

母乳喂养宝宝

家长须知

Breastfeeding Your Baby

Information for Parents (Chinese)

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我们教材的目标是提供医学上准确的信息，包括所有家长和家庭。我们邀请您与您的提供者讨论最适合您的词汇和语言。

The goal of our education materials is to provide medically accurate information that is inclusive of all parents and families. We invite you to have a conversation with your provider about the vocabulary and language that is most comfortable for you.

母乳喂养（胸部喂养）：第 0-3 天

Breastfeeding (Chestfeeding) Your Baby: Day 0-3

如何判断宝宝是否饥饿？ How will I be able to tell if my baby is hungry?

宝宝会给你一些饥饿的信号，比如：

Your baby will give you signs that they are hungry, like:

- 伸出舌头 Thrusting their tongue out
- 舔他们的嘴唇 Licking their lips
- 将手放到嘴巴 Putting their hands to their mouth

我应该多久给宝宝喂一次奶？

How often should I expect to feed my baby?

从宝宝出生到 3 天大的喂养频率会有所不同。

How often you feed your baby from birth until they're 3 days old will vary.

生命小时数：	喂食次数：	预期的尿布：
出生至 24 小时	至少 4-6 次喂食	至少 1 次小便和 1 次大便
24 小时 - 48 小时	至少 6-8 次喂食	至少 2 次小便和 2 次大便
48 小时 - 3 天	至少 8-12 次喂食	至少 3 次小便和 3 次大便

Hours of life:	Number of feedings:	Diapers to expect:
Birth to 24 hours	At least 4-6 feedings	At least 1 pee and 1 poop
24 hours-48 hours	At least 6-8 feedings	At least 2 pee and 2 poop
48 hours-3 days	At least 8-12 feedings	At least 3 pee and 3 poop

良好母乳喂养的迹象是什么？

What are the signs of a good breastfeeding?

- 宝宝的吸吮（从乳房吸吮乳汁）应该是缓慢而有节奏的，并伴有深颌运动。

Your baby's suckle (sucking milk from the breast) should be slow and rhythmic, with deep jaw movements.

- 在最初的几天里，可能很难听到宝宝吞下浓稠的初乳（您最初分泌的乳汁），但宝宝在喂奶后应该看起来很满足。他们应该保持平静，双臂放松，双手张开。

For the first few days, it can be hard to hear your baby swallow the thick colostrum (the first milk you produce), but your baby should look satisfied after a feeding. They should be calm, with relaxed arms and open hands.

- 当您的乳汁开始分泌时（分娩后 3-4 天），您应该能开始听到宝宝在哺乳时规律地吞咽。

As your milk starts to come in (3-4 days after delivery), you should begin to hear your baby swallow regularly while breastfeeding.

- 宝宝的尿布应该增加为**每天 3 个或更多便便尿布和 6 个或更多湿尿布**。

Your baby's diapers should increase with **3 or more poop diapers and 6 or more pee diapers every day**.

- 宝宝的大便也应该从粘稠、像焦油状的黑色变成颗粒状的黄色。

Your baby's stool should also change from a sticky, tar-like black color to a seedy yellow color.

- 许多婴儿在出生后的前 3 天内减轻了高达 10% 的出生体重。随着乳汁的分泌，宝宝的体重应该开始增加。Many babies lose up to 10% of their birth weight during

the first 3 days of life. As your milk comes in, your baby should start gaining weight.

我需要叫醒宝宝吃奶吗？ Do I need to wake my baby for feedings?

大多数新生儿在出生后立即进行非常有效的哺乳，然后睡几个小时。他们在出生后的前 24 小时内太困而无法进食是正常的。Most newborns have a very effective breastfeeding immediately after birth, and then they sleep for several hours. It's normal for them to be too sleepy to eat during their first 24 hours of life.

当他们开始再次醒来时，母乳喂养的婴儿经常要吃是正常的。在最初的 24 小时后，您可以预期您的宝宝需要至少每 2-3 小时吃一次奶。As they begin to wake up again, it is normal for a breastfed baby to eat often. After the first 24 hours, you can expect that your baby will need to eat at least every 2-3 hours.

- **如果宝宝在上一次喂奶开始 3 小时后仍未醒来，请解开襁褓（解开裹在身上的毯子）、换尿布并在需要时脱掉一些衣服来唤醒宝宝。**

If your baby is not awake 3 hours after the start of the last feeding they had, wake your baby by unswaddling them (unwrapping the blanket around their body), changing their diaper, and removing some of their clothing if needed.

- 花大约 15 分钟时间尝试让宝宝含住乳房。当宝宝衔乳良好时，您应该感觉到乳房被深深拉扯，并听到一些吞咽声。吞咽的声音像是一声轻柔的叹息。

Spend about 15 minutes trying to latch your baby to your breast. When your baby is latched well, you should feel deep tugs at your breast and hear some swallowing. Swallowing sounds like a soft sigh.

我需要给宝宝补充（额外）母乳或配方奶粉吗？ Do I need to give my baby supplemental (extra) breast milk or formula?

如果您的宝宝出现以下任何体征和症状，他们可能需要补充挤出的母乳（从您的乳房中取出的乳汁）或配方奶：

Your baby may need supplements of expressed breast milk (milk removed from your breast) or formula if they have any of these signs and symptoms:

- 宝宝无法含住您的乳房进行哺乳。

Your baby is not able to latch onto your breast for feedings.

