



The Importance of the Latch-on

正确含乳的重要性

Sore nipples, engorgement, excessive weight loss and jaundice 乳头皲裂，乳房肿胀，体重减轻过多和黄疸

New mothers sometimes run into problems with breastfeeding. Sometimes a single problem develops, but often a “cluster” of problems occur that all have the same cause. These four issues: sore nipples, engorgement, excessive weight loss and jaundice, are often seen together and are often the result of poor latch-on. You can likely avoid this by following these simple steps:

新妈妈经常会遇到母乳喂养问题。一个问题出现了会导致其它问题发生。乳头皲裂、乳房肿胀，体重减轻过多和黄疸是常见的四个相关的问题，而且基本都是由于含乳姿势不正确导致的。通过下面的几个简单的步骤就可以避免这些问题：

✓ **Keep your newborn with you at all times.**

This allows you to respond to your baby quickly at any time that he seems to want to feed. Your baby needs to see, feel and smell you. Studies show that babies are calmer, sleep better and cry less when they are in constant contact with mom.

✓ 让宝宝一直待在妈妈身边

这样，在宝宝想要吃奶的时候，妈妈能够很快知道。你的宝宝需要看到妈妈，感觉到妈妈的存在并且闻到妈妈的味道。研究表明，婴儿和妈妈在一起的时候宝宝会更加平静，睡得更好并且哭得少。

✓ **Feed early and often.** His first feeding should occur sometime during the first hour after birth and he should not be removed from skin-to-skin contact on your tummy until that first feeding is complete. For subsequent feedings, look for early feeding cues: licking and smacking his lips, sticking his tongue out, putting his fist in his mouth, turning his head to the side and opening his mouth (rooting reflex). Newborns normally feed 8-12 times or more each 24 hours. Night feedings are important at this stage.

✓ 早开始喂奶 勤吸吮

宝宝的第一次吃母乳应该在出生后一个小时内进行。分娩后宝宝应放在妈妈怀内，与妈妈有直接皮肤接触，直到宝宝吃到母乳。接下来勤喂奶要注意宝宝的饥饿信号：舔嘴唇，伸舌头，把拳伸进嘴里，转头并张嘴寻找妈妈的乳房（觅食反射）。新生儿一般每个24小时要哺乳8-12次或更多，夜间哺乳很重要。

✓ **Use good positioning and check for a good latch-on.** Your baby only gets milk when he is well attached. Some tenderness and sensitivity is normal at first, but pain is not. If breastfeeding hurts, the baby is not attached properly. Look for the following:

✓ 使用正确的哺乳和含乳姿势

只有宝宝正确地含乳他才能吃到奶。宝宝含上乳房时妈妈有一点儿敏感是正常的，但不应该有疼痛的感觉。如果疼痛，说明含乳姿势不正确，就注意以下几点：**Positioning -** Position your baby at breast height, using pillows to support his weight. Roll your baby “belly to belly” directly facing the breast. Line up your baby’s nose with your nipple so he has to reach “up” to get the nipple.

哺乳姿势—将宝宝抱到妈妈胸前，可以用枕头垫在宝宝身下。宝宝腹部对着妈妈腹部，让宝宝面对妈妈的乳房。宝宝的鼻子与妈妈的乳头保持水平。含乳时宝宝的头需要后仰，这样宝宝能够更好地含住乳房，吃到母乳。

OR

Lay back and place your baby on top of you in any position that seems comfortable and natural. Let your baby locate the breast (may take a few minutes) and latch-on himself. 或者将宝宝放在妈妈的身上，只要舒服自然即可。让宝宝待在妈妈胸部几分钟让他自己寻找并且含接乳房。

✓ **Offer the breast** Use a “sandwich hold” supporting the breast behind the areola and squeezing the breast gently to make it into an oval that fits in the baby’s mouth. Keep your thumb near your baby’s nose, the rest of your fingers on the opposite side of your breast. Stroke your nipple from your baby’s nose to chin rolling out lower lip as you stroke down. Bring baby to the breast, not the breast to the baby.

✓ 准备好乳房

用“三明治式”的手法抓住乳房：从乳晕外面支撑乳房，轻轻地挤压乳房使之呈椭圆形。将大拇指靠近宝宝的鼻子，其他的手指在乳房的另外一边。妈妈准备喂奶的时候，将乳头从宝宝的鼻子移动到下巴使宝宝下唇往外翻。让宝宝靠近乳房而不是将乳房靠近宝宝。

✓ **Check the latch-on** Your baby’s lips are flanged (rolled out), mouth open to 140o There should be no pain, no wedged or creased nipple at the end of the feeding. Your baby’s chin is touching your breast; his nose is free, with an asymmetrical latch-on (More breast tissue from the bottom of your areola is in the baby’s mouth than from the top of the areola)

✓ 检查含乳姿势

宝宝的嘴唇往外翻，嘴巴张开呈140度。喂奶时不应该出现疼痛、喂奶后乳头不应该被挤压或者皴裂。宝宝的下巴紧贴乳房，鼻子与乳房之间留有空隙。宝宝准确含乳时嘴巴含住乳晕下面比上面的面积大。



✓ **Assess milk transfer** Wide jaw movements Consistent sucking Audible swallowing (after milk comes in)

✓ 评估吸吮是否有效

大幅度的下颌动作

持续地吮吸

奶下来后，能听到吞咽声音

If you need assistance, ask before a little problem becomes a whole cluster! 如果你需要帮助的话，尽早寻求帮助预防更多问题出现！

Handout provided for you by Lactation Education Resources

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