類食物）
 - 每日3至5餐膳食和小吃。在授乳期間，妳需要額外攝取300卡路里的熱量，這相等於一碗燕麥片加一杯全脂牛奶
 - 避免過分節食減肥；每個月減2至4磅並不會影響妳的乳汁供應
 - 與醫生或營養師商討妳的營養需要

授乳期間的食物選擇

食物種類	每日進食分量
油類	6茶匙
牛奶及奶類製品	3份 1份 = 1杯240毫升牛奶或高鈣豆奶；200克乳酪；2片芝士
蔬菜類	3-4份 1份 = 半碗菜/ 蘑菇（熟）；1碗沙律菜； $\frac{3}{4}$ 杯蔬菜汁
肉類、家禽、魚類或代替品	6-7安士
生果	2-3份 1份 = 一個中型生果；半個大型生果； $\frac{3}{4}$ 杯果汁
五穀類	6-8份 1份 = 半碗飯；1片麵包；半碗麵；1碗粥/ 麥片
飲品	8-10杯 包括水、牛奶、清湯、果汁（咖啡、濃茶、汽水除外）

#4：適當的乳房護理

紓緩乳房疼痛及腫脹

- ◆ 經常餵哺母乳；擠出多餘的乳汁並妥善貯存作日後之餵哺
- ◆ 穿著合身、可調較的授乳胸圍承托乳房
- ◆ 授乳後冷敷乳房

乳頭的護理

- ◆ 沐浴時應避免用肥皂清潔乳頭以預防皮膚乾燥；只需用清水沖洗，保持適當的濕潤
- ◆ 授乳後應徹底拭乾乳頭
- ◆ 在胸圍內放置一塊清潔的布或乳墊，以保持乾爽，並經常替換沾濕的乳墊

母乳是BB的最佳食糧，因此即使妳未能給BB餵哺母乳，亦應選擇一些與母乳營養成分相同的配方奶粉代替。

母乳餵哺—— 常見問題



問：每次應餵哺多少分量的母乳？

答：當BB停止吸吮、閉上嘴巴或將頭部背著乳頭，這可能表示他/她已經吃飽。每次餵哺一般最少持續10分鐘，但每邊乳房通常不會超過20分鐘。

問：怎樣知道BB已經吃飽？

答：如果BB的嘴兒經常保持濕潤，或出生後24小時有大便並需更換1至2片濕透的尿片，這表示BB已經吃飽。此外，在出生4、5天後，若BB每天至少需要更換6片濕透的尿片及每24小時大便2至5次，這也是BB吃飽的訊號²¹。在出生首6個月，若BB的體重每月能增加半公斤，即表示BB已經攝取充足的母乳²²。

問：吃剩的乳汁應怎樣處理？

答：擠出來的母乳可貯存在密封的容器內冷藏。貯存前，請在容器上標明日期和時間。存放時間會因不同溫度而有所不同（見下表），因此應依照指引貯存。經解凍而吃剩的乳汁不可再次冷藏，必須棄掉²³。

貯存方式和溫度（°C）	貯存時間
室溫（~20–25°C）	6–8小時
單門雪櫃（1–4°C）	24小時
雙門雪櫃（1–4°C）	72小時
單門雪櫃的冰格（0°C以下）	2星期
雙門雪櫃的冰格（0°C以下）	2個月

問：我可以在生病期間餵哺母乳嗎？

答：妳應立即前往找醫生診治，並查詢能否繼續餵哺母乳。妳亦應告訴醫生妳正在餵哺母乳，讓他/她處方一些對嬰兒沒有傷害的藥物。

重要說明

母乳是新生嬰兒的最佳食糧。只有在母親無法給嬰兒餵哺母乳時，才以配方奶粉代替母乳。母親攝取足夠的營養，對授乳的準備及維持都很重要。以配方奶粉輔助母乳餵哺，對授乳會帶來負面的影響；一旦中止授乳，便可能難以重新給嬰兒餵哺母乳。請遵照醫護人員的指導餵哺嬰兒，並依照指示使用及沖調配方奶粉。不必要或不適當地使用配方奶粉，可能會影響嬰兒的健康。選擇餵哺嬰兒的方法時，應考慮有關的社會及經濟因素。

本教育小冊子內容僅供參考，並不能取代醫生的專業意見。如對孩子的成長有任何疑問，請向妳的醫生查詢。

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兒童營養顧問小組

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如欲取得更多的資訊，請瀏覽www.childnutritionhk.org

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Giving your baby the best start

Learn more about breastfeeding

“Breastfeeding is recognized as the natural and advisable way of supporting the healthy growth and development of babies and young children.”¹

– The European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) Committee on Nutrition

“Exclusive breastfeeding is recommended up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.”²

– World Health Organization



The Child Nutrition Advisory Group

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Breastfeeding has enormous benefits... ...for you³...



