

# 喂养吸住乳头有困难的婴儿

## Feeding the Baby with a Difficult Latch (Chinese – Mandarin, Cantonese, and Other Dialects)

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本计划乃针对怀孕 38 周或以上出生的**婴儿**，他们有吸住乳头的困难。This plan is intended for infants born at **38 weeks gestation** or greater who are having difficulty latching at the breast.

- 从婴儿出生后，就尽可能地练习与他**肌肤接触**，尤其是出生的头几天。Practice **skin to skin** contact from birth and as much as possible, especially during the first days.
- 当婴儿表现出饥饿的暗示（从熟睡中醒来、伸舌头、舔嘴唇、把手放在嘴边）时您就可以喂奶。Feed your infant when hunger cues are apparent (coming out of a deep sleep, thrusting tongue, licking lips, putting hands to the mouth).
- 婴儿在刚出生后的恢复期间通常可以好好吃一顿奶。之后，很多婴儿会经过一段长的睡眠周期。有些婴儿停留在嗜睡状态达 24 小时或更久。这是足月出生、健康婴儿的正常表现。Infants typically have a good feeding during the recovery period immediately after birth. After that, many infants go through a long sleep cycle. Some infants remain very sleepy for up to 24 hours or more. This is considered normal newborn behavior for the full term, healthy infant.
- 若您的婴儿从上次吃奶开始时间算起的 **3 个小时**后仍未醒来，您可以解开他的襁褓、更换尿片、和脱掉一些衣物来叫醒他。If your infant is not awake **3 hours from the start time** of the previous feeding, wake your infant by unswaddling them, changing the diaper, and removing some clothing if needed.
- 花约 15 分钟的时间来尝试让您的宝宝吸住乳头。您的宝宝应该能够**主动地吸吮至少 10-15 分钟**。必要时请求护士协助。Spend about 15 minutes attempting to latch your infant at the breast. Your infant should be able to **actively suckle for at least 10-15 minutes**. Request assistance from your nurse if needed.
- 若您或您的宝宝变得挫折或无法吸住乳头，就停止喂乳，并尽可能地继续肌肤相接触。If you or your infant become frustrated or are unable to achieve a latch at the breast, stop for that feeding and continue skin to skin contact as much as possible.

- **挤出的初乳**是给您宝宝的**最佳选择**。若您的宝宝正经历这个嗜睡期，无法每 3 小时一次有效地吸奶，我们建议您**以手挤**为有效挤出初乳的方式来补充宝宝的**需要**。

**Expressed colostrum** is the preferred milk for your infant. If your infant is experiencing this sleepy phase and unable to effectively feed every 3 hours, we recommend **hand expression** as an effective technique for expressing colostrum to supplement your infant.

**当提供宝宝任何补充喂食时，请使用以下指南作为决定建议的乳量：**  
**When offering your infant any supplemental feeding, use the following guidelines to determine the recommended volume:**

出生后头 24 小时 First 24 hours of life	出生后 25 - 48 小时 25-48 hours of life	出生后 49 - 72 小时 49 -72 hours of life	出生后 73 - 96 小时 73-96 hours of life
2 - 10 毫升 2-10 ml. 每 2 - 3 小时 Every 2-3 hours 每天至少 4 - 6 次 At least 4-6 times per day	5 - 15 毫升 5-15 ml. 每 2 - 3 小时 Every 2-3 hours 每天至少 8 次 At least 8 times per day	15 - 30 毫升 15-30 ml 每 2 - 3 小时 Every 2-3 hours 每天至少 8 次 At least 8 times a day	30 - 60 毫升 30-60 ml. 每 2 - 3 小时 Every 2-3 hours 每天至少 8 次 每天至少 8 次 必要时可增加次数 <i>Increase as needed</i>

- 除非有医疗必要，至少刚出生的头 24 小时您不必为宝宝提供额外的配方补充品。  
Unless medically indicated, there is no need to offer your infant additional formula supplements for at least the first 24 hours.
- 给予补充品时应尽可能有乳房的肌肤接触，以维持宝宝对乳房的兴趣。您的护士或哺乳顾问将会帮助您决定哪种补充喂奶方式最适合您的宝宝。Supplements should be offered skin to skin at the breast whenever possible to maintain your infant’s interest in the breast. Your nurse or Lactation Consultant will help you decide which supplemental method is best for your infant.
- 若您无法挤出给宝宝补充所需要的初乳量，那么在出生 **24 小时后**您可以考虑使用婴儿配方奶，*除非因医疗原故而必须提前使用*。If you are not able to express the desired amount of colostrum needed for supplementation, then infant formula is recommended **after the first 24 hours**, *unless medically indicated sooner*.

- 等到您的宝宝较清醒也能较规律地喂乳时，我们也建议您使用电动活塞式吸奶器（奶泵）挤乳，建立足够的母乳供应量。**每次喂乳后泵 15 - 20 分钟。** Until your infant is more wakeful and feeding more regularly, we also recommend pumping with an electric piston style breast pump to establish a plentiful milk supply. **Pump after every feeding session for 15-20 minutes.**
- **请每 3 小时重复这个计划**，若您的宝宝显出饥饿暗示，可以提前重复做。继续遵行本计划直到您的宝宝能够保持吸住乳头，并且表现出有能力主动地吸吮和吞嚥至少 10 - 15 分钟。**Repeat this plan every 3 hours** or sooner if your infant shows hunger cues. Continue following this plan until your infant is able to maintain a latch, and demonstrate the ability to actively suck and swallow for at least 10-15 minutes.
- 追踪记录宝宝每天的喂奶次数、补充品、大便和小便。Keep track of your infant's feeding, supplements, stools and urine each day.
- 回家后 1 - 2 天内查查宝宝的体重，之后若有必要时继续去查，直到您与宝宝的医生对他能成功吸吮母乳感到放心为止。Have your infant's weight checked within 1-2 days of going home and as needed thereafter until both you and your infant's physician are confident about the infant's ability to breastfeed successfully.

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