- 宝宝在哺乳时至少有 10-20 分钟无法表现出他们正在停止和开始吸吮，伴随您可以听到吞咽声。

Your baby is not able to show they're stopping and starting sucking with swallows you can hear for at least 10-20 minutes during breastfeedings.

- 宝宝的当前日龄体重减轻超过了预期。

Your baby has lost more weight than expected for their day of life.

- 您的宝宝没有足够的湿尿布（小便）或脏尿布（大便）。

Your baby is not making enough wet (pee) or dirty (poop) diapers.

- 您的宝宝在怀孕 38 周之前出生。

Your baby was born before 38 weeks of pregnancy.

- 宝宝出生时体重不到 2700 克（6 磅）。

Your baby weighed less than 2700 grams (6 pounds) at birth.

- 您的宝宝显示出黄疸（身体发黄）的迹象，伴随着化验时胆红素水平高。

Your baby shows signs of jaundice (yellowing of their body) with high bilirubin levels on their tests.

让我的宝宝获得额外喂奶的最佳方式是什么？

What is the best way for my baby to get their extra feedings?

如果您的宝宝因为母乳喂养困难而需要超过 5 毫升的补充（额外）奶，我们建议采用 **控速瓶喂法**。这种喂奶方法需要类似于吃母乳的吸吮技术。它还需要您的宝宝掌控制进食以防止吃太多（这意味着他们能够在感到饱时停止进食）。请执行以下步骤：

If your baby needs more than 5 ml of supplemental (extra) feeding because of difficulty breastfeeding, we recommend the **paced bottle technique**. This method of feeding requires a sucking technique similar to breastfeeding. It also requires your baby to be in control of their feeding to prevent overfeeding (meaning they're able to stop eating when they feel full). Follow these steps:

- 一. 调整宝宝的姿势，让他们坐直。用一只手支撑他们的头部和颈部。

Position your baby so they are sitting upright. Using one hand to support their head and neck.

- 二. 水平（横向地）握住瓶子，而不是上下直立握住瓶子。这会减慢乳汁的流动，并鼓励宝宝从奶瓶中吸吮。 Hold the bottle horizontally (straight across) instead of up and down. This slows the flow of the milk and encourages your baby to suck from the bottle.



在给宝宝任何补充（额外）喂养时，使用下表计算出建议给他们的量以及您应该多久进行一次额外的喂养： When giving your baby any supplemental (extra) feeding, use the following table to figure out the recommended amount to give them and how often you should do the extra feedings:

	出生后小时数:			
	0-24 小时	25-48 小时	49-72 小时	73-96 小时
量:	2-10 毫升	5-15 毫升	15-30 毫升	30-60 毫升 (按需要增加)
多久一次:	每 2-3 小时一次, 每天至少 4-6 次	每 2-3 小时一次, 每天至少 8 次	每 2-3 小时一次, 每天至少 8 次	每 2-3 小时一次, 每天至少 8 次

	Hours after birth:			
	0-24 hours	25-48 hours	49-72 hours	73-96 hours
Amount:	2-10 ml	5-15 ml	15-30 ml	30-60 ml (increase as needed)
How often:	Every 2-3 hours, at least 4-6 times a day	Every 2-3 hours, at least 8 times a day	Every 2-3 hours, at least 8 times a day	Every 2-3 hours, at least 8 times a day

您的母乳是最适合宝宝的母乳。如果您无法挤出建议的母乳量以进行补充喂养, 请使用高温巴氏杀菌捐赠的母乳 (HPDM) 或用婴儿配方奶。首先给宝宝提供可用的母乳, 然后根据需要给宝宝额外的人奶或配方奶, 以达到建议的量。

Your milk is the best milk for your baby. If you are not able to express the recommended amount of breast milk for supplemental feedings, then use heat-pasteurized donor human milk (HPDM) or infant formula. Start by giving your baby the available breast milk first, and then give them extra human milk or formula as needed to meet the amount recommendations.

如果我的宝宝需要额外的喂养, 我需要使用吸奶器吗?

If my baby needs extra feedings, do I need to use a breast pump?

- **分娩后的前 2 周对于哺乳是（乳汁分泌）非常重要的时期。**由于您身体的荷尔蒙变化，您将在分娩后 72-96 小时（约 3-4 天）左右开始产生大量乳汁。那时，如果经常从您的乳房中排出乳汁（通过宝宝吸奶或吸奶器或用手挤奶），乳汁分泌量将继续增加。

The first 2 weeks after giving birth are a really important time in lactation (milk production). Because of your body's hormonal changes, you'll start to have a lot of milk production around 72-96 hours (about 3-4 days) after delivery. At that time, milk production will continue to increase if milk is frequently removed from your breasts (through your baby breastfeeding or through pumping or hand expressing your milk).

