

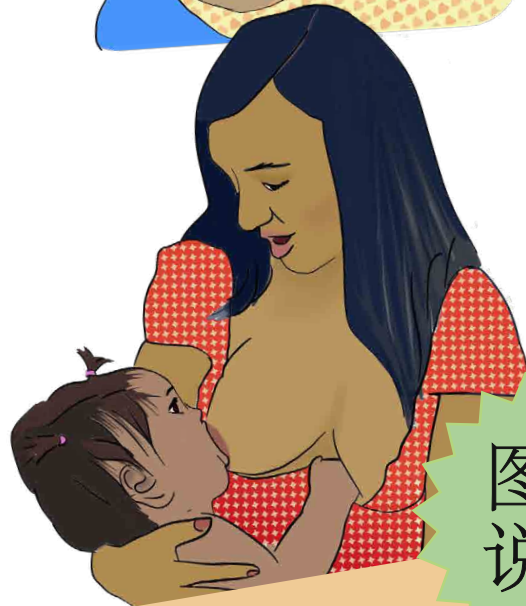
# How Breastfeeding Works



Australian  
Breastfeeding  
Association



*an  
illustrated  
guide*



图解  
说明

## 母乳喂养原理

Chinese

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[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
[actnswoffice@breastfeeding.asn.au](mailto:actnswoffice@breastfeeding.asn.au)

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# How Breastfeeding Works

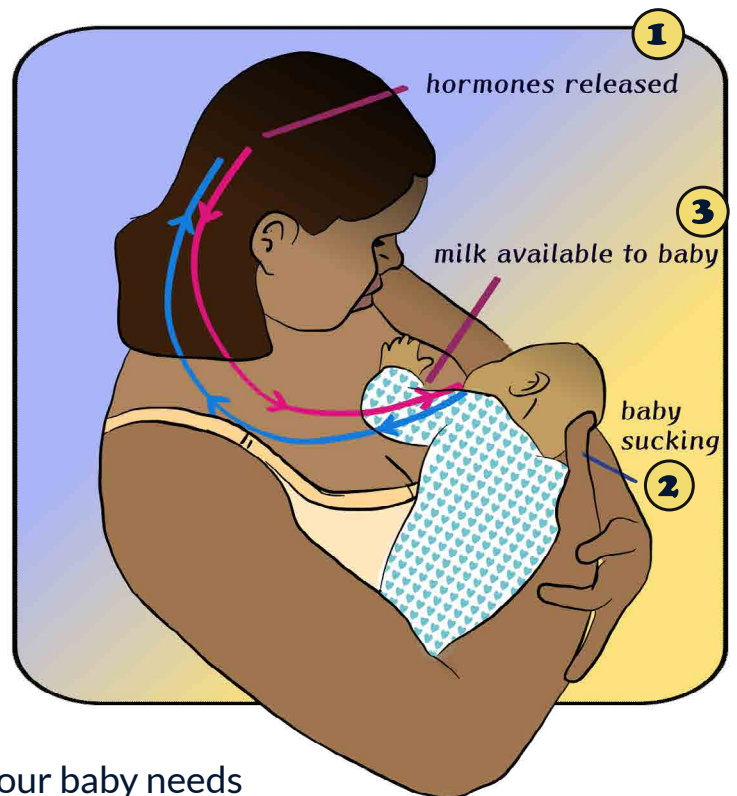
The more breastmilk your baby drinks, the more milk your breasts will make. Your body will send out a **message**<sup>①</sup> when your **baby sucks**<sup>②</sup> on your **breast**. This will tell your body to **make breastmilk** and let it flow.<sup>③</sup>

The first breastmilk you make will be thick and yellow. It's called **colostrum**<sup>④</sup>.

It is important to feed your baby this milk as it will protect your baby from getting sick.

Your breastmilk will slowly become thinner and turn a **bluish-white colour**.<sup>⑤</sup>

Your breastmilk will still have everything your baby needs to grow and feel full.

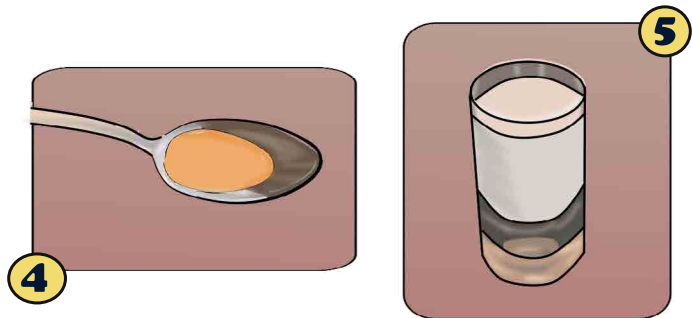


## Here is how to tell if your milk is flowing properly:

- At the start of a feed, your baby will suck quickly. Once the milk is flowing your baby will suck and swallow more slowly. The baby will pause from time to time and then start to suck and swallow again.
- You may feel tingling or 'pins and needles' in your breast.
- Sometimes your breasts may feel full and the other breast may leak milk.
- You may feel thirsty.

# 母乳喂养原理

宝宝喝的母乳越多，乳房分泌的乳汁也就越多。当宝宝吸吮乳房时，您的身体会发出信号。这一信号会让身体产生母乳并保持乳汁流畅<sup>①②③</sup>。



您最初分泌的乳汁是黄色的粘稠液体。这就是所谓的初乳<sup>④</sup>。

因为初乳可以防止宝宝生病，所以给宝宝喂食初乳非常重要。

乳汁会慢慢变稀，并且颜色也会变成蓝白色<sup>⑤</sup>，但仍然包含了宝宝成长和饱腹所需要的一切营养成分。



## 下面是判断泌乳是否通畅的方法：

- 在刚开始喂奶时，宝宝会快速地吸吮。如果泌乳通畅，那么宝宝吮吸和吞咽的速度会更加缓慢。宝宝会时不时地休息，然后再接着吸吮和吞咽。
- 您可能会感到乳房有刺痛感或“针刺感”。
- 您有时可能会感到乳房胀痛，而且另一侧乳房可能有奶水溢出。
- 您可能会感到口渴。

## The way you feel can change how your breastmilk flows.

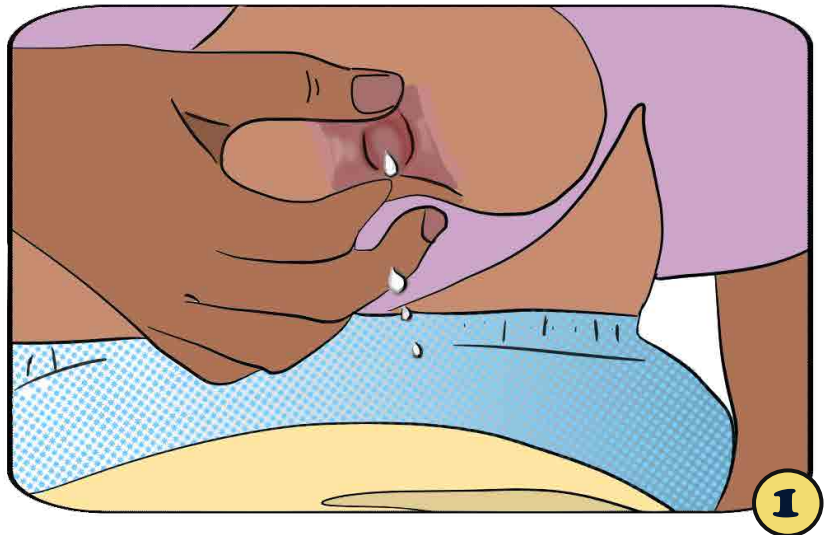
For example, if you feel tired, tense or shy your milk may flow slowly. Being relaxed will help your milk flow better.

Make yourself comfortable. Have a drink and healthy snack near you.

Express a few drops of milk before putting your baby to your breast. ❶

Gently massage your breast while feeding your baby.

Make sure your baby is positioned correctly. See page 5



## How can I tell that my baby is getting enough breastmilk?

Your baby is getting enough breastmilk if:

- Your baby is feeding whenever they want, day or night. Sometimes your baby will feed 10–12 or more times in 24 hours.
- In 24 hours, babies should wet their nappy 5 or more times and also have 3 or more soft poos. As babies get older, they may poo less often. ❷
- Your baby is awake, moving around and happy.
- Weigh your baby every 2 or 3 weeks. Your baby should put on weight over this time.
- Your baby's head and body will grow.

## 您的感觉会影响乳汁流速



例如，如果您感到疲劳、紧张或是困窘，那么乳汁流速会变缓。放松有助于乳汁分泌流畅。

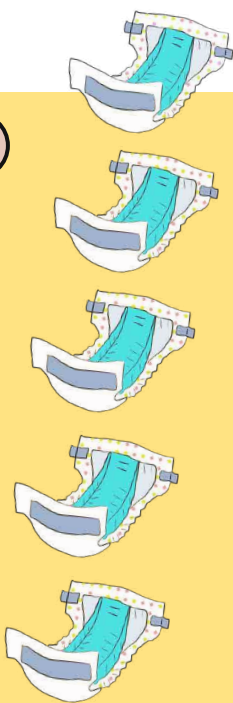
让自己处于舒服的状态。在旁边准备好饮品和健康的零食。

在宝宝吃奶前先挤出几滴乳汁<sup>①</sup>。

在给宝宝喂奶时轻轻地按摩乳房。

确保宝宝吃奶的姿势正确。参见“[母乳喂养姿势](#)” p.5 一节。

2



## 我如何确定宝宝获得了充足乳汁？

以下情况表明宝宝获得充足乳汁：

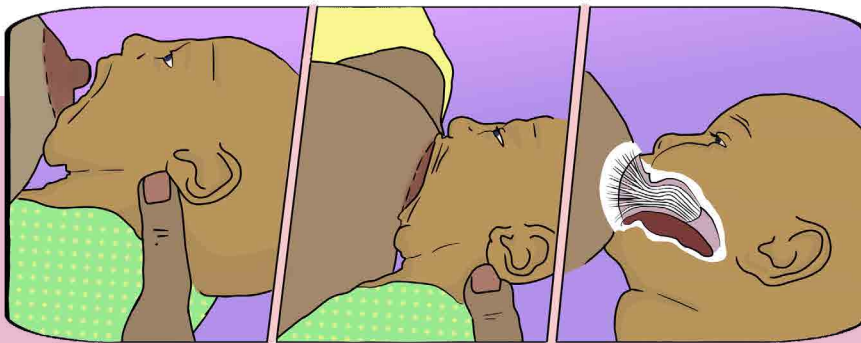
- 宝宝想吃奶的时候可随时给其喂奶，无论白天还是晚上。有时候，宝宝在 24 小时内会喝奶 10-12 次或者更多。
- 在 24 小时内，宝宝会尿湿尿布 5 次或 5 次以上，并有 3 次或 3 次以上软便。随着宝宝长大，他们的排便可能没有以往那么频繁<sup>②</sup>。
- 宝宝表现清醒、活跃而欢快。
- 每 2 周或 3 周给宝宝测量一次体重。这段时间宝宝的体重会有所增加。
- 宝宝的头和身体都会成长。

# Putting baby to your breast

Let your baby follow its natural instincts. This is called 'baby-led attachment'. You can start this as soon as your baby is born or any time afterwards. Sit comfortably. Support your back and lean backwards.

