

# 父母求生指南及新生儿手册

## Parent Survival Guide and Newborn Book (Chinese)

刚与宝宝回家头几天相处的指南。

A guide to the first few days at home with  
your baby.

芙格兰德妇女医院

Von Voigtlander Women's Hospital



**HEALTH SYSTEM**  
UNIVERSITY OF MICHIGAN

恭喜您的宝宝诞生！无论这是您的第一个或者第五个孩子，您可能会有一些问题不能等到您和孩子去看医生時再問。该手册的编写初衷就是为了帮助您渡过为人父母最开始的几天。如果您在阅读之后仍有问题，请打电话联系宝宝的医生。

Congratulations on the birth of your child! Whether this child is your first or your fifth, you may have questions that cannot wait until you and your baby see the doctor. This booklet has been designed to help you get through those first few days of parenthood. If you still have questions after reading this, please call your baby's doctor.

## **离开医院之前： BEFORE LEAVING THE HOSPITAL**

在离开医院之前，请确保为您的宝宝选择一位医生。如果没有，我们可以帮助您选择一位。在医院里照顾宝宝的医疗保健团队将决定您需要在什么时候安排宝宝的第一次预约。大多数的宝宝会在出院后的 1-3 天去看医生。在离开医院之前，您的宝宝应该接受一剂维生素 K 的注射、眼睛治疗、乙肝疫苗的接种、血氧定量测试、胆红素测试、听力测试以及新生儿筛查测试。

Before leaving the hospital, please make sure that you choose a doctor for your baby. If you do not have one, we can help you choose one. The health care team taking care of your baby in the hospital will determine when you need to schedule your baby's first appointment. Most babies are seen 1-3 days after discharge. Your baby should receive a vitamin K injection, eye treatment, Hepatitis B vaccine, pulse oximetry test, bilirubin test, hearing test, and newborn screening test before you leave the hospital.

## **疲劳： FATIGUE**

您和宝宝回家了而且很开心，但是宝宝经常要吃奶。您发现脏碗盘和衣物越堆越高，而且您纳闷为什么傍晚前您都没办法换好衣服。到底是怎么了？您现在的生活有很大的不同。在接下来的几周，您的任务就是要了解您的孩子，并且要照顾好自己。您首先需要照顾好自己和您的宝宝。不要忘了吃、喝，并在宝宝睡觉时您也睡，即便是下午 2 点。即使您以前为自己在工作上或在家里的效率高而自豪，也不要犹豫寻求帮助。这对您和宝宝是个特殊时刻。让家庭成员和朋友们尽可能为您分担。

So you and your new baby are home and happy, but he feeds frequently. You find that the dishes and the laundry are piling up and you wonder why you cannot seem to get dressed before late afternoon. What is going on? Your life is

a lot different now. Your job for the next few weeks is to get to know your child and to keep yourself well. You need to care for yourself and your baby first and foremost. Do not forget to eat and drink and to sleep when the baby sleeps, even if it is at 2 o'clock in the afternoon. Do not hesitate to ask for help, even if you have previously prided yourself in your efficiency at work and at home. This is a special time for you and your child. Let family members and friends do as much for you as they can.

## **忧郁： THE BLUES**

约有一半的新妈妈们会在产后的 3-4 天经历“产后忧郁”。这是由睡眠不足和荷尔蒙引起的。症状包括疲劳、忧伤、难以思考和哭泣。很多妈妈们因为这些想法和情绪而感到罪恶，但是这些情绪很常见，大概 1-3 周后就会过去了。

About half of all new mothers will experience postpartum “blues” 3 to 4 days after delivery. It is caused by sleep deprivation and hormones. Symptoms include tiredness, sadness, difficulty thinking, and crying. Many moms feel guilty about these thoughts and feelings, but these feelings are common and will pass in about 1 to 3 weeks.

如何应对忧郁呢？ 与您的伴侣、父母亲或者朋友倾诉您的情绪，得到足够的睡眠、找人分担家务、不要封闭自己，出门与其他人见面。如果情况变得越来越难以承受，或者您开始有伤害自己或者宝宝的想法，那么您可能患上了产后忧郁症，应该向您的医生反映。

What to do about the blues? Talk about your feelings with your partner, your own parent, or a friend. Get enough sleep. Get help for the chores at home. Do not isolate yourself — get out of the house and see other adults. If things seem increasingly overwhelming, or you begin having thoughts about hurting yourself or your child, you could have postpartum depression and should talk to your physician

## **我可以来看宝宝吗？ CAN I COME SEE THE BABY?**

您一旦回到家里，电话就开始来了。“我们什么时候可以来看宝宝呀？” 应该只有健康的人才能获准来拜访和抱宝宝。确保他们在抱宝宝前先洗手，而且不能朝着宝宝打喷嚏或者咳嗽。不要让任何人在宝宝的周围抽烟。将探访的时间限制在最多 1-2 个小时；大多数的访客并不知道您白天需要睡觉。如果您不想接待访客，可以告诉他们您正在熟悉与您的新孩子相处，还没有做好接待访客的准备。

Once you are home, the phone calls will start. “When can we come over to see the baby?” Only healthy people should be allowed to visit and hold the baby. Make sure they wash their hands before holding the baby and do not sneeze or cough on the baby. Do not let people smoke around your baby. Limit the visits to 1 or 2 hours or less; most visitors are unaware you need to sleep during the day. If you do not want visitors, tell them you are getting acquainted with your new child and are not ready for visitors.