- 如果您的宝宝在母乳喂养方面遇到困难，并且他们无法至少每 2-3 小时一次通过喂奶排空您的乳房，那么每 2-3 小时使用吸奶器 **15-20 分钟非常重要**。这就是您可以制造并保持足够的母乳来喂养宝宝的方法。If your baby is having trouble breastfeeding and they're not able to empty your breasts with feedings at least every 2-3 hours, then it is important that you use your breast pump for **15-20 minutes every 2-3 hours**. This is how you can make and keep producing enough breast milk to feed your baby.
- 如果您的宝宝母乳喂养不佳，并且您大部分都是使用吸奶器排空乳房，您应该期望挤出（吸出）以下奶量：If your baby is not breastfeeding well and you are mostly emptying your breasts by using a breast pump, you should expect to express (pump) the following milk amounts:

日：	量：
第 0-2 天	每天约 30 毫升（1 盎司） (每次吸乳 2-10 毫升或 1-2 茶匙)
第 3-7 天	每天 350 毫升（11.5 盎司）或更多 (每次吸乳 30-45 毫升或 1-2 盎司)

第 7-14 天	每天 500-1000 毫升 (16.5-33 盎司) 或更多 (每次吸乳 50-150 毫升或 2-4 盎司)
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Day:	Amount:
Day 0-2	About 30 ml (1 ounce) per day (2-10 ml or 1-2 teaspoons per pumping session)
Day 3-7	350 ml (11.5 ounces) or more per day (30-45 ml or 1-2 ounces per pumping session)
Day 7-14	500-1000 ml (16.5-33 ounces) or more per day (50-150 ml or 2-4 ounces per pumping session)

- 在喂食日记中写下宝宝的吃奶时间和挤出的乳汁量。我们在本指南中包含了一份。您还可以使用手机应用程序记录宝宝的喂食情况。

Write down your baby's feeding times and your expressed milk amounts in a feeding diary. We have included one in this guide. You can also record your baby's feedings using a phone app.

- 出院 1-2 天后，请咨询宝宝的初级保健医生，以获取有关补充喂奶的更多建议。

See your baby's primary care provider 1-2 days after leaving the hospital for more advice on supplemental feedings.

喂食日记 Feeding Diary

日期 Date	时间 Time	亲喂时间 Feeding time at the breast	补奶量 Supplemental feeding amount	泵奶 量 Breast pumping amount	湿尿布 Wet (pee) diaper	脏（便便）尿 布 Dirty (poop) diaper

胀奶 Engorgement

什么是胀奶? What is engorgement?

胀奶 是指乳房中乳汁、血液和淋巴液的增加。正常胀奶通常在分娩后 3-5 天开始，并在 24-48 小时内消退。 **Engorgement** is a filling of the breasts with increased amounts of milk, blood, and lymph fluid. Normal engorgement typically starts 3-5 days after delivery and goes down within 24-48 hours.

我的乳房胀奶时会有什么感觉? How will my breasts feel when engorged?

您可能只感到乳房轻微的胀满，或者您可能会发现乳房变得更大和更沉重，伴随压痛或跳痛动增加。乳房会变得坚硬，皮肤紧绷，可能看起来有光泽或感觉温暖。胀奶也可以向上延伸到腋窝，并延伸到末端。您可能会出现低烧，在 37.5-38.3°C (99.5-100.3°F) 之间。

You may experience only slight fullness of the breasts, or you may find the breasts become larger and heavier with increased tenderness or throbbing. The breasts can become hard with tightly stretched skin that may look shiny or feel warm. Engorgement can also extend up into the armpit and out to the end of the nipple. You may develop a low-grade fever, between 99.5-100.3° F (37.5-38.3° C).

我可以做些什么来帮助缓解胀奶?

What are some things I can do to help relieve engorgement?

喂奶前: Before feedings:

- 尝试挤出少量乳汁以软化**乳晕**（乳头周围的区域），以帮助宝宝含乳。您可以通过手动挤奶或使用吸奶器调到低挡吸力来完成。

Try to express a small amount of milk to soften the **areola** (the area

around the nipple) to help your baby latch. You can do this with hand expression or with a breast pump on a low setting.

喂奶时: During feedings:

- 让宝宝在第一侧乳房尽可能长时间地吮吸母乳，再给另一侧乳房。喂完后，第一侧乳房应明显变软。。 Let your baby breastfeed for as long as possible on the first breast before offering the second breast. The first breast should be noticeably softer after a feeding.
- 要频繁给宝宝哺乳。新生儿每小时要哺乳是正常的，但在宝宝出生后的第一周内，两次喂奶之间的间隔不要超过 3-4 小时。 Breastfeed your baby often. It is normal for a newborn baby to breastfeed as often as every hour, but don't go longer than 3-4 hours between feedings for the first week of your baby's life.

在两次喂奶之间: In between feedings:

- 在两次喂奶之间让乳房休息。 Allow your breast to rest between feedings.
 - 避免深度按摩或挤压乳房。
Avoid deep massage or squeezing your breast.
 - 避免过度喂奶或过度吸奶。
Avoid overfeeding or overpumping.
- 喂奶后在乳房上使用冷敷袋 20 分钟，在皮肤和冷敷袋之间垫一层布料。
Use cold packs on the breasts for 20 minutes after feedings, keeping a layer of fabric between your skin and the cold pack.
- 尝试穿着合身、有支撑力的胸罩，以帮助消肿和缓解疼痛。如果不穿胸罩，液体可能会聚集在乳房底部。 Try wearing a well-fitting, supportive bra to help reduce swelling and improve pain. Without a bra, fluid may collect in the bottom parts of your breast.

- 通过**轻柔的淋巴按摩**来帮助淋巴液流动并避免乳房中积聚额外的液体。轻柔的淋巴按摩可帮助您的身体消除肿胀。您可以用双手进行这种按摩（不需要特殊仪器）。用指尖练习以非常轻柔的力度，从乳头朝向颈部方向进行按摩。Help with lymph fluid movement and avoid extra fluid build-up in your breast by doing **gentle lymphatic massage**. Gentle lymphatic massage helps your body get rid of swelling. You can do this massage using your hands (no special devices are needed). Use the tips of your fingers to practice very light touch massage from the nipple toward your neck.