Start when your baby is awake and calm. Take off your baby's clothes but leave the nappy on. Take off your top and bra. You can wear something on your shoulders if you are cold or need privacy.

- 1 Put your baby upright between your breasts. Talk to your baby. Look into the baby's eyes. Gently touch the baby.
- 2 Gently support your baby's shoulders and bottom. Your baby may bob around on your chest before moving to your breast.
- 3 When your baby's chin touches your breast, your baby may attach without help. Don't rush things. Enjoy your baby.

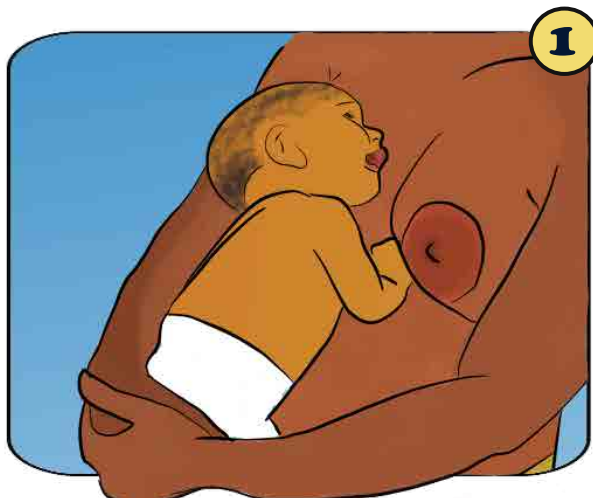




# 如何让宝宝衔乳

让宝宝遵循其自然本能。这就是所谓的“宝宝自主衔乳”。您可以在宝宝出生时或者之后随时进行。舒适地坐好。背靠支撑并向后倾斜。

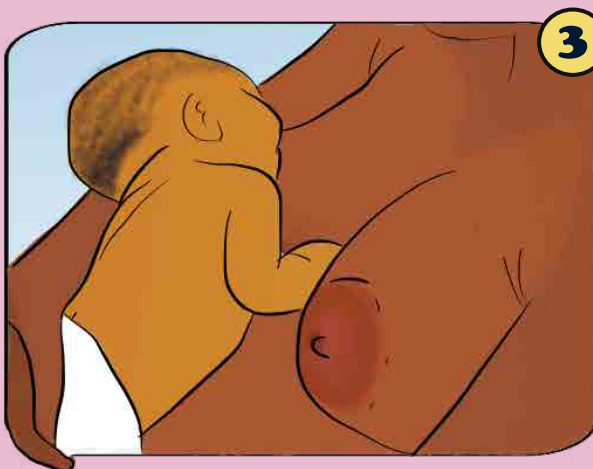
当宝宝睡醒且情绪平静时，即可开始喂奶。脱下宝宝的衣服，但是要留着尿布。妈妈脱下上衣和胸罩。如果感到寒冷或是需要保护隐私，可以在肩上披点东西。



将宝宝直立地放在乳房之间。对宝宝说话。看着宝宝的眼睛。轻轻地抚摸宝宝。



轻轻地托起宝宝的肩膀和臀部。在找到乳房之前，宝宝可能会在您的胸前四处挪动。

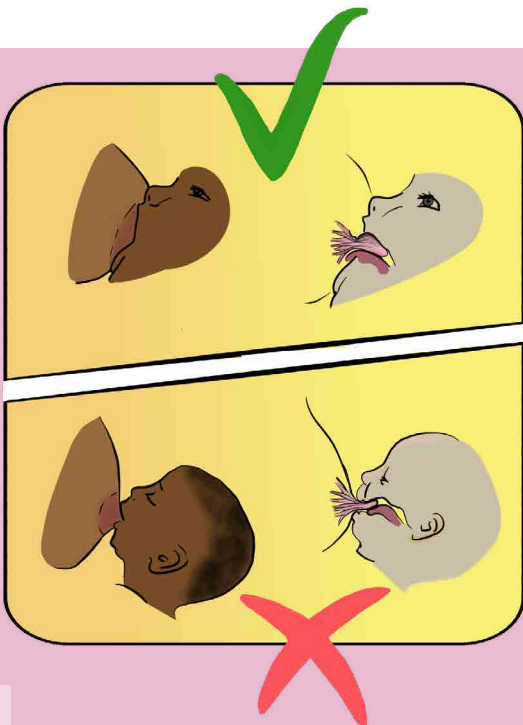


当宝宝的下巴贴到乳房时，他可能会自主地衔住乳房。别着急。尽情享受宝宝的这一刻吧。

## Breastfeeding positions

### The staff at the hospital may teach you a different way to breastfeed:

- Find a comfortable bed or chair. You can put pillows behind your back for support.
  - Hold your baby close with baby's body facing you. Support the baby's shoulders and neck.
  - Let the baby's head tip back a little bit. Move your baby's lower arm out the way or put it around your waist.
  - Your baby's body should curl around yours with their neck stretched out slightly.
  - Your baby's **nose** should be at the **same level** as your **nipple**. Bring your **baby** to your **breast**.
- Lean backwards a bit to help your baby come closer to your breast. The baby's **chin** should touch your breast first. This teaches your baby to open wide and then attach.
  - Hold your breast and point your nipple to the roof of the baby's mouth. When your baby's mouth is wide open, attach your baby. Your baby should have a **large mouthful** of breast and have their chest against your chest and chin to breast.
  - If it doesn't feel right, put your finger between the baby's gums and pull down gently to break the suction. Take the baby off your breast. Make sure your hands are clean before you do this.



Many mothers get nipple pain when they start learning to breastfeed. Ask for help if the pain lasts for more than 10 seconds or your nipple is damaged.

You and your baby will **learn** to breastfeed over **time**. It is normal to **feel unsure** when you are **learning** something new. Breastfeeding will become **easier** with **practice**. The midwives are there to **help** you. Do not be afraid to **ask for help**.

## 母乳喂养的姿势：

医院的工作人员可能会教你一种不同的母乳喂养方法：

- 寻找一张舒服的床或椅子。可以把枕头放在背后以作支撑。
- 将宝宝抱近身体，使其身体转向您。托住宝宝的肩部和颈部。
- 让宝宝的头稍微向后仰。将宝宝的下臂移开或放在您的腰后。
- 宝宝的**身体**应该在您身上自然弯曲，颈部稍微伸长。
- 宝宝的**鼻子**应该和您的**乳头**在**同一高度**。把**宝宝推向您的乳房**。
- 身体向后倾斜一点，帮助宝宝更靠近您的乳房。宝宝的**下巴**应该先贴上您的乳房。这教会宝宝张开嘴巴并衔住乳头。



- 托住您的乳房，将您的乳头推进宝宝的**上颚**处。当宝宝张大嘴巴时，让他衔住乳头。宝宝应该吸入一大口乳房组织，其胸部紧贴着您的胸口，下巴贴着乳房。
- 如果感到不舒服，把手指放在宝宝上下牙龈之间，然后轻轻地向下拉以打断宝宝的吸吮。将宝宝从乳房上**抱开**。在做这些之前请确保您双手**洁净**。

许多妈妈在学习母乳喂养之初会感到乳头疼痛。如果疼痛感持续10秒以上，或者乳头受伤，您可以求助他人。

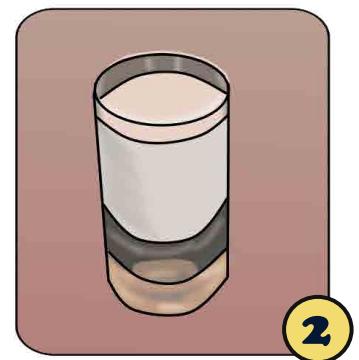
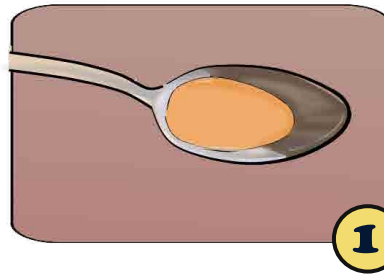
随着时间推移，您和宝宝会**学会**如何进行**母乳喂养**。在**学习**新事物时，感到**不确定**是很正常的。通过**练习**，母乳喂养会变得**简单**起来。**助产士**会在这里**帮助**您。不要害怕向他人**寻求帮助**。



# Too much milk

Two or three days after your baby's birth, your milk starts changing. It goes from **thick** and **yellow** milk called **colostrum**<sup>1</sup> to **thin** and **blush-white breastmilk**.<sup>2</sup> Sometimes when this change happens, there can be lots of milk and more blood flow to the breasts. Your breasts may feel tight, hard and uncomfortable.

This is called **engorgement**. If you let your baby breastfeed when baby wants to, the fullness quickly goes away. This means that the right amount of milk is there for your baby. Tell the nurses if your breasts become too full or uncomfortable. Get a lactation consultant or midwife to make sure your baby is feeding well.



## What can be done to help

- It may be hard for your baby to attach onto a full breast. Express some milk with your hand before breastfeeding your baby. You can also use your fingers to press your breast around the nipple. Press with **your fingers** for 2–3 minutes or until your breast gets softer (see next page for softening techniques).
- **Warm up** your breasts for a few minutes before breastfeeding. This can help your breastmilk flow.<sup>3</sup>
- After breastfeeding, you can **cool down** your breasts to help with pain and swelling. Place cold face washers wet with water, a cold pack or a frozen disposable nappy on your breasts.

# 乳汁过量怎么办

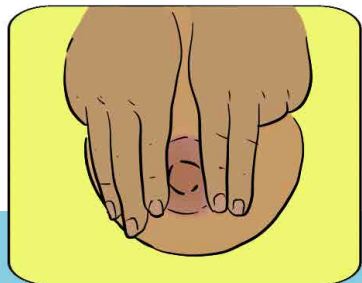
在宝宝出生后的两或三天，您的乳汁会开始发生变化。它会从**浓稠且呈黄色①**的乳汁，即所谓的**初乳**，变成**稀状且显蓝白色的乳汁②**。当发生此变化时，有时会有大量的乳汁和血液流向乳房。乳房会感到紧绷、发硬以及不舒服。

这就是我们说的**乳房胀痛**。如果您在宝宝想喝奶时就给他进行母乳喂养，那么乳房胀痛很快就会消失。这意味着产出了宝宝所需的适量乳汁。当您的乳房感到胀痛不适时，请告知护士。找一位哺乳顾问或助产士，以确保您的宝宝得到良好喂养。

## Positions for softening your breasts

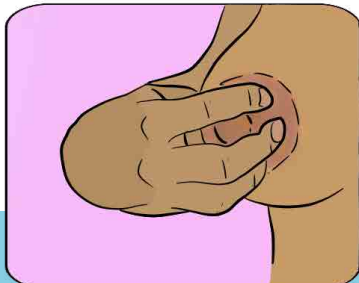
手动软化乳房的姿势：

横向的手指



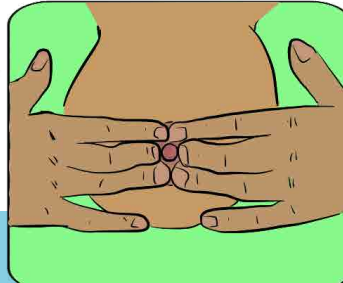
horizontal fingers

“捧花式”姿势



'flower' hold

竖直的手指



vertical fingers

## 可以采取哪些帮助措施

- 宝宝可能很难衔住饱满的乳房。在给宝宝喂奶之前，先用手挤出一些乳汁。您也可以用手指按压乳头周围的乳房。用手指按压 2-3 分钟或者直到感觉乳房变软（有关软化方法，请参见上图 p.10）。
- 母乳喂养前先**热敷**乳房几分钟。这有助于乳汁流动。③
- 母乳喂养后，您可以让乳房**冷却**下来以减轻疼痛和肿胀。将用水打湿的凉毛巾、冰袋或冷冻的一次性尿布敷在乳房上。

- **Only give your baby breastmilk.** ❶ Giving your baby anything else to drink will mean that your baby won't want as many breastfeeds. Breastfeed often as this will help the engorgement go away.
- Wake your baby up for a feed if your breasts are too full and uncomfortable.
- If your breasts are red or sore, or you see lumps, you may have blocked ducts and mastitis. See **page 41**
- Take your bra off before breastfeeding.
- If your breasts are very full, empty your breasts just once with a breast pump. Your breasts usually become less full after the first week of breastfeeding.

