



Is My Breastfeeding Baby Getting Enough to Eat? 我的母乳够宝宝吃吗？

Often, a new parent's biggest concern is about how much or how often the baby breastfeeds.
通常，新父母们的最大担心是应该喂宝宝多少母乳，或者多久喂一次母乳。

Here are some guidelines to help you know if your baby is getting enough:

下面是一些帮助你判断宝宝是否得到充足乳汁的指南：

- Your newborn baby should nurse 8 - 12 times in 24 hours during the first 2 - 3 weeks. As your baby gets older he will become more efficient and feedings may be less frequent. 在出生后的前2-3周，你的宝宝在24小时内需要喂8-12次母乳。随着宝宝一天天长大，他吸吮效率会提高，喂养次数也许会减少了。
- Some feedings may be close together, even an hour or so apart. Other feedings will be less frequent. Feedings do not need to be evenly spaced and are often irregular in the newborn baby. Wake your baby if he doesn't awaken to feed within 3 hours during the day. Night time feedings can be less frequent.
有时喂奶间隔会比较近，甚至大约一小时左右。某些时候没有那么频繁。在新生儿中，喂奶间隔时间不会平均分布，通常是不规律的。在白天，如果宝宝三个小时没有醒来吃奶，那么你需要唤醒他。而在夜间，喂养可以不那么频繁。
- Count the number of wet diapers your baby has.
数一下你宝宝小便的次数。

Typical patterns for wet diapers is

正常小便的次数标准：

- 1 wet diaper on day one
 - 2 wet diapers on day two
 - 3 wet diapers on day three
 - 4 wet diapers on day four
 - 5 wet diapers on day five
 - 6 wet diapers on day six and from then on.
- 第一天小便一次
第二天小便两次
第三天小便三次
第四天小便四次
第五天小便五次
第六天之后小便六次

Your baby should also have several stools per day. Stools change from meconium (tarry, sticky, black) to brownish to yellow over the first few days of life. Older babies may void and stool less. However, the urine should always be a light yellow color and the stool should be soft.

你的宝宝每天应该有数次大便。在宝宝出生的头几天中，大便由胎便(柏油样,粘稠,黑色)变到棕黄色再到黄色。大点的婴儿可能排尿和大便次数少。不管怎样，尿液应该是浅黄色并且大便应该是软的。

Babies generally lose a little weight in the first few days after birth and then begin to gain. This

is a normal pattern. Have your baby's weight checked a couple of times during the first 2 weeks, especially if you are concerned that your baby is not eating enough. A check of his weight is the only sure way to determine adequate intake. Once your baby has regained his birth weight you can relax and let your baby set the pace for the feedings.

在出生后的前几天，宝宝的体重都会减少然后再增加，这是正常现象。在前两周，特别当你担心宝宝没有得到足够的奶水时，要测量几次宝宝的体重。测量体重是唯一确定是否摄取足够奶水的方法。一旦宝宝恢复到他出生体重你就可以放松了，并且让宝宝按需哺乳。

Signs of hunger

Rooting

Mouthing movements

Tense appearance

Grunting, other sounds

Hand-to-mouth activity

Kicking, waving arms

Crying

饥饿的表现

觅食

张嘴的动作

紧张，着急的表现

嘟囔和其他的声音

吃手的动作

踢、挥动手臂

哭泣

Signs the Baby is Full

Drowsiness, sleepiness

Baby comes off the breast spontaneously

Relaxed appearance

Hands and shoulders are relaxed

Sleeps for a period of time before arousing to feed again

宝宝吃饱的表现

困倦，瞌睡

宝宝自然地脱离奶头

放松的表现

手和肩放松

在下次唤醒喂奶前，睡了一段时间

Signs of a good latch-on

Relatively comfortable, latch-on pain subsides quickly

Lips at the breast at least 140° angle or greater

All or most of the areola in the baby's mouth with more areola covered from the area near his chin

Lips flanged (rolled out)

含乳正确的表现

比较舒服，含上奶头疼痛很快消失

在乳房上的嘴张开至少140度甚至更大

宝宝含住全部或大部分的乳晕

宝宝含住乳晕下部比上部更多

嘴唇外翻

Signs of a good feeding

Easy latch-on, stays latched-on

Hearing swallowing

Noticing that the breasts are softer after feedings

Feeling strong, deep, "pulling", sucking

Seeing milk in your baby's mouth

Leaking from the other breast or feeling of a "let-down" reflex

15 - 20 minutes vigorous sucking on each breast or 20 - 30 minutes on one side

Wide jaw movements and consistent sucking

喂养正确的表现

轻松地含上乳房，持续含着

听见吞咽声

喂奶后注意到乳房变软

感觉到有力的、深的吸吮

看到宝宝口中含有奶汁

另一侧乳房溢奶或者感到射乳

有强有力的吸吮每侧乳房各15-20分钟或者一侧乳房20—30分钟
大幅度的下颌动作和持续的吸吮

Sometimes, babies seem to take a good feeding at the breast but wake within a few minutes wanting more. Offer the breast again. It will likely be a short “top off” feeding and your baby will drop off to sleep. You need to see your physician or a Lactation Consultant if:

有时候宝宝看起来吃饱了，但是几分钟后醒来还要吃。可以再次喂奶。这次短暂地喂奶就可以满足宝宝，然后他将酣然入睡。

如果出现下面的情况你需要咨询医生或者泌乳专家：

1. Your baby has not begun to gain weight by his fifth day after birth or has not regained his birth weight by 2 weeks
2. Your baby is not voiding at least 6 - 8 times per day
3. Your baby is not having several stools per day

These signs can indicate inadequate feedings and can become a serious concern if not corrected quickly. You may wish to keep a written record of when your baby voids, stools and feeds for a few days so you can accurately report this to your health care provider. Please seek help if your problem does not resolve quickly.

1.宝宝出生后第五天体重还没有开始增加，或者在2周内还没有恢复到出生体重。

2.宝宝每天排尿没有达到6-8次。

3.宝宝没有每天数次的大便。

这些现象可能表明喂养不足，如果不及时处理问题会变得更严重。你不妨连续几天记录宝宝大小便和吃奶的情况，这样你可以准确地向医务人员提供信息。如果问题没有得到及时解决请寻求帮助。

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

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