- 扫描二维码或点击链接观看有关按摩以帮助淋巴引流的教学视频。

Scan the QR code or click on the link to see an instructional video about massage to help with lymphatic drainage.

怀孕和哺乳期乳房淋巴按摩 (IABLE) :

[youtube.com/watch?v=-0Uwx7L47cg](https://www.youtube.com/watch?v=-0Uwx7L47cg)

Lymphatic Massage for the Breast During Pregnancy and Lactation (IABLE):

[youtube.com/watch?v=-0Uwx7L47cg](https://www.youtube.com/watch?v=-0Uwx7L47cg)



当我的乳房感到胀奶时，我应该避免做些什么事情？ What are some things I should avoid doing when my breasts feel engorged?

- 避免使用热敷来缓解乳房的不适，因为热敷可能会加重肿胀和炎症从而使乳汁更难流动。Avoid using heat for breast comfort, as heat can increase swelling and inflammation. This can make it more difficult for milk to flow.
- 如果您的宝宝哺乳良好，请不要吸出或挤出多余的乳汁。去除多余的乳汁会导致您的身体产生额外的乳汁，这会使胀奶更严重。Do not pump or express extra milk if

your baby is breastfeeding well. Removing extra milk will cause your body to make extra milk, which can make engorgement worse.

我可以服用任何药物来缓解胀奶的疼痛或不适吗？

Can I take any medication for the engorgement pain or discomfort?

您可以按照瓶子上的指示服用对乙酰氨基酚（Tylenol®）或布洛芬（Motrin® 或 Advil®）以帮助缓解不适。You can take acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) as directed on the bottle to help with discomfort.

我应该使用吸奶器来缓解胀奶吗？

Should I use a breast pump to relieve engorgement?

在分娩后 3-5 天的正常胀奶期间，您的身体会知道需要多少奶来喂养宝宝。随着乳汁被排出，您的身体会通过产生更多的乳汁来做出反应。乳房中未使用的乳汁会导致您的身体减慢乳汁分泌。

这被描述为“供需与需求”。During the normal period of engorgement that happens 3-5 days after delivery, your body will know how much milk is necessary to feed your baby. As milk is removed, your body will respond by producing more milk. Unused milk that is held in the breast will cause your body to slow milk production. This is described as “supply and demand.”

- 如果您的宝宝含乳良好并且经常哺乳，您应该不需要泵奶。If your baby is latching well and breastfeeding often, you shouldn't need to pump more.
- 您可能想在两次喂奶之间使用吸奶器来缓解一些胀奶的压力，但您应该将这些吸乳时间限制在几分钟内。您的目标应该是吸乳以舒适，但不要排空乳房。

You may be tempted to use your breast pump between feedings to relieve some of the pressure of engorgement, but you should limit these pumping sessions to only a couple minutes. Your goal should be to pump to comfort, but not empty the breasts.

- 如果您的宝宝含乳不佳，您应该继续每 **2-3 小时吸奶 15-20 分钟**，直到宝宝能规律的哺乳。 If your baby is not latching well, you should continue pumping for **15-20 minutes every 2-3 hours** until your baby is breastfeeding regularly.

我的乳房会再次胀奶吗？ Will my breasts get engorged again?

如果您的乳房没有完全和频繁地排空，则奶胀可能发生在母乳喂养期间的任何时候。胀奶的一些风险因素包括： Engorgement can happen at any time while you're breastfeeding if your breasts are not emptied fully and frequently. Some of the risk factors for engorgement include:

- 宝宝的睡眠时间比平时长，并且错过了喂奶。
Your baby is sleeping longer than usual and missing a feeding.
- 您的喂奶时间短或受限制。 You have short or restricted feedings.
- 宝宝正在更多地通过非乳房喂养来进食（通过补充奶或开始吃副食品时）。
Your baby is taking more feedings away from the breast (with supplements or when starting solid foods).

我应该什么时候打电话给我的医疗保健提供者？

When should I call my healthcare provider?

- 如果您的胀奶在 48 小时内没有缓解，请联系哺乳顾问寻求帮助。
If your engorgement is not relieved within 48 hours, contact a lactation consultant for help.
 - 请拨打哺乳协助热线 **(844) 200-8894**。我们会要求您留言，哺乳顾问将在 24 小时内回复您的电话。 Please call the Lactation Help Line at **(844) 200-8894**. We'll ask you to leave a message and a lactation consultant will return your call within 24 hours.

- 如果您发现感染迹象，包括发烧、发红或肿胀，请联系您的医疗保健提供者。

If you notice signs of infection, including fever, redness, or swelling, contact your healthcare provider.

- 如果您在过去 6 周内分娩过孩子，您可以拨打 (734) 764-8134 联系分娩中心分诊。If you delivered your baby within the past 6 weeks, you can call Birth Center Triage at (734) 764-8134.

宝宝母乳喂养（胸部喂养）：第 3 天及以后

Breastfeeding (Chestfeeding) Your Baby: Day 3 and Beyond

我如何判断哺乳是否顺利？

How will I be able to tell if breastfeeding is going well?