Sometimes your breasts can get full if your baby's feeding pattern changes. For example, if your baby sleeps through the night, you wean your baby too quickly, or your baby is sick.



## What to do about too much breastmilk

After the first weeks of breastfeeding, some mothers still have too much milk.

- Empty one breast first. Let your baby choose how long to breastfeed. Your baby may not want both breasts every time.
- Make sure your baby is attached properly. See **page 5**
- Only express your breastmilk for your comfort or to help your baby to attach properly.

- 只用母乳喂养宝宝。❶ 给宝宝喂食任何其他液体将意味着宝宝不再需要那么多的母乳。频繁喂哺母乳有助于消除胀痛。
- 如果感到乳房肿胀不适，可以叫醒宝宝给其喂奶。



- 如果乳房出现红肿或疼痛，或者发现有肿块，则可能表示有乳腺管堵塞和乳腺炎。参见“[乳腺炎](#)”一节 p.41。
- 请在喂奶前脱下胸罩。
- 如果您的乳房非常胀满，请用吸奶器一次性将乳房排空。在母乳喂养第一周后，通常乳房胀痛会有所缓和。

如果给宝宝喂奶的模式发生改变，也可能会再次导致乳房胀痛。例如，宝宝整夜安睡无需喂奶、给宝宝断奶太快或者宝宝身体不适。

## 乳量过多怎么办

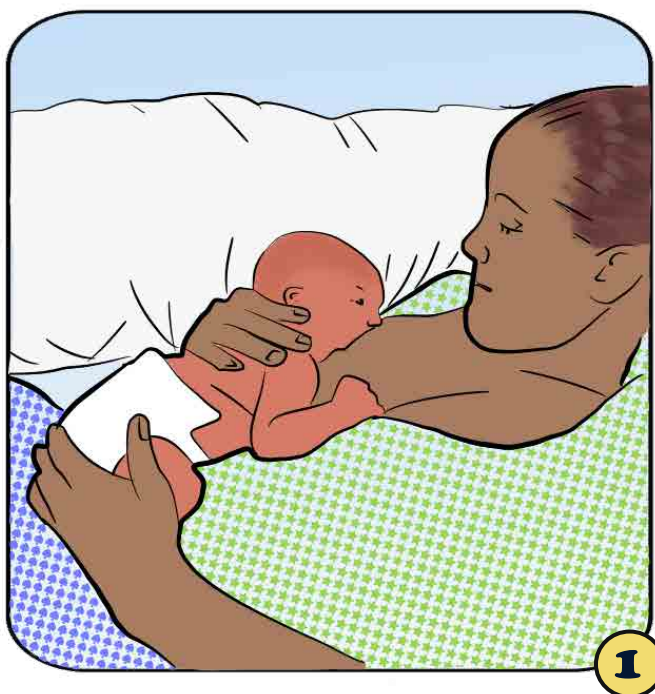
在母乳喂养的最初几周后，有些妈妈仍会分泌大量乳汁。

- 首先排空一侧乳房。让您的宝宝决定喝奶多长时间。宝宝可能不会每次都想要吸吮两侧乳房。
- 确保宝宝喝奶时姿势正确。参见“[母乳喂养姿势](#)”一节 p.5。
- 只有在要缓解不适或帮助宝宝正确衔乳时才挤出乳汁。

Try these tips for a few days. If you still have problems you can try to breastfeed only every 2–3 hours, swapping sides each time, to help control how much breastmilk your body makes.

To **comfort** your baby without breastfeeding, you can **rock** and **cuddle** your baby.

If your baby is still **hungry**, you could try feeding from only **one breast** for a few hours and then switch to the **other breast** for a few hours. Once the amount of breastmilk is less, you can then breastfeed from both breasts.



## If your baby has trouble drinking a fast flow of milk

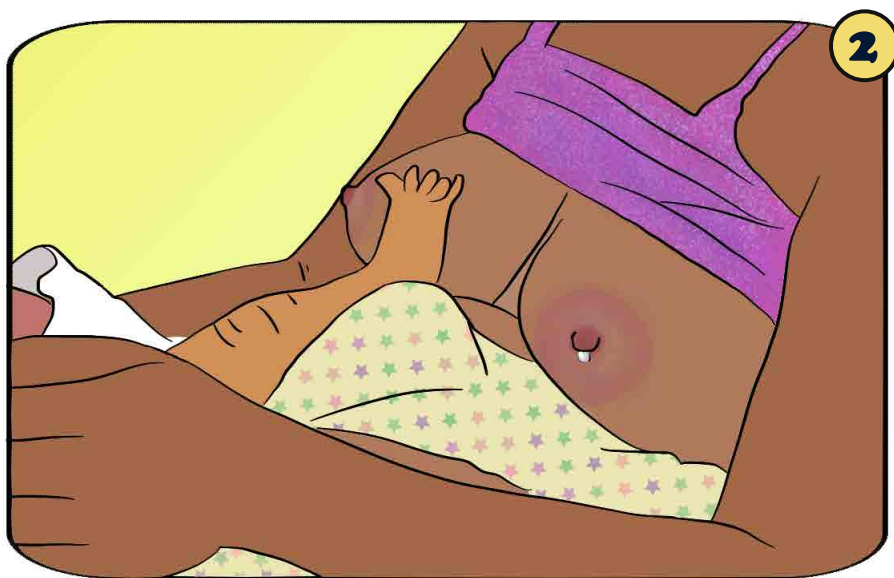
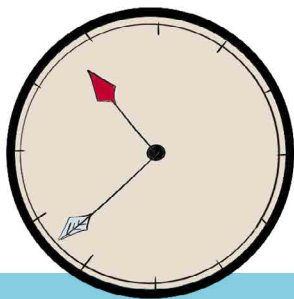
- **Lie back** to breastfeed. **1** You may only need to do this in the morning.
- **Express** the first fast flow of breastmilk.
- Take your **baby off your breast** until the flow slows down. **2**
- If your breasts are **red** or **sore**, or you see **lumps**, you may have **blocked ducts** or **mastitis**. ( )



这些建议需要几天的尝试时间。如果问题仍然存在，您可以尝试每隔2-3小时喂奶一次，每次喂养只用一侧乳房，每次更换一侧，以帮助控制您身体的产乳量。

用轻摇或抚抱来安抚宝宝。

如果您的宝宝还是感到饥饿，您可以尝试只用一侧乳房喂养几个小时，之后再换另一侧乳房喂养几个小时。一旦乳量减少，就可以用两侧乳房喂奶。



## 如果您的宝宝喝不了快速流出的乳汁

- 应该向后躺着进行母乳喂养。① 您可能只需在早上采用这个姿势。
- 挤出最初快速流出的乳汁。
- 将宝宝从乳房移开，直到乳汁流速减缓。②
- 如果乳房出现红肿或者疼痛，或者发现有肿块，则可能表示有乳腺管堵塞或是乳腺炎。（ 。

# Making more milk

Mothers make more milk when their baby sucks at the breast. The **more often** you **breastfeed**, the **more breastmilk** you will **make**. Feed your baby every 1, 2 or 3 hours, or when the baby seems upset or hungry.

Your growing baby may get unsettled and want to breastfeed more often. People used to think that the baby was going through a growth spurt and needed more milk. But now, we know that this is not true.

A baby drinks the same amount of milk each day from 1–6 months old.

Listen to your baby. Breastfeed your baby more and give your baby more cuddles for a few days.

Many mothers notice their breasts get smaller and softer after breastfeeding for a few weeks **1**. This doesn't mean that your milk is disappearing. Your breasts are just getting better at making milk.



## What can I do to make more milk?

- **Feed more** often. 12 times a day or more is good.
- Use your **breast** instead of a dummy to help your baby relax.
- Try not to wait too long in between the times you breastfeed.
- Feed your baby when your baby is **awake and relaxed**. **2** **Don't** wait for the baby to **cry**.
- Wake your baby up and feed your baby before you go to bed.

# 如何分泌更多的母乳

在宝宝吮吸乳房时，妈妈们会分泌更多的乳汁。您进行**母乳喂养的次数越多**，您分泌的乳汁也就**越多**。每隔 1、2 或 3 小时给宝宝喂一次奶，或者是在宝宝看起来不开心或是饥饿时进行喂奶。

随着宝宝的发育，宝宝可能会表现地不安分，并经常想要吃奶。人们曾经认为，这是因为宝宝正处于快速发育期，所以需要进食更多的乳汁。但是现在我们认识到并不是这样。

在宝宝 1-6 个月时，他每天喝相同量的奶。

对宝宝听其自然。在几天内增多给宝宝喂奶的次数，并多抱一抱宝宝。

很多妈妈注意到在进行母乳喂养的几周后乳房会缩小一点并变软。❶ 这并不意味着乳汁没有了。只是乳房更有效地分泌乳汁了。



## 如何增加泌乳量？

- 更为频繁地进行母乳喂养。一天喂养 12 次或者以上为佳。
- 用乳房而不是奶嘴帮助宝宝缓解焦虑。
- 每次母乳喂养的间隔尽量不要太久。
- 在宝宝醒着并且放松时可以喂奶。不要等到宝宝哭了才喂奶。❷
- 在您入睡前叫醒宝宝并给其喂奶。

- Every time you feed your baby, give your baby each breast two or more times.
- It's easier to feed your baby when your baby is in a good position and the baby's mouth is wide open. See **page 5**
- Give a 'top-up' breastfeed. This means feeding your baby again 20–30 minutes after the last time. This will help you make more milk. Your breasts are never empty because your body is always making milk. Your body makes more milk when your breasts are soft.
- If your baby doesn't want extra milk, express milk between and after breastfeeding.
- If you need to use a bottle to feed your baby, try to only use breastmilk. You can also use a **small cup** **1** to give your baby milk. Even very young



babies can do this. You will make less milk if you give other types of milk to your baby.

- Rest as much as you can. Eat well and drink when you are thirsty. You will make more milk when you are relaxed.
- Massaging your breasts when you breastfeed may also help you.
- Cuddle your baby **skin-to-skin** to help your body make more milk. **2**
- Smoking affects how much milk you make. If you smoke, try to give up or smoke less.

## How do I know if my baby is getting enough milk?

See [page 5](#) for tips. If you have tried all these tips and there is still not enough milk for your baby, talk to your doctor or child health nurse or lactation consultant. If you don't speak English well, call Translating and Interpreting

Service (TIS) on 131450 and ask them to call the Breastfeeding Helpline 1800 626 268. Some women have health issues that make it hard for them to make all the milk their baby needs. But they can usually make some milk for their baby.