## **喂乳： FEEDING**

您将需要决定以母乳喂养或者奶瓶喂养您的宝宝。我们建议喂母乳，因为母乳是特别为人类的婴儿制造的。 母乳喂养的其他益处还包括防范疾病、增进母子的情感维系、帮助产妇减重和节省开支。然而有些妈妈们会选择不喂母乳，并且有些宝宝，即使妈妈用了正确的喂乳技巧也不愿吸母乳。 新生儿只需要母乳或配方奶。他们不需要也不应该被喂水、果汁、茶、蜂蜜或者固体食物（比如米糊）。

You will need to decide whether to breast or bottle feed your baby. We recommend breastfeeding, as breast milk is specially made for human babies. Other benefits of breastfeeding include protection against illness, an enhanced mother-child bond, maternal weight loss and financial savings. Some mothers, however, would prefer not to breastfeed, and some babies will not breastfeed, even with perfect technique on the part of the mother. Newborns only need breast milk or formula. They do not need and should not be given water, juice, tea, honey or solid foods (such as rice cereal).

## **母乳喂养： BREASTFEEDING:**

刚开始，您的乳房会先分泌初乳，一种透明或者黄色的液体，含有非常丰富营养，直到您母乳来了。尽管初乳的量可能并不多，但是对绝大多数的宝宝来说，初乳足以满足他们在最初几天的需求。您的母乳很有可能在宝宝出生后的第 4 天开始来。 母乳对胃较温和，宝宝也容易消化。您应该预期，不分昼夜都是大约每 1 1/2-3 个小时就要给您的新生儿喂母乳。在两次喂奶的间隔期间，不要让您的宝宝睡超过 4 个小时，除非您已经开始分泌母乳，并且宝宝的医生说您可以让她睡久一些。设置一个闹钟，确保您醒来。 您应该试着喝很多流质、吃均衡的饮食、并且尽量多睡。如果您服用任何药物，请先问医生。有些药物可以在母乳中传递，可能对您的宝宝有害。

Initially, your breasts will make colostrum, a clear or yellow liquid that is extra rich in nutrients, until your milk comes in. Even though there may not be a lot

of colostrum, for the vast majority of babies, colostrum is enough to meet their needs the first few days. Your breast milk will likely come in around the 4th day after the baby is born. Breast milk is light on the stomach and easily digested by the baby. You should expect to breastfeed your newborn about every 1 1/2 to 3 hours, day and night. Do not let your baby sleep more than 4 hours between feedings until your milk is in and her doctor says you can let her sleep longer. Set an alarm clock to make certain you wake up. You should try to drink a lot of liquids, eat a well balanced diet, and sleep as much as you can. If you take any medications, check with a doctor first. Some medications can pass in the breast milk and may be harmful to your baby.

**涨奶：**很多女性在分泌成熟乳的最初几天，会感觉乳房变得更加硬挺、沉重和肿胀。这些乳房的变化都是正常的，并且通常会很快消失，但是有可能会造成涨奶。当乳房开始积聚较大量的母乳，就会产生涨奶。在出现涨奶的时候，您应该经常给宝宝喂奶（如果宝宝寻乳，甚至可以每小时喂食一次）千万不要漏喂。您或许在哺乳之后要冷敷。有些妈妈们会在哺乳前使用温湿的毛巾，并轻轻地按摩乳房，促进乳汁从乳管中释放出。在哺乳的时候，将结块的区域朝着乳头的方向按摩。有时候，宝宝们很难吸住乳头，尤其在涨奶的最初阶段。在哺乳前，用手挤压或者用吸奶器吸奶，能让宝宝比较容易吸住乳头。使用不同的哺乳姿势，让宝宝更容易吸完乳汁。

**Engorgement:** Many women feel that their breasts are firmer, heavier, and swollen in the first few days of producing mature milk. These breast changes are normal and will usually go away quickly, but may lead to engorgement. Engorgement occurs when breasts start to fill with a larger volume of milk. When engorgement occurs, you should feed the baby often (even every hour if baby is rooting). Never skip feedings. You may want to apply cold compresses after feeding. Some mothers will use warm, wet washcloths and gently massage their breasts right before feeding to promote milk let down. Massage any lumpy areas toward the nipple during a feeding. Sometimes babies have trouble attaching, especially during the initial period of engorgement. Manual expression or pumping before a feeding can make it easier for the baby to attach. Use different feeding positions to more fully empty the breast.

**乳头酸疼：**这是哺乳的妈妈们常见的问题。乳头酸疼通常是吸不好乳头的迹象。调整宝宝的位置，让她可以不用扭转脖子就直接面对乳头。确保宝宝把嘴巴张大，不仅要包住乳头，而且要包住乳晕（乳头周围深色的部分）。在哺乳的时候，从底部托起乳房，这样乳头和乳晕就不会因为乳房的重量而被拉出宝宝的嘴。倘若您的乳头非常酸疼，那就将该乳

房的哺乳时间限制在 10 分钟。您可能需要在哺乳后使用吸奶器吸奶以保持适当的乳汁供应。如果您和您的宝宝有哺乳问题，请咨询宝宝的医生或者哺乳咨询师。在与医生或者咨询师交谈前，不要放弃母乳喂养。哺乳问题的解决方法可能既快又容易。

**Sore nipples:** This is a common problem for nursing mothers. Nipple soreness is usually a sign of a poor latch. Position your baby so that she directly faces the nipple without needing to turn her neck. Make certain that she opens her mouth widely and gets a large mouthful, not only of the nipple but also the areola (the dark part around the nipple). Hold your breast from below during the feeding so that the nipple and areola are not pulled out of her mouth due to the weight of the breast. If your nipples are very sore, limit the feeding to 10 minutes on the sore breast. You may need to pump your breasts following the feeding to keep your milk supply adequate. If you and your baby are having problems with feedings, talk to your baby's doctor or a lactation consultant. Do not give up on breastfeeding before you talk with a doctor or consultant. The solution to a breastfeeding problem may be quick and easy.