- 当宝宝进食并逐渐感到满足时，他们的行为也应随之发生变化。宝宝的行为应该随着他们的喂养和满足而改变。

Your baby's behavior should change as they feed and become satisfied.

- 在喂奶开始时，宝宝的拳头可能会紧握者，吸吮速度可能会很快。

At the beginning of the feeding, your baby's fists may be tightly clenched and their sucking may be fast.

- 随着喂奶的继续，您的宝宝应该开始放松，他们的吸吮会开始减慢。

As the feeding continues, your baby should start to relax and their sucking will start to slow.

- 您的宝宝应该能够顺利地含乳。

Your baby should be able to latch onto the breast without trouble.

- 您的宝宝应该缓慢、有节奏地吸吮 10-30 分钟。

Your baby should have slow, rhythmic sucking for 10-30 minutes.

- 一旦乳汁分泌稳定后，您应该在喂奶时经常听到宝宝的吞咽声。Once your milk is in, you should hear frequent swallowing during feedings.

- 一旦乳汁分泌稳定后，您的乳房在喂奶后应该会感觉更柔软。

Once your milk is in, your breasts should feel softer after feedings.

- 您的乳头可能会感到触痛，但不应疼痛、破裂或流血。Your nipples may feel tender, but they should not be sore, cracked, or bleeding.

生产后 3-5 天乳汁开始分泌后，我能期待什么？

What can I expect after my milk comes in 3-5 days after birth?

- 喂奶：您可预期在 24 小时内进行 8-12 次或更多次喂奶。

Feedings: You can expect 8-12 feedings or more in 24 hours.

- 大便：您可预期一天有 3 或更多次大便（便便）。

Stools: You can expect 3 or more stools (poops) a day.

- 尿液：您可预期每天有 3 个或更多湿尿布（小便），到第 7 天，每天会增加到 6-8 个湿尿布。Urine: You can expect 3 or more wet (pee) diapers a day, getting up to 6-8 wet diapers a day by day 7.

我应该什么时候与哺乳顾问交谈？ When should I talk to a lactation consultant?

如果您有以下任何疑虑，请联系哺乳顾问：

Contact a lactation consultant if you're having any of these concerns:

- 您的乳头疼痛、破裂或出血。Your nipples are sore, cracked, or bleeding.
- 一旦乳汁开始分泌，您的乳房在喂奶后不感觉更柔软。
Once your milk is in, your breasts do not feel softer after feedings.
- 您的乳汁在生产后 5 天内没有分泌。Your milk is not in 5 days after birth.

我应该什么时候联系宝宝的医疗保健提供者？

When should I contact my baby's healthcare provider?

如果您发现以下任何情况，请立即联系宝宝的医疗保健提供者：Contact your baby's healthcare provider immediately if you notice any of the following:

- 宝宝口干。Your baby's mouth is dry.
- 宝宝头顶的囟门呈现凹陷。

The soft spot on the top of your baby's head is sunken.

- 宝宝在开始哺乳不久后就靠着乳房睡着了。

Your baby falls asleep at the breast shortly after starting to breastfeed.

- 您的宝宝一直在睡觉或一直在哭。

Your baby sleeps all the time or cries all the time.

- 您的乳汁开始分泌后，宝宝的尿液（小便）呈橙色或砖色。

After your milk is in, your baby's urine (pee) is orange or brick-colored.

母乳储存指南 Milk Storage Guidelines

许多父母发现收集母乳并储存起来以备后用很方便，甚至是必要的。对于要重返工作岗位或学校的父母，或者那些与婴儿分离的父母来说，情况往往是如此。这些指南将回答您关于安全储存母乳的一些问题。 Many parents find it convenient, or even necessary, to collect their breast milk and store it to be used later. This is often the case for parents who are going back to work or school, or for those who are separated from their babies. These guidelines will answer some of the questions you might have about safely storing your breast milk.

我应该如何收集母乳？ How should I collect the milk?

- 在挤奶或处理母乳之前，用肥皂和水洗手。 Wash your hands with soap and water before expressing or handling breast milk.
- 每次泵奶时使用新的、干净的收集瓶。
Use new, clean collection bottles for each pumping session.
- 检查吸乳器、吸乳器套件和管子，确保它们干净。切勿使用发霉的管子，若发现应立即更换。 Check the pump, the pump kit, and the tubing to make sure they are clean. Never use moldy tubing, and replace it immediately.
- 清洁吸乳器旋钮和台面。 Clean the pump dials and countertop.

我应该如何储存母乳？ How should I store the milk?

- 在家中，您可以使用母乳储存袋或带有紧密盖子的干净食品级容器来储存吸出的母乳。
At home, you can use human milk storage bags or clean, food-grade containers with tight fitting lids to store your expressed breast milk.

- 不要将母乳储存在含有双酚 A（BPA）的塑料容器中。这些类型的塑料容器标有回收符号 #7（一个由箭头组成的三角形，中间有数字 7）。Don't store milk in containers made of plastic containing bisphenol A (BPA). These types of plastic containers are marked with the recycle symbol #7 (a triangle made of arrows with the number 7 in the center).
- 在母乳上清楚地标明吸出日期。如果您打算将母乳给托儿服务提供者，请在标签上写上宝宝的名字。Clearly label the milk with the date it was expressed. Include your baby's name on the label if you plan to give the milk to a childcare provider.
- 将母乳存放在冷冻室或冰箱的后面（不要将其存放在冰箱或冷冻室的门上）。Store the milk in the back of the freezer or refrigerator (do not store it in the door of the fridge or freezer).
- 如果您不打算在 4 天内使用新鲜吸出的母乳，请立即冷冻。If you don't plan to use freshly expressed milk within 4 days, freeze it right away.
 - 在您要冷冻的容器顶部留出一英寸的空间，因为母乳在冻结时会膨胀。Leave an inch of space at the top of the container you are freezing, because the milk will expand when it freezes.

