

Tips for the Day Care Provider of a Breastfeeding Baby

日间护理母乳儿的小贴士

Working mothers need special consideration while providing breastmilk for their infants.
The American Academy of Pediatricians recommends babies be exclusively breastfed for six months, continuing for at least a year with the addition of solid foods. You can best assist the mother to maintain her milk supply for as long as possible by following a few simple tips.

上班族妈妈对于提供母乳给他们的宝宝必须有特殊的考虑。美国儿科学会建议婴儿六个月之前最好是纯母乳喂养，在添加辅食的同时母乳喂养至少持续到婴儿一周岁。你可以通过以下几个简单的技巧，帮助母乳喂养的妈妈尽可能的延长她们母乳喂养持续的时间。

Arrange for an introductory day prior to the mother's return to work

在妈妈返回工作岗位之前安排一天让看护人和宝宝互相认识熟悉

Assist the mother to arrange a short day in the day care setting so the baby is introduced to his new care givers. The mother can have a trial use her breast pump and save her milk.

协助妈妈安排某一天的日间看护计划，将宝宝介绍给他的新看护人以便宝宝熟悉他的新看护人。妈妈可以试着用吸奶器将奶吸出来并储存。

Provide a quiet private place to breastfeed

提供一个安静的私人场所哺乳

Mothers often would like to breastfeed their babies just before leaving them with you, and then feed them immediately when they pick them up. It is a special way a breastfeeding mother can reconnect after a day at work.

妈妈们通常喜欢在离开宝宝去上班将宝宝交给你之前给他喂奶，下班回来也立即再次喂奶。这是母乳喂养的妈妈们在工作一天后能与宝宝重新建立亲密关系的一种特殊方式。

Do not feed the baby within an hour or two prior the mom's arrival, so the baby will be hungry and she can enjoy this special time with the baby before beginning her trip home. 在妈妈回来前一到两个小时内不要喂宝宝。这样宝宝一见到妈妈就可以吃奶解饿，妈妈也能在回家之前享受和宝宝重逢的哺乳时光。

Handling pumped breastmilk

吸出母乳的处理

The ideal breastmilk for the baby (if not directly from mom) is fresh refrigerated. This milk is safe for 8 days in the refrigerator and for several months in the freezer.

对于宝宝来说理想的母乳（在不能亲喂的情况下）是新鲜冷藏的母乳。母乳在冰箱里可以冷藏保存8天，如果是冷冻的话可以保存数个月。

Milk can be warmed to feeding temperature by placing it in a container of lukewarm water or a baby bottle warmer. It should never be heated higher than body temperature (about 98oF).

可以将母乳放在一个装了温水的容器或婴儿奶瓶加热器里加热到喂养温度。不要加热到温度超过体温（大约98华氏度，36.7摄氏度）。



Milk can be thawed in a similar way, by placing the breastmilk in a container of lukewarm water. It will thaw in about 10 minutes. Never place breastmilk in a microwave. Precious nutrients can be lost and milk can be hotter than the bottle feels. 冷冻的母乳可以通过将其放置在装了温水的容器里融化这样类似的方法解冻。这个过程大约需要10分钟。切勿将母乳放进微波炉里加热。这样会造成母乳里营养物质的流失，而且会使母乳的实际温度高于用手摸起来的奶瓶温度。

Be aware that breastmilk has a cream layer that will rise to the top of the container. That is a good sign that there are adequate calories in the milk. Warming it to feeding temperature and gently swirling the container will allow the cream to mix with the milk will assure that the baby gets a complete feeding. Do not vigorously shake breastmilk; some of the protective cells can be damaged.

母乳冷藏后乳脂层会上升到容器顶部，这标示着母乳中有足够的热量。加热母乳到适宜喂养的温度并轻轻地摇晃容器让分离的乳脂和奶水混合以确保宝宝得到全面的营养。不要大力摇晃，否则母乳里的一些保护细胞会被损坏。

OSHA has determined that breastmilk is not a “hazardous substance” and does not require the carrying of protective gloves. However, some institutional policies do require the use of gloves when handling and wiping up spills of breastmilk.