- 每次给宝宝喂奶时，用两侧乳房给宝宝交替进行，每侧使用两次或两次以上。
- 如果宝宝喝奶姿势正确且张大嘴巴时，喂奶会更容易。参见“ ” — 第 5 页。
- 进行“补足”母乳喂养。这是指在上一次喂奶的 20-30 分钟之后再给宝宝喂奶一次。这有助于分泌更多的乳汁。因为身体一直在分泌乳汁，所以乳房是不会枯竭的。当乳房柔软时，乳房会分泌更多的乳汁。
- 如果宝宝不想要更多乳汁，可在母乳喂养间隙和母乳喂养之后进行将乳汁挤出。
- 如果您需要使用奶瓶给宝宝喂奶，尽量只喂养母乳。您也可以使用小杯子<sup>①</sup>给宝宝喂奶。即使是很小的宝宝也可以用杯子喝。如果您给宝

宝喂其他类型的乳液，那么妈妈分泌出的乳汁就会减少。

- 尽可能多休息。要吃好，口渴时及时喝水。保持放松有助于分泌更多的乳汁。
- 母乳喂养时按摩乳房也会有所帮助。
- 抱着宝宝，母子肌肤相亲，<sup>②</sup>有助于妈妈乳房分泌更多的乳汁。
- 吸烟会影响您的乳汁分泌量。如果您吸烟，请尝试戒烟或是减少吸烟。



## 如何判断宝宝是否获得充足乳汁？

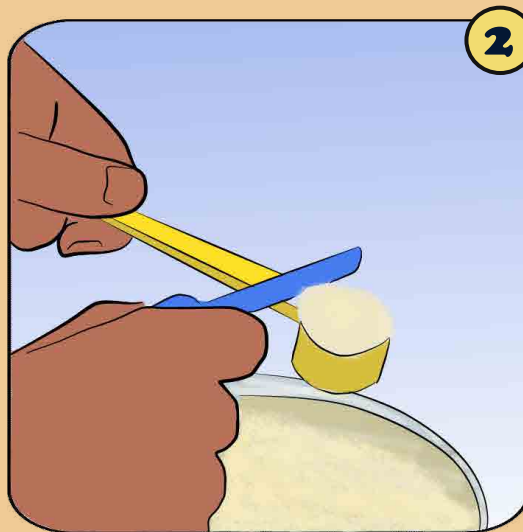
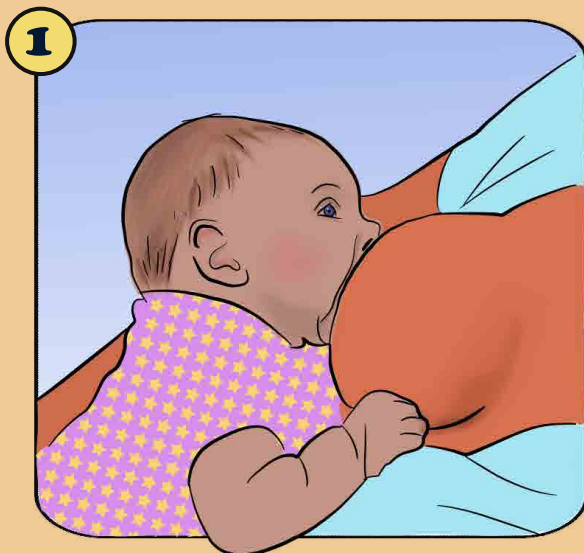
，了解相关建议。如果您已经尝试了所有的建议，但还是没有足够的母乳来喂养宝宝，请咨询医生或儿童保健护士或哺乳顾问。如果您不太会说英语，可以拨打翻译与口译服务中

心(TIS)的电话131 450 并让他们拨打母乳喂养帮助热线 1800 686 268。一些妇女因为健康问题而难以为宝宝提供其所需的母乳量。但是，她们通常还是可以给宝宝分泌出一些乳汁。

## The top-up feed

Your doctor or nurse may tell you to give a top-up feed for health reasons. Your baby may not be feeding well or you may not be making enough breastmilk. The tips below will help you give your baby a top-up feed.

- A top-up feed means giving your baby expressed breastmilk or formula. **Always breastfeed<sup>1</sup> before giving your baby formula.**  
**<sup>2</sup> Giving your baby formula will make your baby less hungry for breastmilk. It may also reduce how much breastmilk you make.**
- Try giving your baby both breasts and change sides often. Try breastfeeding your baby again 20–30 minutes later.
- Use a small cup instead of a bottle to give your baby a top-up feed. This way, your baby is not getting used to drinking from a bottle.
- You could use a breastfeeding supplementer.<sup>3</sup> This means you can give your baby extra milk through a fine tube at your breast. This is good to use if you need to give extra milk for a long time.
- Ask your health professional how much extra milk you should give your baby.
- Express your breastmilk as many times as you can between feeding your baby. Save it to use as a top-up later ( ).



## 补充喂养

医生或护士会告诉您，出于健康考虑，您可以进行补充喂养。宝宝也许没有得到很好的喂养或者也许您不能分泌足够多的乳汁。下面这些建议可以帮助您给宝宝进行补充喂养。

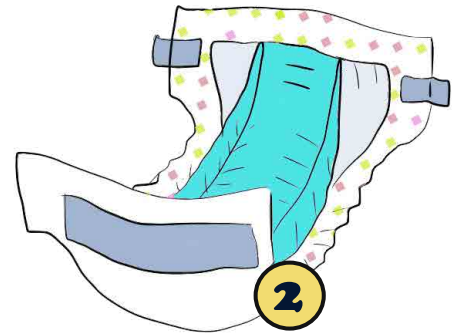
- 补充喂养意味着给宝宝喂养吸出的乳汁或者配方奶粉。**给宝宝喂配方奶粉之前，请务必进行母乳喂养。**  
**①②** 给宝宝喂配方奶粉会减少其对母乳的食欲。这也会减少乳汁的分泌量。
- 尝试用双侧乳房给宝宝进行喂奶并且经常地换侧。尝试在 20-30 分钟后再给宝宝进行一次母乳喂养。
- 用小杯给宝宝进行补充喂养，而不要用奶瓶。这样一来，宝宝就不会有喝奶瓶的习惯了。
- 您可以使用母乳喂养补充器。**③** 这意味着妈妈可以通过乳房上的细管给宝宝进行额外的喂奶。如果妈妈长时间需要给宝宝进行额外喂奶，这非常好用。
- 关于宝宝的额外喂奶量，请咨询您的健康专业人员。
- 在给宝宝喂奶的间隙尽可能多地吸奶。将其储存起来以备之后的补充喂养（                      ）。



## How can I tell if my body is making more breastmilk?

Some of these things may happen:

- your breasts may **feel fuller**
- your milk will start flowing more quickly than before
- you may **leak** milk<sup>1</sup>
- your baby will have more **wet nappies**<sup>2</sup>
- your baby puts on weight with fewer top-up feeds.



### How do I stop top-up feeds and go back to full breastfeeding?

- Try giving fewer top-up feeds. If your baby seems happy with just breastmilk you can skip the top-up. Your baby may want to feed again sooner than before. Breastfeed when your baby shows **hunger signs**,<sup>3</sup> then try a top-up feed if your baby still seems hungry.
- The hardest top-up feeds to stop are usually in the afternoon or evening.
- Some mothers may need to give top-up feeds for a long time.





## 如何判断我的泌乳量正在增多？

可能会发生下列情况：

- 乳房感到**更加饱满**
- 乳汁流速比以前快
- **漏奶**①
- 宝宝会**尿湿**②更多尿布
- 虽然宝宝需要补充喂养的次数减少但体重还会有所增加。



我该如何停止补充喂养并回到完全母乳喂养状态呢？

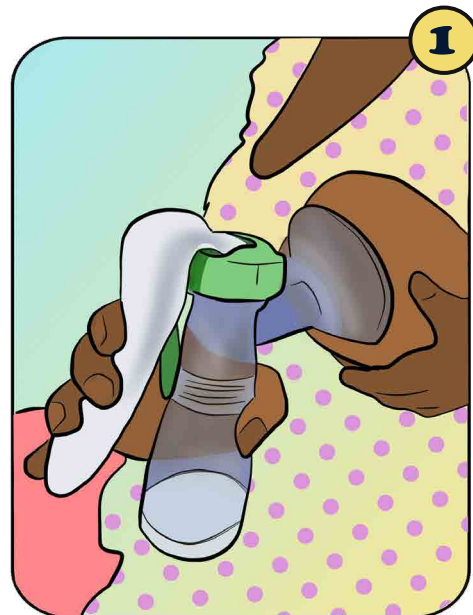
- 尝试减少补充喂养的次数。如果宝宝只喝母乳看起来也很开心，您可以跳过补充喂养。宝宝想再次喝奶的间隔时间可能会比之前短。当宝宝**表现出饥饿**③时，首先进行母乳喂养，如果宝宝看起来还是饥饿，再尝试补充喂养。
- 一般在下午或者晚上最难停止补充喂养。
- 有些妈妈也许需要长时间地给宝宝进行补充喂养。

# How to express breastmilk

Expressing is when a mother gently milks her breasts to get breastmilk out. You can do this with a **breast pump** ❶ or with your **hand**. ❷

Why would you need to **express** your breastmilk?

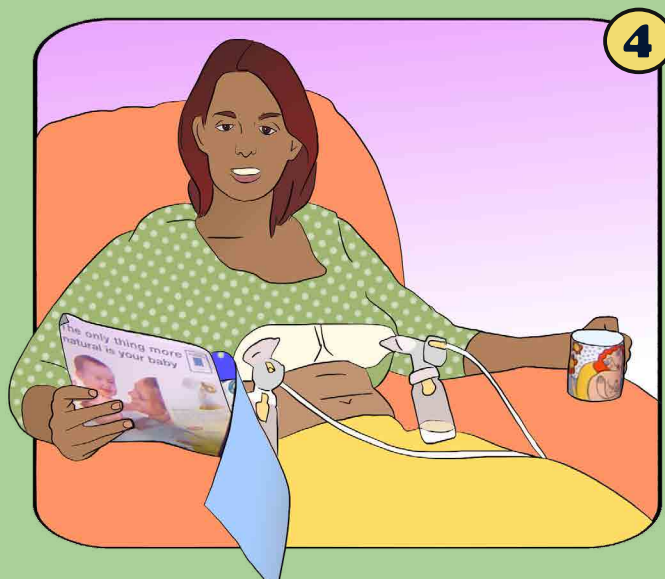
- if you need to go out and leave your baby
- if you are going back to work
- if your baby can't or won't breastfeed
- if your baby is premature
- if you or your baby are in hospital
- if you need to make more breastmilk
- if your breasts are too full and uncomfortable
- if you have a blocked duct or mastitis.