每个容器应该储存多少母乳？

How much milk should I store in each container?

出生后第一周后，大多数婴儿通常每次喂食都会摄入 2-4 盎司的母乳。我们建议您将少量 2-4 盎司的母乳储存起来，以免浪费任何吸出的母乳。

After their first week of life, most babies typically take 2-4 ounces of human milk per feeding. We recommend that you store milk in small amounts of 2-4 ounces to avoid wasting any of your expressed milk.

我可以将新鲜吸出的母乳添加到冷却或冷冻的母乳中吗？ Can I add freshly expressed breast milk to breast milk that was cooled or frozen?

新鲜挤出的热母乳应在冰箱中完全冷却，然后再将其添加到之前冷却或冷冻的母乳中。

Freshly expressed, warm milk should be chilled completely in the refrigerator before adding it to milk that was cooled or frozen before.

如何解冻冷冻母乳？ How do I thaw frozen milk?

- 总是先解冻最老的母乳。 Always thaw the oldest milk first.

- **不要使用微波炉解冻母乳容器。** 我们建议将母乳在冰箱中缓慢解冻过夜。

Do not use a microwave oven to thaw containers of breast milk. We recommend slowly thawing the milk in the refrigerator overnight.

- 您也可以将母乳容器放在温热的流水下，或使用无水加热器来解冻冷冻母乳。

You can also thaw frozen milk by placing the container of milk under lukewarm running water, or by using a waterless warmer.

- 完全解冻后，请在 24 小时内使用母乳。

Once completely thawed, use the milk within 24 hours.

- **母乳解冻后，请勿重新冷冻。**

Do not refreeze breast milk once it has been thawed.

如何准备解冻的母乳供喂奶？ How do I prepare thawed milk for feeding?

- 您可以将冷的、室温的或温热的母乳喂给宝宝。

You can give the milk to your baby cold, room temperature, or warm.

- 要加热母乳，请将装有解冻母乳的密封（密闭）容器放入一杯温水中。您可以在喂奶前将

几滴母乳滴在手腕上来检查温度。母乳应该感觉热，**而不是烫**。 To warm the milk, place the sealed (closed) container of thawed breast milk in a cup of

warm water. You can check the temperature before feeding by putting a few drops of milk on your wrist. The milk should feel warm, **not hot**.

- **不要在炉子或微波炉中加热母乳。** 微波加热会导致加热不均匀，这可能会灼伤宝宝的嘴巴或损坏乳汁。 **Do not heat breast milk on the stove or in the microwave.** Microwaving causes uneven heating which can burn your baby's mouth or damage the milk.
- 在喂宝宝之前，轻轻摇晃装奶的容器。
Swirl the container of milk gently before feeding your baby.
- 加热后的母乳应该在 **2 小时内使用**。
Once warmed, you should use the milk **within 2 hours**.
- **不要将用过的奶瓶中的母乳留作下次喂养。**
Do not save milk from a used bottle for another feeding.

如何清洁吸乳器部件和储奶容器？

How do I clean the pump parts and milk storage containers?

- 每次使用后，您必须将吸奶器套件、集乳容器和其他喂养用品拆开进行清洗。
After each use, you must take apart the pump kits, milk collection containers, and other feeding items to wash them.
- 使用干净的碗装热肥皂水来清洗物品。
Use a clean bowl with hot soapy water to wash the items.
 - 不要直接在水槽中清洗物品，因为水槽中的细菌可能会沾到物品上，使宝宝生病。
Do not wash items directly in the sink, because germs in the sink could get onto the items and make your baby sick.
- 在流水下彻底冲洗物品。 Rinse the items really well under running water.

- 让物品在干净的布或纸巾上风干。

Let the items air dry on a clean cloth or paper towel.

- 用干净的手收放已燥的物品。将它们存放在干净、受保护的区域。Using clean hands, put away the dry items. Store them in a clean, protected area.

我需要对吸乳器部件和储奶容器进行消毒（深度清洁和消毒）吗？

Do I need to sanitize (deep clean and disinfect) the pump parts and milk storage containers?

- 即使您将吸乳器部件煮沸，也无法在家中对它们进行完全消毒。您可以通过用液体洗碗精和温水彻底洗去病菌和细菌来保持这些部件的安全和卫生。It is not possible to completely sterilize breast pump parts at home, even if you boil them. You can keep these parts safe and sanitary by thoroughly washing away germs and bacteria with liquid dishwashing soap and warm water.
- 如果您的宝宝不到 2 个月大、早产（37 周之前）或因疾病或药物治疗导致免疫系统减弱，则额外的消毒很重要。Extra sanitizing is important if your baby is less than 2 months old, was born prematurely (before 37 weeks), or has a weakened immune system due to illness or medical treatment.
- 为了确保没有细菌，您可以每天使用以下方法之一对吸乳器套件、乳容器和其他喂奶用品进行消毒：For extra safety to make sure there are no germs, you can sanitize your pump kits, milk collection containers, and other feeding items every day using one of these methods:
 - 在洗碗机中使用热水和加热干燥循环（或“消毒”设置，如果您的洗碗机有）清洁它们。Clean them in the dishwasher using hot water and a heated drying cycle (or the “Sanitize” setting, if your dishwasher has one).
 - 将它们在水中煮沸 5 分钟（用肥皂和水清洗后）。Boil them in water for 5 minutes (after cleaning them with soap and water).