美国职业安全与卫生署已明确母乳不是一种“危险物质”，接触时不需要戴防护手套。不过，一些机构的制度要求当处理和擦拭泄漏的母乳时使用手套。

Feeding the baby pumped breastmilk

给宝宝喂吸出来的母乳

It is ideal to make bottle feeding breastmilk as close as possible to feeding from the breast. That means pacing the feeding so it takes about 20-30 minutes for the newborn, shorter for the older baby. Sometimes babies get used to the “instant on” from a bottle and the fast flow and are reluctant to return to the breast. *Paced bottle feeding* allows the baby to be in control of bottle feeding like he is in control of breastfeedings. Hold the bottle nearly horizontal and hold the baby nearly upright to avoid the “instant on” and fast flow from the bottle.

最理想的用奶瓶喂母乳的方式是尽量使它跟乳房喂养靠近。那意味着奶瓶喂养母乳的步调应该跟乳房喂养的一致，比如新生儿往往需要20-30分钟，而稍大的婴儿需要的时间会短一些。有时宝宝们往往习惯了由于奶瓶和它快速的流速引致的“即时性”，这让他们重返乳房变得有些困难。有节奏的奶瓶喂养使宝宝对奶瓶喂养的控制就跟母乳喂养相似。握住奶瓶使其近

乎水平的同时将宝宝直立抱住，宝宝的头部要与身体保持在一条直线上，避免奶瓶里的奶“瞬间”快速的流动。



Incorrect
错误的做法



Correct
正确的做法

Discuss the bottle nipple with the mother. Usually a slow flow nipple with a medium to wide base is best for breastfeeding babies less than a month or two old. Older infants can usually handle nipples with a faster flow. Some breastfed babies will do fine with a slow flow nipple for as long as they are bottle fed. Observe the baby for signs that the flow is too fast or too slow.

与妈妈讨论如何选择适合的奶嘴。通常，对于一到两个月大的宝宝，选择一个中号至大号口径而且流速缓慢的奶嘴是最合适的选择。较大点儿的婴儿通常可以选择流速稍快一点儿的奶嘴。一些母乳喂养的宝宝对安装了流速缓慢奶嘴的奶瓶适应得会比较好，他们通常会尽可能长时间地吮吸奶嘴。以下为流速过快或过慢时宝宝的反应：



Wide base
宽口径奶嘴
Too fast flow
流速太快

Agitation 激动

Gasping for air 呛着空气

Shaking head 晃头 **Taking frequent breaks** 经常休息
奶瓶

Panicked look in the eyes 眼睛显示出惊慌失措的样子

Milk running out corners of mouth 奶从嘴角流出

Coughing or sputtering 咳嗽或溅射



Medium base
中口径奶嘴



Narrow base
窄口径奶嘴
Too slow flow
流速太慢

Agitation 激动

Shaking head side to side 左右

Refusing the bottle 拒绝

Biting on bottle nipple 咬奶嘴

Grimacing 鬼脸

Flailing arms 挥舞着双臂

Pushing the bottle away 将奶瓶推开

Appearance of a breastfed infants stools

母乳喂养宝宝的大便

Stools of a breastfed baby are usually mustardy yellow and semi-liquid. They may contain lumps. Newborns often stool with each feeding. This is not diarrhea. Older infants may go for several days without a stool and that can be a normal pattern. When they do go it will be a big volume and soft. If the baby is receiving both breastmilk and formula, stools may be firmer and brownish. Solid dry stools in a breastfed baby should be reported to the physician.

母乳喂养宝宝的大便通常是芥末黄且呈半流质状。它们通常是一团团的。新生儿每次喂奶后通常都会有些大便。这不是腹泻。较大婴儿可能会好几天没有大便，这都是正常的。当他们拉大便时，往往会拉很多而且比较软。如果宝宝是混合喂养，他们的大便可能会干一些且呈褐色。如果母乳喂养的宝宝大便干燥那就应该报告医生。

Feeding solid foods

添加辅食

The breastfeeding mother may want the baby to be fed his solid foods (after six months) at the day care setting. That way she can exclusively breastfeeding during her hours off work. This will help her maintain her breastmilk supply.

母乳喂养的妈妈可能希望宝宝在日托安排中加入辅食（在宝宝六个月大以后）。这样的话她完全可以在工作以外的时间全部母乳喂养，这将有助于保持她的母乳供应。

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.

请注意，我们的信息只为一般的教育或科普的目的而提供，不能代替专业医疗建议。请针对你的情况寻求医生的专业建议。一定不要因为本资料的某些内容而忽略或推迟寻求专业医疗意见。

Handout provided for you by Lactation Education Resources

本宣传页由泌乳教育资源网 www.LactationTraining.com 2009 提供
国际母乳会组织志愿者翻译。