## Expressing breastmilk

To express your milk you need to get a 'let down'. This is when your breasts release the milk in a big rush. You may see milk spray from many small openings on your nipple. These tips will help:

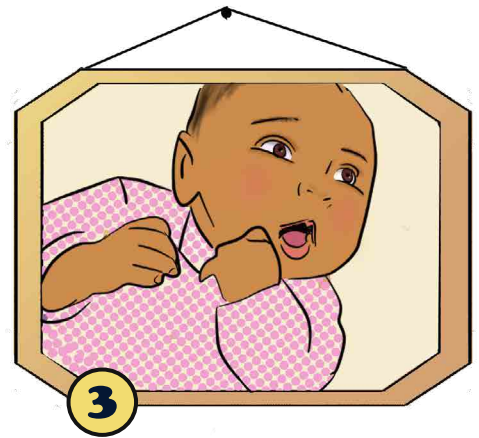
- Think about your baby. You can look at photos of your baby. ❸
- Have a routine when you express your milk. Try making a drink and sitting in the same chair each time. You can listen to music or watch TV. ❹



# 如何挤奶

挤奶是指妈妈轻轻地挤压乳房以挤出乳汁。您可以使用吸奶器<sup>①</sup>或用手<sup>②</sup>进行挤奶。为什么需要挤出乳汁？

- 当您需要外出离开宝宝时
- 当您回到工作岗位时
- 当宝宝不能或者不愿意进行母乳喂养时
- 当宝宝是早产儿时
- 当您或您的宝宝在住院时
- 当需要分泌更多乳汁时
- 当乳房过于饱满而不适时
- 当您有乳腺管堵塞或是乳腺炎时



## 一般建议：挤奶



挤奶时，您需要建立“泌乳反射”。这是指乳房快速释放乳汁。您会看到乳汁从乳头上的许多小口喷洒出来。这些建议会有所帮助：

- 想象您的宝宝。您可以看看您宝宝的照片。<sup>③</sup>
- 定时定次吸奶。尝试做一杯饮料，每次都坐在同一张椅子上。您可以听音乐或者看电视。<sup>④</sup>

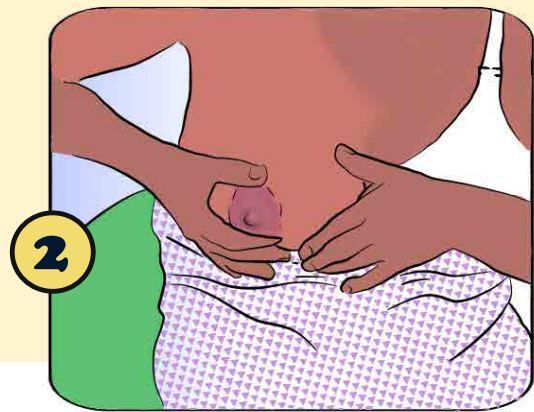
## Step by step: how to express using your hand

使用暖袋热敷乳房并用温暖的手按摩乳房以帮助乳汁流动。



To help the milk to flow use a warm pack to warm the breast and massage the breast with warm hand.

把四个手指放在您的乳房下部。把拇指放在乳房上部，距离乳头几厘米远处。朝着胸部方向用拇指轻轻地向后按。然后用拇指朝乳房下方的手指推动，从而稍微挤压您的乳房。

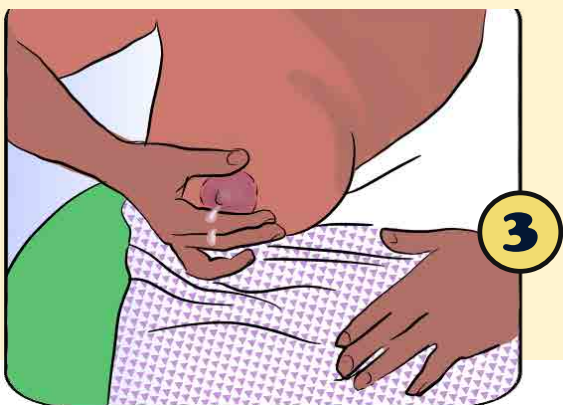


Put four fingers under your breast. Put your thumb on top of your breast, a few centimetres from your nipple. Press your thumb back slightly, towards your chest. Squash your breast a little bit by pushing your thumb towards the fingers under your breast on the other side.

- Sit comfortably.
- Breathe deeply and relax your body.
- Warm your breasts with a warm cloth.
- Massage your breast towards the nipple before and while expressing.
- Gently roll your nipple between your fingers.
- Your hands may get tired at the start. Change hands and breasts often to rest them. Your hands will become stronger with practice.
- Use a big, clean bowl to catch your breastmilk.
- Put a clean towel over your knees to catch drips. Wash and dry your hands.

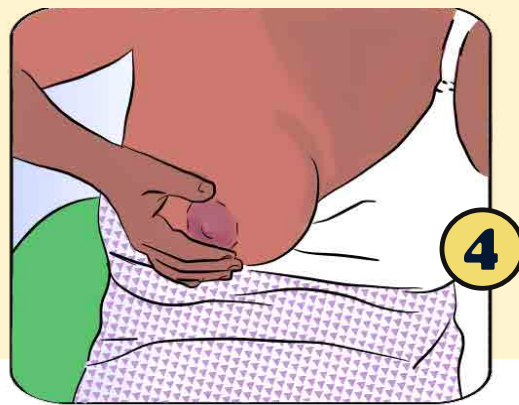
## 按步骤来：如何使用您的手挤奶

挤压乳房。母乳可能会喷溅出来。像宝宝吸吮乳房一样，继续挤压乳房，直到乳汁不再溢出。



Squeeze your breast. Breastmilk may squirt out. Keep squeezing the breast like a baby sucking until the flow of breastmilk stops.

用同样办法在乳房周围换着角度挤压。一直到乳汁流速减慢位置。然后开始按压另一侧乳房。



Move your hand around your breast. Keep doing this until the flow slows down. Then start on the other breast.

- 舒适地坐好。
- 深呼吸然后放松身体。
- 用一块温热的布来热敷乳房。
- 在吸奶之前以及吸奶时，向乳头方向按摩您的乳房。
- 用手指轻轻地转动您的乳头。
- 刚开始您的手可能会很累。频繁的交流双手和乳房以让其得到休息。您的双手通过练习会变得更加有力。
- 用干净的大碗盛您的母乳。
- 在您的膝盖处放块干净的毛巾，以防滴落。洗净并擦干您的双手。

## Being clean is very important

Properly wash and rinse all containers. See **page 29** for instructions.

- Make sure to **wash your hands** well with soap and water.
- Express into big bowl.
- Pour your breastmilk into a clean container. Put the lid on and write the date on it.



Expressing your breastmilk by hand is like your baby sucking. With practice you will become very fast. Don't measure how much breastmilk you make just by what you express. Your baby can get more milk from your breasts than you can get by expressing.

Ask the midwives to show you how to express or ask an [Australian Breastfeeding Association](#) counsellor.

## Breast pumps

- If you only express your breastmilk sometimes, you can use a manual breast pump. You can get them from pharmacies, online or from the [Australian Breastfeeding Association](#).
- You can buy or rent different types of electric breast pumps. You can get ones for expressing breastmilk only sometimes, or ones you can use more often. There are also pumps that are used in hospitals. These are good to use if you need to pump many of your baby's feeds each day.

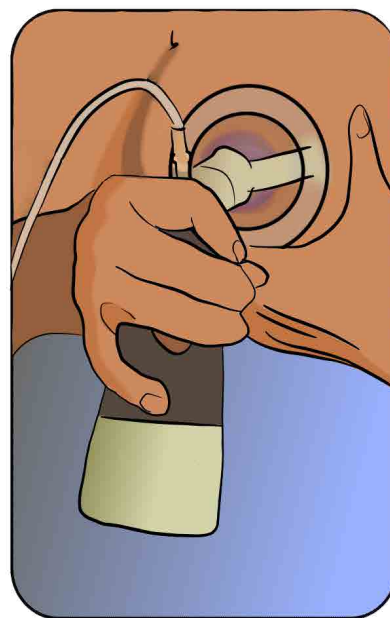
## 保持干净十分重要

正确地清洗和漂洗所有容器。参见本书中“[挤奶](#)”一节 p.29。

- 确保用肥皂和清水洗净双手。
- 将乳汁挤入大碗。
- 将乳汁倒入洁净的容器内。盖上盖子并在上面写上日期。

像宝宝吸奶一样用手挤出乳汁。通过练习您的挤奶速度会加快。不要仅根据挤出来的奶量去衡量您可以分泌的乳汁量。相比挤出来的乳量，宝宝可从乳房吸取更多乳汁。

让助产士向您展示如何挤奶，或者咨询[澳大利亚母乳喂养协会](#)顾问。



## 吸奶器

- 如果您只是偶尔需要挤奶，可使用手动吸奶器。您可以从药店、网上或者[澳大利亚母乳喂养协会](#)购买。
- 您可以购买或租用不同类型的电动吸奶器。您可以选择购买偶尔使用型吸奶器，也可以购买经常使用型吸奶器。医院中也会使用吸奶器，如果您需要每天给宝宝多次吸奶，则使用医院级吸奶器会很方便。

# How to store breastmilk

Cool the milk in the fridge, freeze and store breastmilk properly.


There are two ways to store breastmilk:

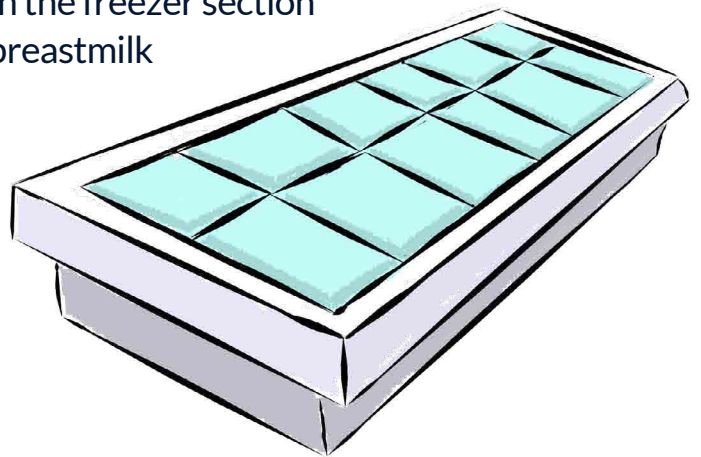
**Chilled milk:** You can keep your breastmilk in the fridge at 4°C for 3 days before use.

**Frozen milk:** You can keep your breastmilk in the freezer section of your fridge for 2 weeks. You can keep your breastmilk in a freezer for 3 months.

You can keep your breastmilk in a deep freezer (below -20°C) for 6–12 months.

You can freeze your breastmilk in an **ice block tray**. Once frozen, store your breastmilk in good quality freezer bags.

**Write the date** on the bags.  Defrost only as much as you need. If you don't heat up all of the defrosted breastmilk, you can keep it in your fridge for 24 hours.



Once defrosted, you can keep your breastmilk in the fridge. If you don't keep it in the fridge, you must use it in **4 hours**.

**Do not** put defrosted breastmilk back in the freezer.

Only **warm up small amounts at a time**. Do not warm up breastmilk again if your baby doesn't finish it.