- 在微波炉或插入式蒸汽系统中蒸它们。按照制造商的说明进行作（用肥皂和水清洁后）。 Steam them in a microwave or a plug-in steam system. Follow the manufacturer's directions (after cleaning them with soap and water).

如果我的宝宝住院，我应该做些什么不同的事情吗？

Is there anything I should do differently if my baby is hospitalized?

- 当您的宝宝在医院时，您应该使用医院提供的小（80 毫升）储奶瓶。

While your baby is in the hospital, you should use the small (80 ml) milk storage bottles provided by the hospital.

- 奶瓶可以直接连接到大多数吸奶器套件，因此您可以将母乳收集并储存在同一个奶瓶中。 The bottles can be connected directly to most pump kits, so you can collect and store the milk in the same bottles.

- 旅行时，您可以将母乳存放在装有冷冻冰袋的保温冷藏袋中保存长达 24 小时。

When you are traveling, you can store milk in an insulated cooler bag with frozen ice packs for up to 24 hours.

- 如果您要将母乳送到医院，请在每个奶瓶上清楚地贴上 **宝宝的姓名、病历号（MRN）以及吸乳日期和时间的标签**。如果您需要，您的宝宝的护士可以给您印有宝宝名字和 **病历号** 的标签。

If you are delivering breast milk to the hospital, clearly label each bottle with **your baby's name, medical registration number (MRN), and the date and time of pumping**. Your baby's nurse can give you printed labels with your baby's name and MRN if you need them.

关于母乳可以储存多长时间，我还需要了解什么？

What else do I need to know about how long I can store breast milk?

有关您可以安全储存和使用母乳多长时间的信息，请参阅下表，具体取决于母乳的类型和储存地点。

See the table below for detailed information about how long you can safely store and use milk, depending on what type of milk it is and where it is stored.

母乳类型	储存位置和温度		
	台面 (最高 77 °F 或 25 °C, 或室温)	冰箱 (40 °F 或 4 °C)	冷冻室 (0 °F 或 -18 °C 或更低)
新鲜挤出或吸出的母乳	长达 4 小时	最多 4 天	6 个月内是最好的。最长 12 个月是可以接受的。
冷冻后解冻的母乳	1-2 小时	最多 1 天 (24 小时)	切勿在母乳解冻后重新冷 冻母乳。
喂奶后剩余的奶 (宝宝 没有喝完奶瓶)	在婴儿吃完奶后 2 小时内使用。		

Type of breast milk	Storage locations and temperatures		
	Countertop (up to 77 °F or 25 °C, or room temperature)	Refrigerator (40 °F or 4 °C)	Freezer (0 °F or -18 °C or colder)
Freshly expressed or pumped milk	Up to 4 hours	Up to 4 days	Within 6 months is best. Up to 12 months is acceptable.
Milk that was frozen and then thawed	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed.
Milk leftover from a feeding (baby didn't finish the bottle)	Use within 2 hours after the baby is done feeding.		

母乳喂养（胸部喂养）父母的资源

Resources for Breastfeeding (Chestfeeding) Parents

母乳喂养是自然的行为，也是一项需要学习和练习的技能。当您和宝宝一起努力逐步建立母乳喂养技能时，您可能需要更多支持。 Breastfeeding is natural, and it is also a skill that requires learning and practice. As you and your baby work together to develop your breastfeeding skills, you may need more support.

密西根医学部母乳喂养资源:

Michigan Medicine breastfeeding resources:

- 网站: [MottChildren.org/conditions-treatments/breastfeeding](https://www.mottchildren.org/conditions-treatments/breastfeeding)

Website: [MottChildren.org/conditions-treatments/breastfeeding](https://www.mottchildren.org/conditions-treatments/breastfeeding)

- 哺乳协助热线: (844) 200-8894 Lactation Help Line: (844) 200-8894

- 对于一般的母乳喂养问题，请留言，哺乳顾问将在 24 小时内回复您的电话。

For general breastfeeding questions, please leave a message and a lactation consultant will return your call within 24 hours.

门诊部哺乳诊所: Outpatient lactation clinics:

- 每个哺乳（母乳喂养和胸部喂养）诊所都由一名国际委员会认证的哺乳顾问（IBCLC）

配备工作人员。一些诊所还配备了专门处理母乳喂养问题的妇产科医生。

Each lactation (breastfeeding and chestfeeding) clinic is staffed by an International Board Certified Lactation Consultant (IBCLC). Some of the clinics are also staffed by an OBGYN doctor who specializes in breastfeeding concerns.

- 许多保险计划都涵盖哺乳服务。请联系您的保险公司以确认（确保您有）承保范围。

Many insurance plans provide coverage for lactation services. Please

contact your insurance company to verify (make sure you have) coverage.

- 您的初级保健提供者（PCP）可能会将您转介至该诊所，但不需要医生开转诊。

Your primary care provider (PCP) may refer you to the clinic, but a doctor referral is not required.