#### **配方奶喂养： FORMULA FEEDING:**

如果您选择配方奶喂养，我们推荐您一开始喂含铁的牛奶制配方奶。所有吃配方奶的宝宝都需要配方奶中所添加的铁质。请仔细阅读配方奶的包装，遵照说明冲泡。确保您使用清洁、安全的水冲泡配方奶。不要添加太多或太少的水，这样可能有害。

If you choose to formula feed, we recommend that you start with a cow's milk based formula that has iron. All formula fed babies need the iron that is put into formula. Read the formula package carefully and mix it exactly as instructed. Make sure you use clean, safe water to prepare formula. Do not add too much or too little water which can be harmful.

当您准备喂宝宝的时候，不要把配方奶放在微波炉中加热。微波会导致配方奶中出现过热点，可能会烫到宝宝的嘴。喂完宝宝后，丢弃奶瓶中剩下的配方奶，因为喝剩的配方奶中可能会滋生细菌。喂宝宝时，不要使用其他物体支撑在宝宝嘴里的奶瓶，因为这可能会导致窒息。确保您的宝宝嘴里不含着奶瓶睡觉，因为这可能会导致严重的龋齿。

When you are ready to feed your baby, do not warm the formula in the microwave. Microwaves cause hot spots in the formula which can burn your baby's mouth. Throw away any formula left in the bottle after you have fed your baby because bacteria can grow in the leftover formula. Do not prop the bottle in your baby's mouth because this can cause choking. Make sure your baby does not sleep with a bottle in her mouth as this can cause severe tooth decay.

渡过头几天后，大多数的新生儿每次喂奶都会吃 1/2 - 3 盎司，通常大概每 3 个小时喂食一次。在两次喂奶的间隔期间，不要让您的宝宝睡超过 4 个小时，除非她的医生建议您可以让她睡久一些。

After the first couple of days, most newborns will take 1/2 - 3 ounces each feeding and will usually feed about every 3 hours. Do not let your baby sleep more than 4 hours between feedings until her doctor says you can let her sleep longer.

### **拍气（打饱嗝）：BURPING:**

帮您的宝宝拍气有助于排出吸入宝宝肚子上的空气。根据宝宝的吃奶状况，您可以在哺乳的过程中或者哺乳完后给宝宝拍气。您可以将宝宝的头搁在您的肩膀上帮宝宝拍气。然后揉擦或者轻拍他的后背。当宝宝把气嗝出来的同时吐出少量的奶并非是不寻常的。宝宝不一定都需要打饱嗝。

Burping your baby helps to remove any swallowed air from his stomach. You can burp your baby in the middle of the feeding or at the end, depending on how he is doing with the feeding. To burp your baby you can put his head on your shoulder. Then rub or pat his back. It is not unusual to see a small amount of spitting up when the baby burps. Babies may not always need to burp.

### **排尿：URINATION:**

因为不可能知道您的宝宝具体吃了多少，所以您需要留意湿尿片的数量。刚出生一天的宝宝应该在那一天至少有一片湿尿片，出生两天的宝宝应该每天至少有两片湿尿片。每一天，湿尿片的数量应该增加一片，直到宝宝 7 天大；在那以后，宝宝每天大概会有 7-8 片湿尿片。如果您孩子没达到预期的情况，打电话联系宝宝的医生。

Since it is impossible to know exactly how much your child is eating, you need to monitor the number of wet diapers. A one day old should have at least one wet diaper that day and a two day old should have at least two wet diapers per day. Each day, the number of wet diapers should increase by one until the baby is 7 days old; after that the baby will have around 7-8 wet diapers per day. If your child is not meeting this expectation, call your baby's doctor.

### **排便：STOOLING:**

您宝宝在第一天或第二天排的便叫做胎便。这些粪便粘稠，呈绿/黑色。随着您的宝宝食量增大，他的粪便也会转为黄色、呈粒状且松散。他可能每次喂食后都会排便。宝宝排便时发出哼声，使劲，肤色变红和啼哭都是正常现象。这并不意味着他便秘。如果他的粪便是硬的或带血，打电话给他的医生。

Your baby's bowel movements the first day or two are called meconium. These stools are thick and greenish/ black. As your baby begins to feed more, his stools will become yellow, seedy, and loose. He will probably stool with each feeding. It is normal for babies to grunt, strain, turn red, and cry with bowel movements. This does not mean he is constipated. If his stools are hard or contain blood, call his doctor.