# 如何储存母乳

将母乳正确冷藏、冷冻和储存。

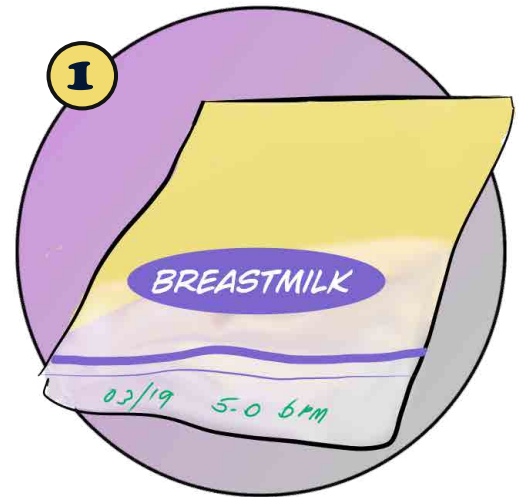
有以下两种母乳储存方法：

**冷藏乳汁：**乳汁可在4℃的冰箱中冷藏保存3天。

**冷冻乳汁：**乳汁可在冰箱冷冻区保存2周。乳汁可在独立冷冻柜中保存3个月。

在深度冷冻柜内（-20° C 以下），乳汁可保存6-12个月。

乳汁可用**冰盒**进行冷冻。一旦冷冻，请用优质冷藏袋保存。在冷藏袋上**标注日期**。❶ 根据需要进行解冻。解冻但未加热的乳汁可在冰箱中保存24小时。



一旦解冻，乳汁可放冰箱中保存。如果乳汁未放进冰箱保存，则必须在**4小时**内饮用完毕。

解冻后的乳汁**不宜**再次冷冻。

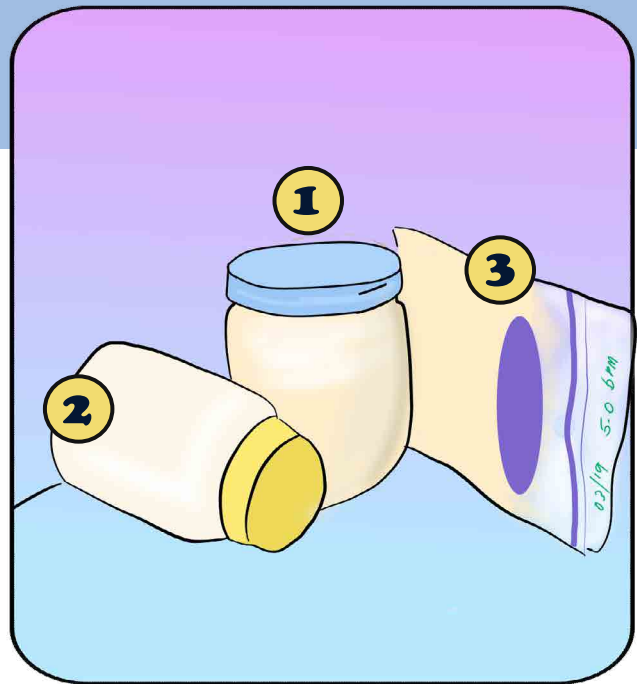
**一次仅加热少量乳汁**。宝宝未喝完的乳汁不能重复加热。

## Instructions for storing breastmilk

Store your breastmilk in clean containers. Wash them properly with hot water and detergent. Rinse them well with clean water and dry them with paper towel or leave them to air dry.

These **containers** are good for storing breastmilk:

- plastic baby bottles **1**
- freezable plastic cups or containers with lids **2**
- small baby food jars made of glass
- special breastmilk freezer bags. **3**  
You can get these from pharmacies, baby stores and online.



Check with your hospital about containers for your breastmilk. Some hospitals will give mothers containers for breastmilk if their baby is premature.

If you are **expressing** breastmilk many times a day and your baby is healthy, it is ok to not wash the pump every time if you store your breast pump parts in a plastic bag or closed container in the fridge. If you do not have a fridge, rinse parts of your breast pump with cold water and store them in a clean, closed container. If your baby is sick, ask your doctor or nurse if extra steps are needed to clean and store your pump parts.

At least once a day wash the parts of your breast pump well. Rinse all the parts with cold water first and then wash with hot water and detergent. Rinse well with clean water. Dry with paper towel or leave out to dry. **4** If you only use your breast pump sometimes, wash after each use. **Contact your child health nurse or [Australian Breastfeeding Association](#) counsellor for help.**

## 如何储存乳汁

将乳汁储存在洁净容器内。用热水和清洁剂彻底清洗容器。用清水冲洗后用纸巾擦干或者晾干。

适合储存乳汁的容器包括：

- 塑料婴儿奶瓶①
- 可冷冻的带盖塑料杯或其他容器②
- 玻璃制成的婴儿小食品罐
- 特制乳汁冷藏袋。③ 您可以从药店、母婴店以及网上购买这些东西。

与您所在的医院确认储存乳汁的容器。对于早产婴儿，有的医院会提供储存乳汁的容器。



如果您一天要挤奶很多次，并且您的宝宝也健康，那么如果您把吸奶器放入塑料袋或者是封闭的容器中保存的话，则可以不用在每次吸奶之后都清洗吸奶器。如果您没有冰箱，则可以用冷水冲洗吸奶器，然后将其放入洁净的封闭容器内保存。如果您的宝宝生病了，请问问医生或护士是否需要额外的措施以清洁和储存吸奶器。

每天至少要彻底清洗吸奶器一次。先用冷水冲洗整个吸奶器，然后用热水和清洁剂进行清洗。再用清水冲洗干净。最后用纸巾擦干或者晾干。④

如果只是偶尔使用吸奶器，那么每次用完后都要进行清洗。

[请向儿童保健护士或澳大利亚母乳喂养协会顾问寻求帮助。](#)

## Freezing your breastmilk

- Write the **date** on the container.
- Once the breastmilk is cold, put it in the **coldest part** of the freezer. ❶
- If you want to add your fresh expressed milk to your frozen milk, cool your expressed milk in the **fridge first**. ❷
- Your breastmilk will **expand** when it freezes. Don't fill the container all the way to the top.

You can **defrost** your frozen breastmilk in the fridge for 24 hours. You can also warm it up straight away. Do NOT keep your breastmilk at room temperature.

- Put the container of frozen breastmilk under cold water from the tap. Slowly, make the water warmer until the breastmilk turns into liquid. ❸
- **Important:** You can store your breastmilk after defrosting it in the fridge for 24 hours. You can only do this if you didn't warm the milk up before.
- If you do not put the breastmilk that you defrosted back in the fridge, you must use it in 4 hours. Do not freeze your breastmilk if it has already been frozen before.

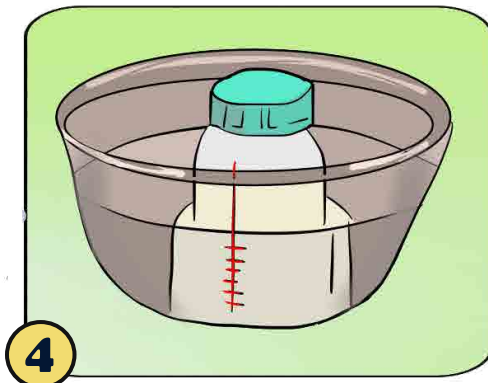


- Put the container of chilled or defrosted milk in warm water until it is body temperature. ❹
- Do not use a microwave to heat or defrost breastmilk. This can damage it. Some babies have been burnt because the microwave made parts of the milk extremely hot.



- Do not warm up breastmilk again if your baby doesn't finish it. Only warm up small amounts at a time.

## 冷冻乳汁



- 在容器上标注日期。
- 乳汁冷却后，将其放入**冰箱冷冻室中最冷的部位**。①将乳汁先放入**冰箱冷藏室**冷却。
- 如果您想将新挤出的乳汁加入已冷冻的乳汁，请先将新鲜乳汁放入**冰箱**冷却。②
- 乳汁冷冻后会**膨胀**。因此不要把容器装满。

冷冻乳汁在冰箱冷藏室中存放 24 小时可进行解冻。也可以直接加温。乳汁不可室温保存。

- 将盛有冷冻乳汁的容器放在凉的自来水下。慢慢地给水加温直至乳汁变成液态。③
- 将盛有冷却乳汁或解冻乳汁的容器放进温水中直至其达到体温状态。④

- 不要使用微波炉加热或者解冻乳汁。这会破坏乳汁成分。因为微波炉会让部分乳汁变得非常烫，一些宝宝就曾被烫伤。
- **重要事项**：解冻后的乳汁可放在冰箱冷藏室中保存 24 小时。而只有之前未曾被加热过的乳汁才能被冷藏。

- 解冻后的乳汁如未放入冰箱冷藏，则必须在 4 小时内饮用完毕。解冻后的乳汁不可再次冷冻。
- 宝宝未喝完的乳汁不能重复加热。每次仅加热少量乳汁。

# Sore and cracked nipples

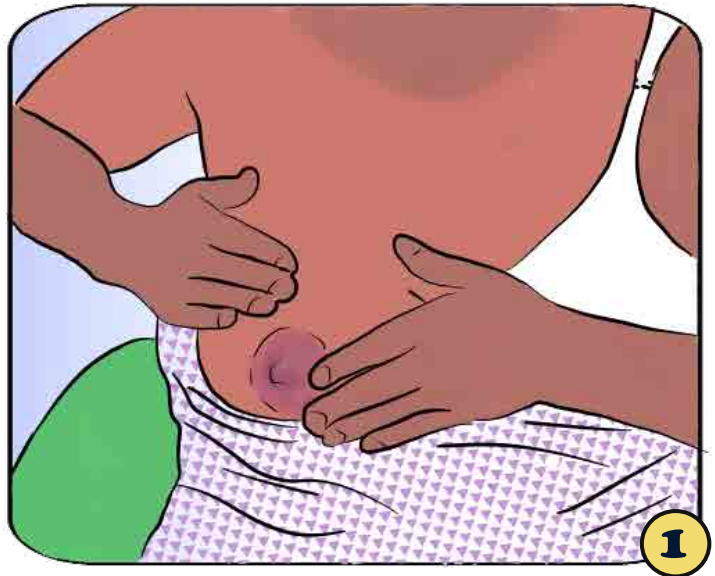
Many new mothers get nipple pain when they start to breastfeed. With help, your nipple pain can get better.

## What you can do to help nipple pain:

Try to feed your baby often. It will help your baby relax and suck more gently.

### Before feeding your baby:

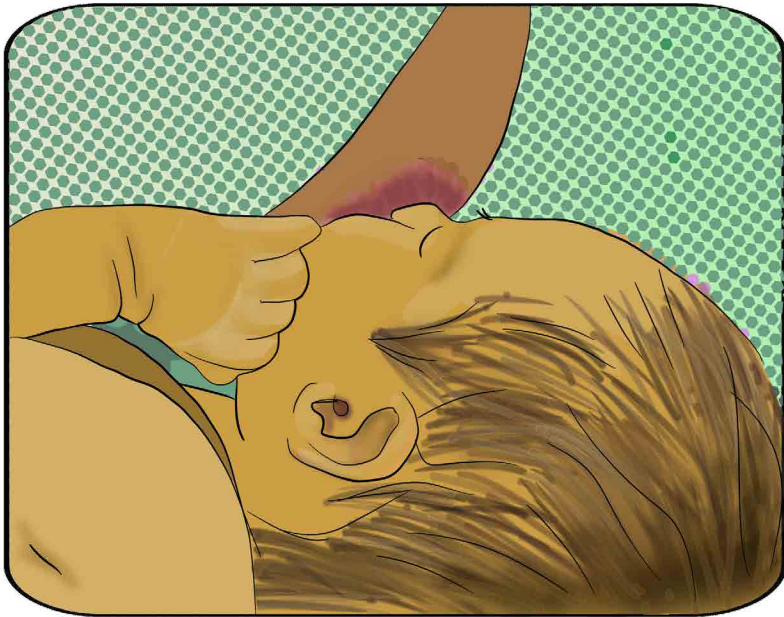
- Make yourself comfortable. Relax and breathe deeply.
- **Massage** your breasts gently. **1**
- Have a warm shower or use a warm face washer on your breasts.



