

Information for breastfeeding families

送给母乳喂养家庭的信息

Breast Massage and Compression

按摩和挤压乳房

Breast milk flows easily when a let-down reflex occurs and slowly between these reflexes. The first one usually occurs within 2-3 minutes of the start of the feeding. The baby may stop sucking when the milk flow slows down. Breast massage and compression can encourage your baby to continue feeding.

在溢乳反射发生时，母乳很容易流出；而在溢乳反射之间，流速则较慢。第一次溢乳反射一般发生在开始哺乳后的 2 到 3 分钟内。在乳汁流速减慢时，宝宝可能会停止吮吸。这时按摩和挤压乳房可以鼓励宝宝继续吃奶。



Breast Massage and Compression is Useful for:

按摩和挤压乳房对以下情况有帮助:

A sleepy, sluggish baby

困倦、无精打采的宝宝

When your baby does not routinely empty your breast

你的宝宝通常不能吸空乳房

When your baby stops suckling before the feeding is finished

在喂奶结束前宝宝停止吮吸

Poor weight gain

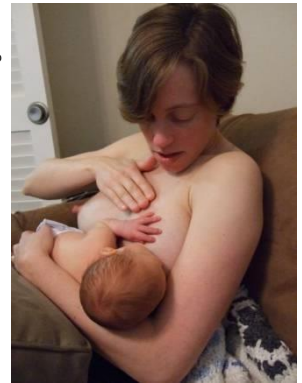
体重增长缓慢

When you are pumping

用吸奶器的时候

If you experience plugged ducts or mastitis

如果你有乳管堵塞或乳腺炎



Massage

按摩

Firm but gentle massage can be done in the way most comfortable to you:

选择你自己感觉最舒适的方式温柔地进行按摩:

Finger tip massage in circles

指尖绕圈按摩

Flat of the hand from the outer towards the center of the breast

用手掌从乳房外侧向内侧按摩

Side of the thumb from the outer towards the center of the breast

用大拇指从乳房外侧向内侧按摩



Compressions

挤压

Firmly and gently squeeze the breast near the chest wall, not near the nipple.

平缓地用力挤压胸壁处的乳房，不要挤压靠近乳头的区域。

Compress when the baby pauses feeding or is suckling but not swallowing. Release and return to compression when your baby begins suckling again.

在宝宝暂停吃奶、或在吮吸但未吞咽时挤压乳房。在宝宝再次开始吮吸时放松，然后再次挤压乳房。



Massaging or compressing your breast should be comfortable and shouldn't hurt.

按摩或挤压乳房应该让你感到舒服，而不是疼痛。

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.

Handout provided for you by [Lactation Education Resources](http://www.LactationEducationResources.com) Translated by: www.yunfuxuexiao.net.

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www.yunfuxuexiao.net. 翻译。