### **体重：WEIGHT:**

所有的宝宝在出生后都会减少一些体重。如果您担心宝宝体重减轻太多，请跟宝宝的医生联系。我们预期宝宝们 10 天大的时候会恢复到出生时的体重。大多数的宝宝在第一个月的时候，每天大约会增重 1 盎司（或者 30 克），那就是每个礼拜增重大约半磅！

All babies will lose some weight after birth. Talk with your baby's doctor if you are worried your baby has lost too much weight. We expect babies to be back to their birth weight by 10 days of age. Most babies will gain about an ounce (or 30 grams) per day for the first month - that's about a half a pound per week!

### **黄疸：JAUNDICE:**

黄疸就是您的新宝宝肤色看起来发黄。宝宝的眼白也有可能呈黄色。虽然黄疸很常见，但是对一些宝宝来说，他们可能需要接受治疗来预防严重问题。您可以频繁地喂宝宝来帮住他避免黄疸。如果您认为宝宝看起来呈黄色或橙色，请跟宝宝的医生说。

Jaundice is when your new baby has yellow looking skin. The whites of your baby's eyes may be yellow. Although jaundice is very common, in some babies it can require treatment to prevent serious problems. You can help your baby avoid jaundice by feeding frequently. If you think your baby looks yellow or orange, talk with your baby's doctor.



## 新生儿的正常行为 NORMAL NEWBORN BEHAVIOR

回到家后的头几天将是认识和了解宝宝的好时机。要区分反常和正常的行为可能是困难的。一项好的经验法则是，如果是宝宝似乎不在意的行为，那此行为可能是无害的。下列是在最初的几周可能会观察到的一些正常的行为：

The first few days at home will be a great time of discovery. It can be difficult to understand what is concerning behavior and what is normal. A good rule of thumb is if the infant does not seem to mind the behavior, it is likely harmless. Here are some normal behaviors that can be seen in the first few weeks of life:

- 下巴发抖和下嘴唇颤抖 chin trembling and lower lip quivering
- 打嗝 hiccups
- 打喷嚏 sneezing
- 鼻塞 stuffy nose
- 打饱嗝和吐奶 burping and spitting up
- 排气 passing gas
- 排便时用力 straining with bowel movements
- 打哈欠 yawning
- 在哭时，手臂和腿发抖或者不安，或者他受惊吓 trembling or jitteriness of the arms and legs during crying or if he startles

## 新生儿护理 NEWBORN CARE

### 洗澡时间： BATH TIME:

有些宝宝喜欢洗澡，其他宝宝们则讨厌洗澡。对宝宝来说，洗澡可以是一种放松的体验，所以您可能可以在傍晚或者宝宝哭闹的时候帮他洗澡。在脐带残端脱落之前，我们建议只用擦澡，脐带残端通常在宝宝 1 - 4 周大的时候脱落。使用温和的肥皂，并且在肥皂用完后，确保用清水冲干净。不推荐使用宝宝爽身粉、乳液和油。

Some babies like baths, others hate them. It can be a relaxing experience for the child, so you may want to bathe him in the evening or during a “fussy” period. We recommend giving only a sponge bath until the umbilical stump falls off, usually between 1 - 4 weeks of age. Use a mild soap and be sure to rinse the

child well with water when you are done. Baby powders, lotions, and oils are not recommended.

### **脐带： UMBILICAL CORD:**

如果脐带沾到了尿液或者粪便，使用海绵或者毛巾清理。不需要例行地清理脐带。出现少量的流血并不罕见。如果出血，用纸巾并按压出血处 10 分钟。如果出血不止，打电话联系医生诊所。如果脐带残端有异味或者发红、渗出液体，打电话联系医生诊所。

Clean the umbilical stump with a sponge or washcloth if urine or stool gets on the area. There is no need to clean it routinely. A small amount of bleeding is not unusual. If there is bleeding, use a tissue and hold the area tightly for 10 minutes. If the bleeding continues, call the doctor's office. If the umbilical stump has an odor or if the area is becoming red or has drainage, call the doctor's office.

### **男孩儿的生殖器： GENITALS, BOYS:**

**未割过包皮的** — 不应该把新生儿阴茎尖端的包皮拉回来。过早地将您儿子的包皮往后推，可能会引起瘢痕组织的形成和损伤。渡过最开始的几年之后，包皮会逐渐变得更有伸缩性。在那之前，用肥皂和水清洁阴茎的外部。

**Not circumcised** — A newborn's foreskin should not be pulled back over the tip of the penis. Pushing your son's foreskin back too early can cause scar tissue formation and damage. After the first few years of life, the foreskin will gradually become more retractable. Until this time, wash the outside of the penis with soap and water.

**已割过包皮的** — 该部位看起来红似生肉且会疼痛。在阴茎上涂抹少量的凡士林，防止它粘在尿片上。用水轻轻地清洗该区域，在伤口愈合前，不要浸入水中（不要泡澡）。在 1-2 天内，您会注意到红肿的现象有所缓解，阴茎的前端出现黄色的覆盖物。这是正常而且是新的组织生长。约 4-5 天后，皮肤会完全愈合。此时，您可以停止使用凡士林。

**Circumcised** — the area will look raw and sore. Keep a small amount of petroleum jelly (Vaseline) on the penis so that it will not stick to the diaper. Wash the area gently with water and do not immerse in water (no baths) until the area has healed. Within 1-2 days, you will notice a decrease in swelling and redness and see a yellow covering on the tip of the penis. This is normal, new tissue growth. After about 4-5 days, the skin will be completely healed. At this time, you can stop applying petroleum jelly.