- **Express** some milk. **2**  
This will make your nipple softer and help your milk flow.
- Ask your doctor for help if you can't relax because of pain.



# 乳头疼痛和破裂



许多新手妈妈在母乳喂养初期会感到乳头疼痛。通过一些方法，乳头疼痛可得到缓解。

**您可以做些什么以缓解乳头疼痛：**

经常给宝宝喂奶。这有助于宝宝放松，吸吮也会更加轻柔。

给宝宝喂奶之前：

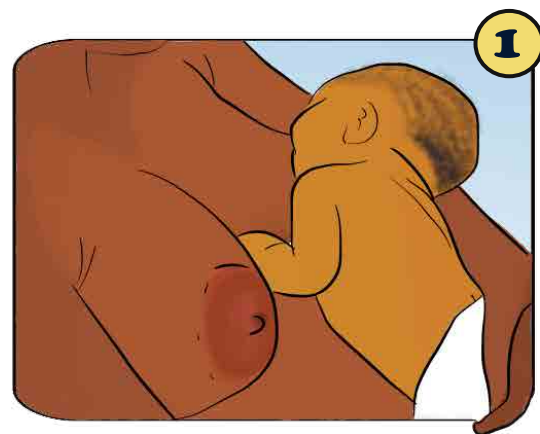
- 让自己处于舒服的状态。放松并深呼吸。
- 轻轻按摩乳房。①
- 洗个热水澡或者热敷乳房。
- 挤出一些乳汁。② 这可以让乳头变软并有助于乳汁流出。
- 如因疼痛而无法放松，请向医生寻求帮助。

## When you feed your baby:

- Give your baby the less sore side first.
- Make sure you are holding your baby properly: **1** chest to chest, chin to breast (see **page 5** ). If the baby is in the wrong position, your nipples can hurt more.
- If your nipples are still sore, offer shorter more frequent feeds.

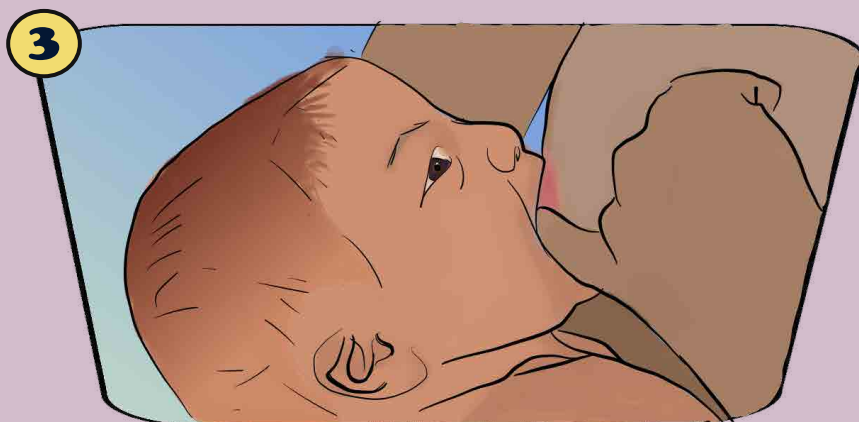
## After feeding your baby:

- Express some milk and rub it on your nipple and around the nipple.
- Keep your nipples dry. Let them dry in the air. **2** Change your nursing pads often. Leave your bra off for a while.
- Use nipple protectors. This will stop clothes rubbing on your nipples and let air move around.



## To prevent nipple pain

- If you need to take your baby off your breast, **use your finger** to open baby's mouth before you take your nipple out. **3** Make sure your hands are clean.
- Don't use anything that will dry your nipples. For example, methylated spirits, shampoo, rough towels or tooth brushes.





## 给宝宝喂奶时：

- 先用疼痛较轻的一侧乳房给宝宝喂奶。
- 确保您抱宝宝的姿势正确：① 母婴胸对胸，下巴抵着乳房（参见“ ”一节p.5）。如果宝宝吃奶的姿势错误，那么乳头会更加疼痛。
- 如果乳头仍感到疼痛，则缩短喂奶时长，增加喂奶频率。

## 在给宝宝喂奶后：

- 挤出一些乳汁，然后将其涂抹在乳头及乳头周围。
- 保持乳头干燥。裸露乳头直至变干。② 经常更换乳垫。暂时脱掉胸罩。
- 使用乳头保护罩。这可以避免衣服摩擦乳头，并保持空气畅通。

### 防止乳头疼痛

- 如果需要将宝宝抱离乳房，用手指让宝宝的嘴张开后再抽出乳头。③ 确保双手洁净。
- 不要使用任何使乳头干燥的东西。比如，甲基酒精，洗发水，粗糙的毛巾或牙刷。



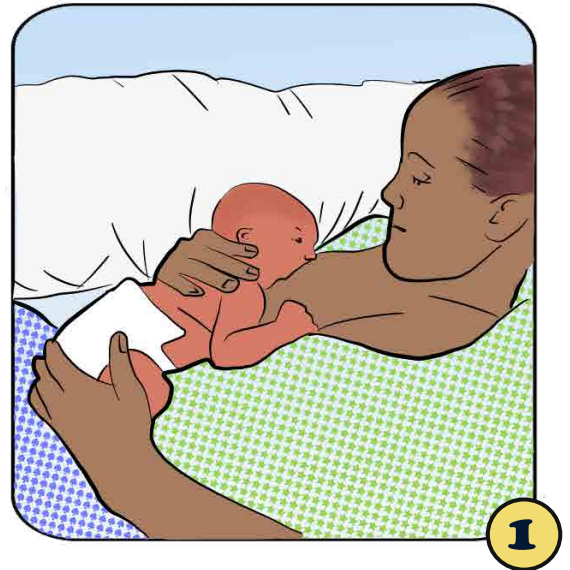
## What to do when you have cracked nipples

Find out why you have cracked nipples. It may be because the baby is in the wrong position when you breastfeed. Or you may have an infection. Or something is going wrong with your breast pump.

Try the tips for nipple pain. It is important to **position** your baby in the right way. **1** Let air move around your nipples after feeding your baby.

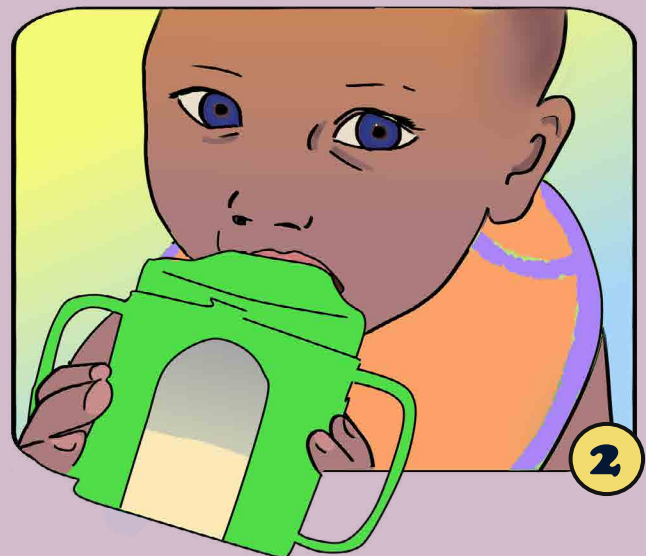
Is feeding your baby too **painful**? First ask for help and if needed you can take a break from breastfeeding for a few hours, or a whole day to rest your nipples. **Express** your breastmilk to **feed** to your baby. **2** After a break from breastfeeding, return to breastfeeding slowly.

Try giving a breastfeed for one feed and then expressing your milk to give at the next feed.



Give more breastfeeds each day until you aren't doing any more feeds with expressed milk.

See your doctor if your healing is slow or you need pain medicine. If you need more help, talk to the hospital, a child health nurse or an



## 乳头破裂时该怎么办

找出乳头破裂的原因。也许是因为进行母乳喂养时，宝宝的喝奶姿势不对。或者是因为受到感染。或者吸奶器出现了问题。

尝试以上所述的缓解乳头疼痛的方法。宝宝正确地喝奶**姿势**是非常重要的。❶ 喂奶结束后，保持乳头部位空气流通。

如果给宝宝喂奶太**疼**了怎么办？首先寻求帮助，如果有必要，您可暂停母乳喂养几个小时，或者是一整天，以让乳头得到休息。**挤出**乳汁以**喂养**宝宝。❷ 母乳喂养暂停一段时间后，再慢慢地开始进行母乳喂养。



可以尝试直接母乳喂一次，再挤出母乳喂下一次，交替进行。

增加每日母乳喂养的次数，直到不再需要用挤出的乳汁进行喂奶为止。

如果康复缓慢或者需要止痛药，请咨询医生。如果需要更多帮助，请咨询医院、儿童保健护士或者澳。

# Mastitis and blocked ducts

## Blocked ducts

A blocked duct is a lumpy or swollen area of the breast. It may be sore and red. There may be pain when you breastfeed. It is important to get help straight away. If you don't, it can lead to mastitis.

### Things to do:

- Feed your baby often from your sore breast. **1**
  - Keep it as empty as you can. Many blocked ducts are fixed by the baby's sucking. Start feeding on the sore breast each time.
  - Your baby sucks the strongest at the start of a feed. Check your other breast for lumps and swollen areas.
  - See a doctor if the lump doesn't go away in a few days, if you get a fever or feel sick.
- 
- You can put a **heat pack** on your sore breast for a few minutes before breastfeeding. This can make your milk flow better. You can put a **cold pack** **2** on your breast after breastfeeding to help with pain and swelling.
- Try a different feeding position. Point your baby's chin towards the sore area. This can help move the lump.
  - When you feed your baby, gently but firmly massage your breast from behind the lump towards the nipple.
  - If your baby won't breastfeed or it is too painful, express your breastmilk with your hand or a pump.
  - Rest as much as you can.

