

Breastfeeding Plan for Twins

(Chinese – Mandarin, Cantonese, and Other Dialects)

双胞胎的乳房授乳计划

- 婴儿们可以出院时，您应该是已在 24 小时的周期中能至少每 2 - 3 小时给婴儿们喂食一次。By the time babies are discharged you should be feeding at least every 2-3 hours around the clock.
- 注意喂食的提示。若婴儿们自上次喂食后 2 1/2 小时仍在睡眠中，则可先解开其中一个婴儿的包布，借更换尿片的动作来唤醒孩子。将婴儿放在便于深度含乳的位置。我们建议您在产后初期阶段一次只喂一个孩子。我们也建议您暂缓婴儿同步授乳，直等到乳房授乳已稳定，婴儿们已可轻易地保持含住乳房的动作，且有持续吸吮的规律后才进行。Watch for feeding cues. If babies are still asleep at 2 ½ hrs from previous feeding, then unwrap one baby and change diaper to help arouse to wakeful state. Position baby for facilitate deep latch. In the early postpartum period, we recommend that you attempt to feed one baby at a time. We recommend that you delay simultaneous feeding of multiples until breastfeeding is established, and babies are able to easily maintain latch with sustained suck pattern.
- 大多数的多胞胎婴儿会稍微早产，因此除正常授乳外，可能还必须提供补充品喂食。您的护士 / 授乳顾问 / 医师将引导您作决定。Most multiple birth babies are born slightly premature and may require some supplemental feeding, along with breastfeeding. Your nurse/lactation consultant/physician will guide you in this decision.
- 当婴儿们醒来并开始寻乳时，即授予乳房。若有必要补充喂食，每次喂完母乳后应补充喂食（母乳和/或婴儿奶粉）。在出生后的第 1 - 2 天里，给婴儿们餵以至少 15 毫升奶水，或依婴儿们的需要，想吃多少就给多少。乳房授乳后继续给予补充喂食，直到您的奶水饱足，足够让婴儿们用力地吸食，吸吮畅快且有吞嚥声，而且他们也不再喝所提供的补充奶品。Offer the breast when babies are awake and rooting. If supplementation is indicated, offer supplement after each breastfeeding (with either breastmilk and/or formula). In the first 1-2 days of life, offer babies at least 15 ml. or as much as babies seems to want. Continue to offer supplement after breastfeeding, until your milk is in, and babies are nursing vigorously from the breast with active sucking and swallowing, and they are no longer taking the offered supplement of milk.
- 每次授乳后，将乳房“挤空”，而后继续吸挤几分钟来刺激乳汁分泌量增加。After each breastfeeding, pump breasts until “empty” then a few minutes more to stimulate the milk supply to increase.

- 请教您的授乳顾问及小儿科医生，针对何时停止补充喂食作评估。Consult with both a lactation consultant and your pediatrician to assess when you are able to discontinue supplementation.
- 记录每个孩子的喂食、补充品、粪便、和尿液。注意尿片上的排泄物，以判断摄取量是否适当。一旦奶水充足，您就应会在 24 小时内看到 6 - 8 片的湿尿片，上面有明显的尿液，以及 3 次或更多次带芥末色的凝乳状大便的尿片。
Keep track of feeds, supplements, stools and urine on each baby: Monitor diaper output to assist in determining adequate intake. Once milk is in you should see 6-8 wet diapers with clear urine and 3 or more mustard colored curd stools should be seen every 24 hours.
- 经常检查婴儿们的体重，一直到您与他们的医生对他们摄食的能力有信心为止。
Have babies weights checked often until both you and their physician are confident in their feeding ability.

若有任何疑问或难题，请与您的健康照护提供人员连络。

CONTACT YOUR HEALTH CARE PROVIDER FOR ANY QUESTIONS OR PROBLEMS

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