### **女孩儿的生殖器： GENITALS, GIRLS:**

可以观察到白色、透明、甚至带血丝的阴道分泌物。这种正常的分泌物会在几周内消失。您应该从前向后（从阴蒂向肛门）擦拭生殖器，降低膀胱感染的风险。您也应该将阴唇分开，轻轻地清洁该部位。

A white, clear or even blood tinged vaginal discharge can be seen. This normal discharge will stop in a few weeks. You should wipe the genitals from front to back (from the clitoris area towards the anus) to help decrease the risk of bladder infections. You should also separate the labia and clean the area gently.

### **指甲： NAILS:**

宝宝的指甲质地柔软，容易弯折。它们也恰好非常尖锐。我们建议您帮宝宝修剪指甲，防止他抓伤自己。您可以使用指甲锉、指甲砂锉、小指甲刀或者指甲剪给宝宝修剪指甲。通常护理指甲的最佳时间是在宝宝入睡后或者喂奶时。

Baby nails are soft and easily bent. They also happen to be very sharp. We recommend trimming the nails so that the baby does not scratch himself. You can accomplish this with a nail file, emery board, small clippers, or nail scissors. Usually the best time to do nail care is when the baby is asleep or feeding.

### **穿着： CLOTHING:**

按照自己的穿衣标准给宝宝穿衣服。在室内，宝宝不需要额外添加衣物。天气寒冷时，给宝宝穿着适宜的衣物方才出门。用帽子把宝宝的头遮盖住。在夏天的时候，限制在阳光下的暴露，因为宝宝的皮肤很容易晒伤。轻便的穿着和一顶帽子将会保护您宝宝的皮肤。防止宝宝的肌肤触碰到暴露在阳光下的汽车座椅，因为座椅的热度可能已经足以导致灼伤。

Dress your baby as you would dress yourself. Babies do not need extra clothing while indoors. In cold weather, dress your baby appropriately when you go outside. Cover your baby's head with a hat. During the summer months, limit exposure to sunlight since baby skin sunburns easily. Lightweight clothing and a hat will protect your baby's skin. Prevent your baby's skin from touching a car seat that has been in the sun since it can become hot enough to cause burns.

### **啼哭 CRYING**

啼哭是正常的。啼哭或始或止，您可能也不知道是什么原因。有些宝宝可能只是比其他宝宝更爱哭，并不意味着宝宝有什么问题。不要担心会宠坏您的宝宝。当您的宝宝哭的时候，

她需要知道会有人来安慰和照顾她。如果您的宝宝处于一个安全的环境，她的啼哭并没有害处。但是，如果您的宝宝一直都很困难哄，尤其是在出生后的 2 个月内或者您担心宝宝生病了，打电话联系她的医生。

Crying is normal. Crying may start or stop and you may not know why. Some babies may simply cry more than others and this does not necessarily mean something is wrong with your baby. Do not worry about spoiling your baby. When your baby cries, she needs to know that someone is there to comfort and take care of her. If your baby is in a safe environment, her crying in itself is not harmful. However, if your baby is ever inconsolable at any age but especially between the ages of birth to 2 months or you are concerned that your baby is sick, call her doctor.

### **如果您的宝宝在哭，您该怎么办？ What do you do if your baby is crying?**

确保您的宝宝不是饿了、胀气、累了、尿了、热了或者冷了，还有他的衣服没有太紧。一些宝宝们渴望吮吸，所以安抚奶嘴可能会有帮助，或者可以尝试楼抱和与宝宝有身体接触。其他的宝宝们会因为有韵律的移动而感到安抚，比如散步、摇摆、轻拍、乘坐汽车、乘坐婴儿车、宝宝荡秋千或者被放在前置式背带中移动。用襁褓把宝宝包起来或者频繁的改变姿势有时也会起作用。有时，广播里发出来的温柔的声音或者钟表嘀嗒嘀嗒的响声也会起到安抚宝宝的作用。即便是非常年幼的宝宝也爱社交生活并且可能会在您微笑、交谈、逗他们玩的时候平静下来。

Make sure your baby is not hungry, gassy, tired, wet, hot or cold, and his clothing is not too tight. Some babies desire more sucking so a pacifier may help, or try more cuddling and physical contact. Other babies are comforted by the rhythmic motion of walking, rocking, patting, car rides, stroller rides, baby swings, or being carried in a front carrier. Swaddling or frequent position changes sometimes help. Sometimes, the sounds of a soft radio or the loud ticking of a clock soothe babies. Even very young babies love social stimulation and may settle down when you smile, talk, and play with them.