- 请致电 **(734) 763-6295** 预约在您选择的诊所进行面对面咨询。

Please call **(734) 763-6295** to schedule an appointment for an in-person consultation at the clinic of your choice.

门诊部诊所名称	地址	小时
布莱顿健康中心	8001 Challis Rd. Brighton, MI	周一 仅限预约
坎通健康中心	1051 N. Canton Center Rd. Canton, MI	周二 仅限预约
布莱尔伍德妇女、儿童和青少年中心	400 E. Eisenhower Pkwy. Building 2, Suite B Ann Arbor, MI	周三 仅限预约
诺斯维尔健康中心	39901 Traditions Dr. Suite 240 Northville, MI	周四 仅限预约
西安娜堡健康中心	380 Parkland Plaza Ann Arbor, MI	周五 仅限预约

Outpatient clinic name	Address	Hours
Brighton Health Center	8001 Challis Rd. Brighton, MI	Monday by appointment only
Canton Health Center	1051 N. Canton Center Rd. Canton, MI	Tuesday by appointment only
Briarwood Center for Women, Children and Young Adults	400 E. Eisenhower Pkwy. Building 2, Suite B Ann Arbor, MI	Wednesday by appointment only
Northville Health Center	39901 Traditions Dr. Suite 240 Northville, MI	Thursday by appointment only
West Ann Arbor Health Center	380 Parkland Plaza Ann Arbor, MI	Friday by appointment only

社区母乳喂养资源：Community breastfeeding resources:

国际母乳联盟： 该小组为怀孕的家长、母亲和在哺乳的家长提供免费的支持聚会。通用网站： lila.org La Leche League International: This group offers free support meetings for pregnant parents, mothers, and breastfeeding parents. General website: lila.org	
密西根州的国际母乳联盟团体每个月都会举办许多不同的在线会议： LaLecheLeagueOfMichigan.org La Leche League of Michigan groups host many different online meetings each month: LaLecheLeagueOfMichigan.org	
安娜堡母乳喂养中心： bfcaa.com 或致电 (734) 975-6534 Breastfeeding Center of Ann Arbor: bfcaa.com or call (734) 975-6534	

在线资源: Online resources:

循证母乳喂养资源 Evidence-based breastfeeding resources

美国卫生与公众服务部女性健康办公室: WomensHealth.gov/breastfeeding US Department of Health and Human Services Office of Women's Health: WomensHealth.gov/breastfeeding	
KellyMom: KellyMom.com KellyMom: KellyMom.com	

关于手动挤母奶的视频链接

Video links on hand expression of breast milk

Droplet: FirstDroplets.com Droplet: FirstDroplets.com	
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关于增加母乳供应的信息 Information on increasing milk supply

“制作更多母乳: 增加乳汁分泌量的母乳喂养指南”, 作者: Lisa Marasco, 文学硕士, IBCLC 和 Diana West, 文学学士, IBCLC: LowMilkSupply.org “Making More Milk: The Breastfeeding Guide to Increasing Your Milk Production” by Lisa Marasco, MA, IBCLC and Diana West, BA, IBCLC: LowMilkSupply.org	
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有关药物和母乳喂养的信息 Information on medications and breastfeeding

婴儿风险中心（提供有关怀孕和母乳喂养期间的药物和物质使用的咨询）： InfantRisk.com Infant Risk Center (provides counseling on medications and substance use in pregnancy and breastfeeding): InfantRisk.com	
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书籍资源: Book resources:

一般母乳喂养信息书籍 General breastfeeding information books

- “母乳喂养的艺术”（2024）由国际母乳联盟提供
The Art of Breastfeeding” (2024) by La Leche League International
- 美国儿科学会“母乳喂养新妈妈指南”（2011年），作者：Joan Younger Meek，医学博士、理学硕士、注册营养师、注册营养师、FAAP、IBCLC
American Academy of Pediatrics “New Mother’s Guide to Breastfeeding” (2011) by Joan Younger Meek, MD, MS, RD, FAAP, IBCLC
- “母乳喂养变得简单：哺乳母亲的七条自然法则”，作者：IBCLC、FILCA 的 Nancy Mohrbacher 和 IBCLC 的 Kathleen Kendall-Tackett 博士（网站：
<https://breastfeedingmadesimple.com/BreastfeedingMadeSimple.com>)
“Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers” by Nancy Mohrbacher, IBCLC, FILCA and Kathleen Kendall-Tackett, PhD, IBCLC (website: [BreastfeedingMadeSimple.com](https://breastfeedingmadesimple.com))

关于工作和母乳喂养的书籍 Books on working and breastfeeding

- “平衡乳房和奶瓶：实现您的母乳喂养目标”（2009年）作者是 Amy Peterson BS, IBCLC 和 Wendy Harmer, MA, CCC-SLP

“Balancing Breast & Bottle: Reaching Your Breastfeeding Goals” (2009) by Amy Peterson BS, IBCLC and Wendy Harmer, MA, CCC-SLP

- “哺乳妈妈，职业母亲：重返工作岗位前后母乳喂养宝宝的基本指南”（2007 年），作者：Gale Pryor 和 Kathleen Huggins，注册护士、理学硕士
- “Nursing Mother, Working Mother: The Essential Guide to Breastfeeding Your Baby Before and After You Return to Work” (2007) by Gale Pryor and Kathleen Huggins, RN, MS

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