- ◆ Helps the uterus return to its pre-pregnant state faster
- ◆ Less menstrual bleeding over the months after giving birth
- ◆ Helps achieve pre-pregnant weight faster
- ◆ Improved bone mineral density and lower risk of hip fractures after menopause
- ◆ Lower risk of ovarian and breast cancers

(from the American Academy of Pediatrics)

...and your baby.

Breast milk provides all the nutrients required for your baby's healthy development – its unique and balanced combination makes it the ideal and complete nutrition for babies aged 0 to 6 months.

- ✓ Best source of essential nutrients needed in your baby's early **brain development** and function⁴
- ✓ Enhances baby's immunity, **protects against infection** and harmful diseases⁵
- ✓ Promotes optimal **development of visual function**⁶
- ✓ Helps promote the **development of baby's digestive system** and is easily digested and absorbed⁷
- ✓ Helps promote **bone growth**⁸
- ✓ Lowers the risk of:
 - childhood asthma⁹
 - overweight and childhood obesity¹⁰
 - hospitalizations due to diarrhoea and respiratory tract infections¹¹
 - gastrointestinal tract infection and atopic eczema in the first year of life¹²

Breastfeeding offers the best possible start in life for your baby. It does not only help support baby's mental growth, but it promotes total health development as well.

Breastfeeding and your baby's growth

Newborn infants normally double their weight by their 6th month and triple it by their first birthday.¹³ Compared with formula-fed infants, breastfed infants have been shown to have a slower weight gain between the 4th and 18th month.¹⁴ Rapid weight gain and larger size in infancy have been identified as risk factors for overweight and obesity later in life.^{15,16} Your baby will catch up in growth by age 2, especially when introduced to complementary feeding.

Introducing your baby to other foods while breastfeeding

- ◆ Aim to exclusively breastfeed for at least 6 months.¹ It is recommended to continue breastfeeding beyond 6 months of age, whenever possible, with the introduction of solid foods (ie, complementary feeding) throughout one year.³
- ◆ Breast milk does not supply enough amounts of iron, zinc, copper and vitamins D and K for your baby's needs at 6 months of age. The AAP recommends supplementation of essential nutrients and iron from complementary feeding.³
- ◆ Complementary feeding should be introduced between the 17th and 26th week from birth¹⁷ to ensure adequate nutrition for your growing child. Your baby's nutritional needs increase as he/she grows and exclusive breastfeeding should be supplemented by weaning foods.¹⁸

Breastfeeding tips: The mother- and baby- friendly way to breastfeed

#1: Be mentally and physically prepared.

- ◆ Ensure a **relaxing environment** for you and your baby.
- ◆ Master the skill of getting your baby to **latch** on your breast. Help your baby grasp the areola properly by holding the breast with your thumb above the areola and your fingers and palm underneath it.
- ◆ Fathers are encouraged to get as involved as they can in caring for their partners and babies.



#2: Find a position you are most comfortable with.

- ◆ Support your back and arms.
- ◆ Make sure that your baby's entire body is facing you.



Cross-cradle hold



Cradle hold



Football hold



Side-lying hold

#3: Ensure an adequate supply of breast milk.

- ◆ Start breastfeeding as early as possible.¹⁹
- ◆ Breastfeed on demand, round the clock, to establish a good milk supply.
- ◆ Relax and get adequate rest. Stress can affect the release of breast milk.¹⁹
- ◆ Don't smoke tobacco, consume alcohol or use illegal drugs.¹⁹
- ◆ Regularly engage in moderate exercise (consult your doctor for an appropriate exercise regimen).
- ◆ Observe good eating habits during breastfeeding²⁰:
 - Eat a variety of foods (see Table).
 - Choose high-fibre foods such as fruits, vegetables, dry beans, whole grain breads, cereals and other whole grain products.
 - Consume 3 to 5 meals and snacks daily. You need an extra 300 calories when breastfeeding for extra energy. This is equivalent to a small snack (ie, half a peanut-butter-and-jelly sandwich and a glass of milk).
 - Avoid restrictive weight-loss diets. Losing 2–4 pounds in a month will not affect your milk supply.
 - Discuss your dietary requirements with a healthcare provider.