照顾您的宝宝可以是件愉快的事，但是如果宝宝啼哭不止，您可能会非常心烦。请记住，不只是您有这种感觉，啼哭不止对所有的看护人来说都很难应付。父母和看护人可能会变得有受挫感。把宝宝放在他的婴儿床中，坐下来，闭上眼睛，做 20 个深呼吸。想一想您有多爱自己的宝宝。让自己休息一下，委托值得您信任的朋友、亲戚或者邻居照看宝宝。拨打“危机热线”（1-800-4-A-CHILD），寻求帮助。将这些建议分享给要照看您宝宝的

人。没有人认为自己会摇晃婴儿或者其他看护人会摇晃宝宝，但是研究显示，啼哭是触发看护人猛烈地摇晃并且伤害到宝宝的首要原因。

Taking care of your baby can be enjoyable but, when your baby will not stop crying, caring for the baby can be very upsetting. Remember that you are not alone and non-stop crying is difficult for all caregivers to cope with. Parents and caregivers may become frustrated. Put the baby in his crib, sit down, close your eyes, and take 20 deep breaths. Think about how much you love your baby. To give yourself a needed break, call a trusted friend, relative, or neighbor to watch the baby. Call one of the crisis hotlines (1-800-4-A-CHILD). Share these suggestions with anyone who will be caring for your baby. No one thinks he or she will ever shake an infant or that another caregiver will shake a baby, but research shows crying is the number one trigger leading caregivers to violently shake and injure babies.

## 为您的宝宝测量体温 **TAKING YOUR BABY'S TEMPERATURE**

只有在您觉得宝宝生病了的情况下，才有必要给宝宝测量体温。最准确的体温是从肛门（直肠）测得。测量肛温（直肠温）时，先让您的宝宝趴着。将一点凡士林涂在肛温计的末端和直肠（即肛门的开口）。将温度计轻轻地（从肛门）插入直肠，进入大概  $\frac{1}{4}$  -  $\frac{1}{2}$  英寸。固定住宝宝，直到温度计显示测量完毕。如果您宝宝的体温高于 100.4 F (38.0 C)，打电话联系医生。在与护士或者医生沟通前，不要给您的宝宝药物。

It is not necessary to take your baby's temperature unless you think your baby is sick. The most accurate temperature is taken rectally. To take a rectal temperature, have your baby lie on his stomach. Put some petroleum jelly on the end of the rectal thermometer and on the rectum (the opening of the anus). Put the thermometer gently into the rectum about  $\frac{1}{4}$  to  $\frac{1}{2}$  inch. Hold your baby still until the thermometer signals that it is done. If your baby's temperature is greater than 100.4 F (38.0 C), call the doctor. Do not give your baby medications until you speak with a nurse or doctor.

## 汽车安全座椅 **CAR SEATS**

密西根州的汽车安全座椅：密西根州的法律要求，从首次离开医院返家直至年满 2 岁，婴儿乘车时都必须坐在面朝后的向安全座椅。超过 75% 的汽车安全座椅都没有正确地使用。正确地使用汽车安全座椅，是为保护孩子年幼时的安全您所能做的最重要的事情之一。有几家社区汽车安全座椅咨询站分布在沃旭特瑙（Washtenaw）县和利文斯顿（Livingston）

县。致电 734-763-2251，预约一名经过认证的儿童乘客安全技术员，让他/她为您检查安全座椅的安装，确保您的孩子正确系好安全带。

Michigan Car Seats: Michigan state law requires that infants ride in a rear-facing car seat starting with their first ride home from the hospital and until they are two years old. More than 75% of car seats are not used correctly. Using a car seat properly is one of the most important things you can do to keep your child safe in the early years. Several community car seat fitting stations are available in Washtenaw County and Livingston County. Call 734-763-2251 to make an appointment with a Certified Child Passenger Safety Technician to have the installation of your seat checked and to make sure your child is buckled correctly.

如果您不住在沃旭特瑙(Washtenaw)或者利文斯顿(Livingston)，请搜索 [www.cert.safekids.org](http://www.cert.safekids.org) 来找您附近的安全技术员。

If you live in a community other than Washtenaw or Livingston please search [www.cert.safekids.org](http://www.cert.safekids.org) to find a technician near you.

到网站 <http://www.mottchildren.org/about-us/mott-buckle> 或者致电 734-763-2251，来了解更多关于汽车座椅安全和“Mott 系好安全带”项目的内容。

Learn more about car seat safety and Mott Buckle Up at <http://www.mottchildren.org/about-us/mott-buckle> or by calling 734-763-2251.

## 安全睡眠 **SAFE SLEEP**

因为您的宝宝每天总共可以睡到 20 小时，所以确保宝宝有一个安全的地方睡觉是极重要的。采取预防措施以确保安全睡眠，对于预防婴儿猝死综合症 (SIDS) 和因不安全的睡眠状态引发的死亡是重要的。您和其他照顾宝宝的人可以采取很多措施来降低婴儿死亡的风险。请记住，无论是否在家，无论是白天还是夜晚，您都应该至始至终地遵循安全睡眠的准则。

Your baby will sleep for up to a total of 20 hours per day so making sure your baby has a safe place to sleep is crucial. Taking precautions to ensure safe sleep is important in preventing sudden infant death syndrome (SIDS) and death from unsafe sleep conditions. There are many things that you and others who care for your baby can do to reduce the risk of infant death. Please remember that safe-sleep practices should be followed at all times regardless of whether you are at home or are away and regardless of the time of day or night.

## 安全睡眠指南 GUIDELINES FOR SAFE SLEEP

1. 总是让您的宝宝仰卧着睡觉。宝宝不应该趴着或者侧着睡觉。确保祖父母、保姆、幼儿园老师以及任何可能会照顾孩子的人知道，宝宝应该仰着睡。

**Always place your baby on her back to sleep.** Babies should NOT sleep on their stomachs or on their sides. Make sure grandparents, babysitters, childcare providers, and anyone else who may be caring for the baby are aware that she should always sleep on her back.