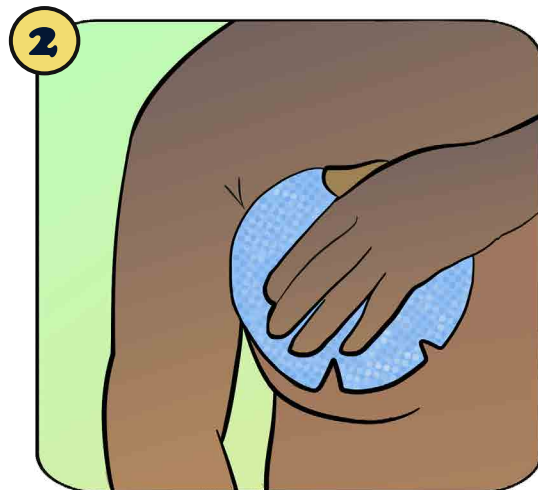
# 乳腺炎和乳腺管堵塞

## 乳腺管堵塞

乳腺管阻塞是指乳房有肿块或是肿胀区域。它可能会引起乳房疼痛以及变红。母乳喂养时会感到疼痛。立即得到解决是非常重要的。如果没有立即得到解决，有可能会導致乳腺炎。

### 可采取的措施：

- 经常用疼痛的一侧乳房喂奶。❶
  - 尽可能地让其排空。很多乳腺管堵塞经宝宝吸吮后即可畅通。每次从疼痛的那侧乳房开始喂奶。
  - 宝宝会在最开始喝奶的时候大力地吸吮。检查另一侧乳房是否有肿胀或肿块区。
  - 尝试不同的喂奶姿势。将宝宝的下巴对准疼痛部位。这有助于移动肿块。
  - 在母乳喂养前，您可以用**热敷袋**给疼痛的乳房热敷几分钟。这可让乳汁更好地流出。
  - 在给宝宝喂奶时，从乳房肿块的后面向乳头方向轻柔而平稳有力地进行按摩。
  - 尽可能多休息。
- 在母乳喂养后，您可将**冰袋**❷敷在乳房上以缓解疼痛和肿胀。
  - 如果宝宝不愿意进行母乳喂养或者母乳喂养太疼，您可以用手或者吸奶器将乳汁挤出。
  - 如果肿块在几天内没有消失，或者引起发烧或不适，请咨询医生。

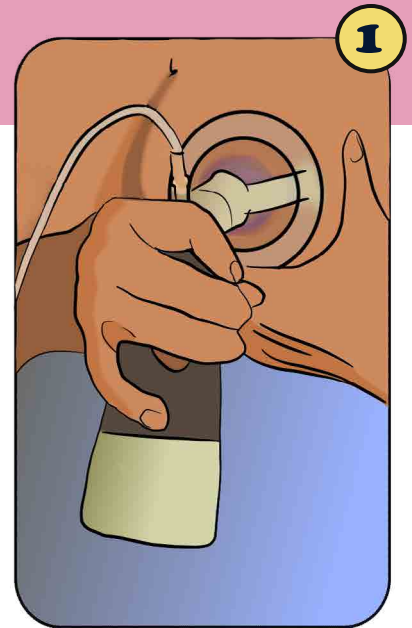


# Mastitis

Mastitis is when a large area of your breast is swollen. Sometimes you can get an infection. Your breast can be red, swollen, hot and painful. Your breast skin can be shiny, with red streaks. You may get a high temperature or feel like you have flu. **Keep breastfeeding your baby.** If you don't get help for mastitis, it can cause a breast abscess.

## Things to do:

- Get help **straight away**.
- Keep using the tips for a *blocked duct*. Go to bed and rest if you can.
- **Express** your breastmilk with hand or a pump to help keep your breast empty. ❶
- Breastfeed **often** to keep your breast empty. Your **breastmilk** is **safe** for your baby.
- Start feeding with the sore breast first while your baby is sucking strongly.
- **Speak to your doctor or nurse.** Ask your doctor or pharmacist if you need pain medicine.



## How can I prevent mastitis?

- Take your time when breastfeeding.
- Don't let your breasts become too full.
- Try not to wear tight bras or clothes. Don't sleep on your stomach.
- Look after your health and try not to stress.

**Remember:** Get help straight away. See a doctor straight away if the blocked duct doesn't go away in a few days. See your doctor if you get a fever, feel sick or your breast becomes fuller or harder. ❷ Contact your child health nurse or \_\_\_\_\_ (ABA) counsellor for more help.

# 乳腺炎

乳腺炎是大面积乳房肿胀引起的。这种情况发生时可能会引发感染。乳房可能会发红、肿胀、发热且疼痛。乳房肤色发亮，还带有红色斑纹。您体温可能会升高，或者感觉患上流感。坚持给宝宝进行母乳喂养。如果乳腺炎没有得到治疗，就可能导致乳房脓肿。

## 可采取的措施：

- 立即寻求帮助。
- 请持续使用上述针对乳腺管堵塞的方法。
- 尽可能多休息。用手挤奶或者吸奶器吸奶以帮助乳房排空。①
- 经常地进行母乳喂养来排空乳房排空。您的乳汁对宝宝来说是安全的。
- 当宝宝用力吸吮时，首先用疼痛一侧的乳房喂奶。
- 咨询医生或者护士。如果需要止痛药，请询问医生或者药剂师。



## 如何防止乳腺炎？

- 进行母乳喂养时不要着急。
- 不要让乳房太过胀满。
- 不要穿太紧的胸罩或者衣服。不要俯卧睡觉。
- 照顾好您的健康，并且尽量放松。

请记住：立即寻求帮助。如果乳腺管堵塞在几天内都没消失，请立刻就医。如果您已发烧、感到不适或者乳房变胀变硬，请立刻就医。② 请联系儿童保健护士或者澳大利亚母乳喂养协会 (ABA) 顾问以寻求进一步帮助。

# Working and breastfeeding

You can go back to work or study when you are breastfeeding. Many women do. Breastmilk is important for your baby. It's better to breastfeed your baby a little bit than not at all.

## Ways you can work and breastfeed: Baby between 6 weeks and 6 months.

### OPTION 1:

#### Breastfeed your baby

- Have the baby at work with you.
- Your carer could bring the baby to you or message you to come and feed the baby. Find child care close to your work so you can go to child care to feed your baby.



### OPTION 2: When you are at work

- You can leave your breastmilk in a bottle or cup for the carer to feed your baby. **1** If you work all day, you may need to leave the carer enough milk to feed your baby two or more times.
- Feed your baby before you leave child care and breastfeed again when you get to child care.

- At work, you may need to express your milk every 3–4 hours or if your breasts feel very full and uncomfortable. You can express your breastmilk during breaks and keep it for the next day. Store your breastmilk in a fridge **2** or a **cooler bag**.

**OPTION 3: Buy formula.** Only for your baby to have when you are at work. **When you are with your baby, breastfeed often.**



# 工作与母乳喂养

您在进行母乳喂养时可以回到工作岗位或者继续学习。很多母亲都是这样的。母乳喂养对您的宝宝十分重要。进行一点点母乳喂养总比不喂要好。

**工作和母乳喂养的方法：6周到6个月大的宝宝。**

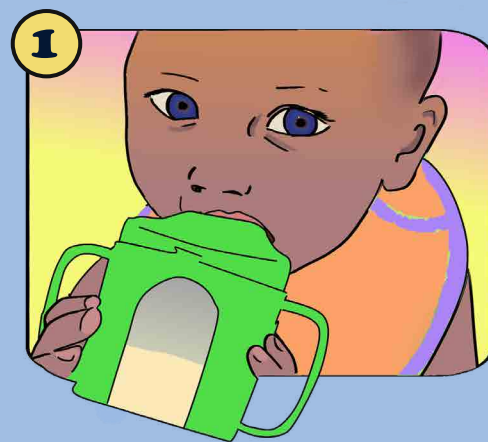
## 选择 1：给宝宝进行母乳喂养

- 带着宝宝去工作。
- 宝宝的护理人员可以把宝宝带到您身边，或向您发送消息通知您前往给宝宝喂奶。找个离您工作地点近的托儿所，这样您就可以去托儿所给宝宝喂奶。



## 选择 2：在工作期间

- 您可以将挤出的乳汁存放在奶瓶或杯子中，让护理人员给宝宝喂奶。  
① 如果您整天都要工作，您可能需要存放足够多的乳汁，以供护理人员给宝宝喂奶两次及两次以上。
- 在您离开托儿所之前给宝宝喂奶，在回到托儿所时再给宝宝喂奶。
- 工作时，如果乳房胀满或者不适，您可能需要每 3-4 小时挤一次奶。您可以在工作休息时挤奶以备第二天所需。将乳汁放置冰箱或者是冷藏袋进②行储存。



## 选择 3：购买配方奶粉。

- 宝宝只有在您工作时才能喝配方奶粉。和宝宝呆在一起时，经常进行母乳喂养。

## Options for a baby over 6 months

Leave expressed breastmilk and solid food for your baby. Give your baby **formula** and **solid food** when you are at **work** and **breastmilk** when you are at **home**.



### Common questions

#### Does breastfeeding mean my baby won't take a bottle?

Some mothers worry that their baby may not feed from a bottle. They worry this will be a problem when they go back to work. It can take time for baby to get used to a bottle. Try offering a bottle of expressed breastmilk one or two times a week. If your baby won't take the bottle, try again in a few days.

Ask the carer to feed your baby with a bottle when your baby can't see you. This is a good way to get your baby used to change. Some mothers like to teach their baby to drink from a cup

instead of a bottle. For small babies, use a small cup. **I** Older babies (6 months or more) like to drink from the baby cups you can buy from shops.

#### Is it harder to leave a breastfed baby at home than a bottle-fed baby?

Breastfed babies are not harder to leave at home than bottle-fed babies. Every baby is different. You can make it easier to leave your baby at home by slowly spending more time apart. Try to leave your baby with the same carers.

## 给6个月以上宝宝的选择

备好挤出来的乳汁和婴儿辅食。

在您上班期间给宝宝配方奶粉以及婴儿辅食，在家时则进行母乳喂养。



### 常见问题

**母乳喂养是否意味着宝宝不吃奶瓶？**

有些妈妈担心宝宝不肯用奶瓶吃奶。她们担心，当她们重返工作岗位时这会成为一个问题。

宝宝需要一段时间才能习惯使用奶瓶。尝试把挤出来的乳汁装入奶瓶给宝宝喂奶，一周可进行一到两次。如果宝宝不愿意使用奶瓶，在几天后再次进行尝试。

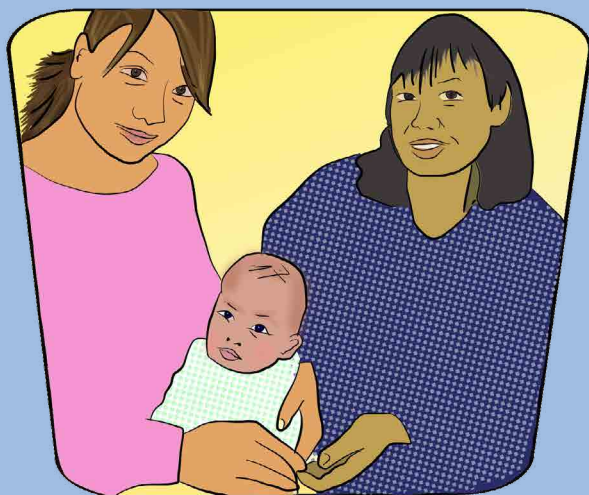
在您离开宝宝的视线范围内时，让护理人员用奶瓶给宝宝喂奶。这是个让宝宝适应这一改变的好方式。

有些妈妈喜欢教宝宝用杯子喝奶而不是用奶瓶喝奶。对于年龄较

小的宝宝来说，可用小杯子。① 年龄较大的宝宝（6个月及以上）喜欢用商店里买到的婴儿杯喝奶。

**母乳喂养的婴儿是否比奶瓶喂奶的婴儿更难离开妈妈？**

母乳喂养的婴儿并不比用奶瓶喂奶的婴儿更难离开妈妈。



每个宝宝都是不同的。你可以逐渐延长您离开的时间，这样会使宝宝更容易离开妈妈。尽量把您的宝宝留给同一个护理人员照看。

全国母乳喂养帮助热线一周开放七天。  
打电话给澳大利亚母乳喂养协会志愿者  
顾问以咨询有关母乳喂养的问题。

如果您不太会说英语，可以拨打翻译与  
口译服务中心(TIS)的电话**131 450**并让  
他们拨打母乳喂养帮助热线

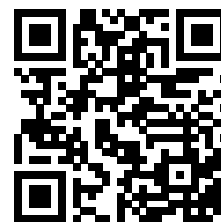
**1800 686 268**

更多信息请见：

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)



 **131 450**



 **mum2mum**  
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