A guide to daily food choices when breastfeeding	
Food group	Servings per day
Oils	6 teaspoons
Milk and dairy products	3 servings <i>1 serving = 1 cup (240 mL) of milk or calcium fortified soy milk; 200 grams of yogurt; 2 slices of cheese</i>
Vegetables	3–4 servings <i>1 serving = ½ cup of cooked vegetables/gourds/mushrooms; 1 cup of salad greens; ¾ cup of vegetable juice</i>
Meat, poultry, fish or alternatives	6–7 ounces
Fruits	2–3 servings <i>1 serving = 1 medium fruit; ½ large fruit; ¾ cup of fruit juice</i>
Grains	6–8 servings <i>1 serving = ½ cup of rice; 1 slice of bread; ½ cup noodles; 1 cup of congee/porridge</i>
Fluids	8–10 cups <i>Including water, milk, clear soup, fruit juices (excluding coffee, strong tea, softdrinks)</i>

#4: Observe proper breast care.

Relieving breast soreness and swelling

- ◆ Breastfeed frequently. Pump out and properly store extra milk for later feeding.
- ◆ Wear a well-fitting, adjustable nursing brassiere for breast support.
- ◆ Apply cold packs after feeding.

Nipple care

- ◆ Avoid soaping the nipples when taking a shower to avoid drying and cracking of skin. Just let clear water run over them and keep them properly moisturized.
- ◆ Dry the nipples completely and carefully after breastfeeding.
- ◆ Place a clean cloth or pad in the brassiere to keep them dry, replacing the cloth when damp.

If you choose not to/are unable to breastfeed, the alternative nutrition for your baby should have the same basic nutrients present in breast milk - the ideal food for babies.

Breastfeeding: Frequently Asked Questions



Q: How much breast milk should I feed my baby?

A: Your baby will stop suckling, close his/her mouth or turn away from the nipple when full or ready to end feeding. Feeding should generally last at least 10 minutes and usually no more than 20 minutes per breast.

Q: How can I check if my baby is getting enough milk?

A: See if your baby has a moist mouth and one or two wet diapers with one bowel movement 24 hours after birth. After the first 4 or 5 days, at least 6 wet diapers and 2 to 5 bowel movements every 24 hours are expected.²¹ A weight gain of 0.5 kg per month for the first 6 months is a good sign of adequate feeding.²²

Q: When I give my baby hand-expressed breast milk, what should I do with any leftover milk?

A: Store expressed breast milk in a sealable container for refrigeration. Put the date and time of collection before storing and be guided accordingly on the acceptable storage time (see Table). Once thawed, discard any leftover breast milk; never re-store in the fridge.²³

Type and temperature (°C) of storage	Acceptable storage time
Room temperature (~20–25°C)	6–8 hours
Single-door refrigerator (1–4°C)	24 hours
2-door refrigerator (1–4°C)	72 hours
Freezing compartment of a single-door refrigerator (below 0°C)	2 weeks
Freezing compartment of 2-door refrigerator (below 0°C)	2 months

Q: Should I continue breastfeeding even when I am feeling unwell?

A: Visit a doctor immediately and seek advice on whether to continue breastfeeding. Inform your doctor that you are breastfeeding so that proper medication will be prescribed.

Important notice

Breast milk is the best for babies. Infant formula is intended to replace breast milk when mothers do not breastfeed. Good maternal nutrition is important for preparation and maintenance of breastfeeding. Introducing partial bottle-feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used as directed. Unnecessary or improper use of infant formula may present a health hazard. Social and financial implications should be considered when selecting a method of infant feeding.

Disclaimer:

This parent booklet is for education purposes only. It does not replace your doctor's medical advice. In the event of any doubts or concerns about the growth of your child, seek the expert guidance of your physician for specific information and/or recommendations.

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