2. 将宝宝放在一个硬的表面，比如一张罩着床单、经过安全认证的婴儿床垫。宝宝不应该睡在松软的物体上，比如毯子或者绵羊皮。

**Place your baby on a firm surface, such as a safety-approved crib mattress, covered with a fitted sheet.** She should not sleep on soft materials like blankets or sheepskins.

3. 不要让毯子、被子、枕头、软质玩具和婴儿床围出现在宝宝的睡眠区域。如有必要，为您的宝宝叠层穿上轻便的衣物或者是包脚的连身睡衣，好在比较冷的季节保持暖和。

**Keep blankets, quilts, pillows, soft toys, and crib bumpers out of your baby's sleep area.** If necessary, your baby may be dressed in thin layers or a footed sleeper to keep warm in colder seasons.

刚出生后，一些宝宝可能会因为包在襁褓中而感到安抚。如果使用襁褓，请确保宝宝不至于过热。您宝宝的手臂不应该交叉在胸口，也不要给宝宝包得太紧——这两种情况都有可能影响宝宝的呼吸。襁褓的毯子不应该离宝宝的脸或者头太近。2个月大以前，当宝宝变得更加活跃并且更有可能将襁褓毯子移位而造成宝宝窒息时就应该停止使用襁褓。

During the immediate postpartum period, some babies may be comforted by being swaddled. If swaddling is used, please make sure your baby does not get overheated. Your baby's arms should not be across his chest and your baby should not be swaddled too tightly—both situations could interfere with your baby's breathing. The swaddling blanket should not be too close to the baby's face or head. Swaddling should be discontinued by 2 months of age when infants are more active and more likely to displace the swaddling blanket which can suffocate the baby.

4. 不准任何人在宝宝的周围吸烟。 **Do not allow smoking around your baby.**

5. 当宝宝与父母睡在同一个房间时，罹患婴儿猝死综合症的风险较小。但是，您的宝宝应该睡在自己的睡眠空间，而不应该与您或者任何其他人合睡。与睡在婴儿床相比，睡在成人床上的婴儿发生窒息的风险是前者的 40 倍。与婴儿一同睡在沙发上或者扶手椅上则更加危险。

**The risk of SIDS has been shown to be less when babies sleep in the same room as a parent.** However, your baby should sleep in his own sleep space and not with you or any other person. The risk of suffocation is 40 times higher for infants in adult beds compared with those in cribs. Sleeping with an infant on a couch or armchair is even more dangerous.

6. 在睡眠期间使用安抚奶嘴可以减少婴儿猝死综合症的发生。安抚奶嘴应该在哄宝宝睡觉的时候使用，一旦您的宝宝已经入睡，不应该再塞入宝宝的口中。如果您的宝宝抗拒安抚奶嘴，不要强迫她使用。如果您用母乳喂养宝宝，可以等到宝宝吃奶正常（或者 1 个月）之后再开始使用安抚奶嘴。

**Pacifier use during sleep decreases SIDS.** The pacifier should be used when placing your baby down for sleep and not be inserted once your baby has fallen asleep. If your baby refuses the pacifier, she should not be forced to take it. If your baby is breastfeeding, you can wait until the baby is feeding well (or 1 month) before introducing the pacifier.

7. 不要让宝宝在睡眠期间过热。您的宝宝应该穿着轻薄的衣物睡觉，房间的温度应该让身着轻薄衣物的成人感到舒适。过度的捆束可能会导致您的宝宝过热，增加了婴儿死亡的风险。

**Do not let your baby overheat during sleep.** Your baby should be lightly clothed for sleep and the room temperature should be kept comfortable for a lightly-clothed adult. Over-bundling can cause your baby to become too hot and also increases the risk for infant death.

8. 避免使用声称可以降低婴儿猝死综合症风险的产品。迄今还没有产品经过了充分的试验，可以证明其有效性或者安全性。

**Avoid products that claim to reduce the risk of SIDS.** None have been tested sufficiently to show that these products are effective or safe.



9. **减少会造成您宝宝头部畸形或者一边扁平的可能性。** 在您的宝宝醒着并且有人照看的时候，安排“肚皮时间”。每周都要改变宝宝躺在婴儿床上的方向。避免让宝宝在汽车座椅、背带和躺椅上待过长时间。

**Reduce the chance that your baby's head will be misshapen or flat on one side.** Provide “tummy time” when your baby is awake and supervised. Change the direction that your baby lies in the crib from one week to the next. Avoid too much time in car seats, carriers, and bouncers.

## 您应该在什么情况下打电话联系医生呢？

### WHEN SHOULD YOU CALL THE DOCTOR?

- 呼吸困难或者皮肤发青

Breathing difficulties or turning blue

- 宝宝的皮肤和眼睛发黄（黄疸）

The baby's skin and eyes look yellow (jaundice)

- 喂奶的情况不好——可能是吸吮乳房的方式不佳，哺乳时间没有以前长了，奶吸不久就入睡了，或者每次喂奶，从奶瓶中吸的量都不超过一盎司

Not feeding well — this can be poor latching onto the breast, not nursing as long as before, falling asleep quickly at the breast, or not taking at least one ounce from the bottle at each feeding.

- 太困了无法吃奶或者已经超过 5 个小时没有吃奶了

Too sleepy to feed or has not fed in more than 5 hours

- 湿尿布没有达到预期的数量。刚出生一天的宝宝应该有一片湿尿布，出生两天的宝宝应该有两片湿尿布。这个数字每天都会增加，直至宝宝长到 7 天大。在那之后，宝宝每天会大概尿湿 7-8 片尿布。

Not making the expected number of wet diapers. A one day old should have one wet diaper and a two day old should have two wet diapers. This continues to increase each day until the baby is 7 days old. After that the baby will have around 7-8 wet diapers per day.

- 在刚出生的 5 天内，没有每天至少排便一次。

Not stooling at least once per day in the first 5 days of life

- 呕吐

Vomiting

- 喂奶时出汗

Sweating with feedings

- 发烧超过 100.4 F (38.0 C)。体温应该从肛门（直肠）测得。

Fever over 100.4 F (38.0 C). The temperature should be taken rectally

- 啼哭长达一个小时或者更长，无法成功安抚。

Inconsolable crying for an hour or more

- 脐带残端出现分泌物或者有异味。

Oozing or a foul odor from the umbilical stump

- 您的情绪开始失控或者您担心自己可能会伤害宝宝

Your emotions are getting out of control or you are worried you may harm your baby

- 当您担心宝宝的时

Anytime you are worried about your child

## 密西根大学

### University of Michigan

#### 儿童医学、成人医学/儿科和家庭医学诊所

#### Pediatrics, Adult Medicine/Pediatric and Family Medicine Clinics

#### 普通儿科 GENERAL PEDIATRICS

#### 布来伍德妇女、儿童和青 年中心

Briarwood Center for  
Women, Children and  
Young Adults  
Building 2 (2 号楼)  
400 E Eisenhower  
Parkway, Suite B  
Ann Arbor, MI 48108  
(734) 232-2600

布来顿健康中心  
Brighton Health Center  
8001 Challis Road  
Brighton, MI 48116  
(810) 227-9510

坎通健康中心  
Canton Health Center  
1051 N. Canton Center  
Road Canton, MI 48187  
(734) 844-5400

阔儿诺健康中心  
Corner Health Center  
47 N. Huron  
Ypsilanti, MI 48197

(734) 484-3600

#### 东安娜堡健康和老年医 学中心

East Ann Arbor Health  
and Geriatrics Center  
4260 Plymouth Road  
Ann Arbor, MI 48109  
(734) 647-5680

豪厄尔儿童医学  
Howell Pediatrics  
711 Byron Road  
Howell, MI 48843  
(517) 548-1020

诺斯维尔健康中心  
Northville Health Center  
39901 Traditions Drive  
Suite 240  
Northville, MI 48168  
(248) 305-4400

瑟琳健康中心  
Saline Health Center  
700 Woodland Drive  
East Saline, MI 48176  
(734) 429-2302

西安娜堡健康中心  
West Ann Arbor Health Center  
4900 Jackson Road,  
Suite A Ann Arbor, MI  
48103  
(734) 998-7380

伊苾丝蓝缙健康中心  
Ypsilanti Health Center  
200 Arnet Street, Suite  
200  
Ypsilanti, MI 48198  
(734) 484-7288

成人医学和儿科  
ADULT MEDICINE AND  
PEDIATRICS

坎通健康中心  
Canton Health Center  
1051 North Canton  
Center Canton, MI  
48187  
(734) 844-5400

东安娜堡健康和老年医学中心  
East Ann Arbor Health and Geriatrics Center  
4260 Plymouth Road  
Ann Arbor, MI 48109  
(734) 647-5670

家庭医学  
FAMILY MEDICINE

布来伍德家庭医学科  
Briarwood Family Medicine  
Building 10 (10 号楼)  
1801 Briarwood Circle  
Ann Arbor, MI 48109  
(734) 998-7390

巧尔希健康中心  
Chelsea Health Center  
14700 East Old U.S.  
Highway 12 (12 号公路)

Chelsea, MI 48118  
(734) 475-1321

德克斯特尔家庭医学科  
Dexter Family Medicine  
7300 Dexter-Ann Arbor  
Road, Suite 110  
Dexter, MI 48130  
(734) 426-2796

多米诺农场家庭医学科  
Family Medicine at Domino's Farms  
24 Frank Lloyd Wright  
Drive Ann Arbor, MI  
48106  
(734) 647-5640

利沃尼亚家庭医学科  
Livonia Family Medicine  
20321 Farmington Road  
Livonia, MI 48152  
(248) 473-4300

伊苾丝蓝缙健康中心  
Ypsilanti Health Center  
200 Arnet Street, Suite  
200  
Ypsilanti, MI 48198  
(734) 482-6221

## 参考资料 RESOURCES

密西根大学医疗系统 University of Michigan Health System

[www.med.umich.edu](http://www.med.umich.edu)

想要了解有关密大健康和医师生平的内容，点击“Find a Doctor / Clinic”

(“寻找医生/诊所”)。想要了解有关各种健康话题的内容，点击“Health Topics”

(“健康话题”)。

For information about **U-M Health Centers** and **physician biographies** click on “Find a Doctor / Clinic”. For information about a variety of health topics click on the “Health Topics.”

## 密西根大学医疗系统

### UNIVERSITY OF MICHIGAN HEALTH SYSTEM

1500 E. Medical Center Drive  
Ann Arbor, MI 48109

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