



# UW Medicine

## 亲哺的情况如何？

宝宝大约 4 天大时要问的问题

这些是宝宝大约 4 天大时要问自己的问题。请在每一个问题圈选是或否。

1. 目前您认为亲哺对您及您的宝宝都很好吗？

是            否

2. 乳液来了吗？宝宝 2-4 天大时您的乳房有没有变得饱满充乳？

是            否

3. 乳头的疼痛是否渐渐好转？

是            否

4. 宝宝通常会要求喂奶吗？如宝宝总是睡着、大多的时候都需要把宝宝唤醒哺乳；就请选否

是            否

5. 宝宝很容易就能紧含乳头吗？

是            否

6. 每次哺乳时宝宝是否至少能有韵律的吸允 10 分钟？

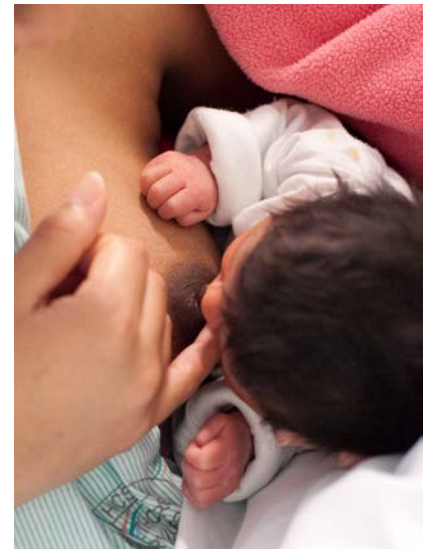
是            否

7. 在哺乳时、是否至少每隔三次吮吸便会听到宝宝的吞咽声？婴儿的吞咽声音听起来像“呃”或“呃呵”。

是            否

8. 喂奶后、宝宝看起来是否喂饱了？就是宝宝不会再寻找乳头或吮吸他们的手。

是            否



到第 4 天大多数妈妈注意到她们的乳房和婴儿的哺乳习惯发生了变化。

9. 宝宝是否每隔 1½至 3 个小时哺乳一次、每天最多不超过 1 次睡 5 个小时之久而中断哺乳？即每 24 小时内至少哺乳 8 次。

是            否

10. 如宝宝长时间不用哺乳、乳房就有乳胀的感觉吗？宝宝哺乳后就不胀了吗？“长时间”是指 3 到 5 个小时。

是            否

11. 宝宝是否每天至少有 4 次量多的排便？“量多”是指每次不仅是尿布上有污渍。

是            否

12. 宝宝的排便是否变黄变软，几乎是像液体？

是            否

13. 宝宝是否每天至少有 4 至 5 次湿尿布？

是            否

### 如您圈选了“否”

如对上述问答有一个或多个的回答为“否”、请致电 206.598.4628 华大医疗中心 **UWMC** 哺乳服务部。如哺乳有问题、则在开始更容易纠正、等久了就比较难解决。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

改编自哺乳项目 (*The Lactation Program*) , 901 E.19th Ave., Denver, CO 80203

### 您有疑问吗？

我们很重视您的提问。  
如您有哺乳方面的疑问、请联系哺乳辅导服务： 206.598.4628.

## How Is Breastfeeding Going?

*Questions to ask when your baby is about 4 days old*

Ask yourself these questions when your newborn is about 4 days old. Circle “Yes” or “No” for each question.

1. **Do you feel breastfeeding is going well for you and your baby at this time?**

Yes                  No

2. **Has your milk come in?** Did your breasts get firm and full when your baby was 2 to 4 days old?

Yes                  No

3. **Is any nipple soreness starting to get better?**

Yes                  No

4. **Does your baby usually ask to feed?** Answer “No” if your baby is sleepy and needs to be awakened for most feedings.

Yes                  No

5. **Is your baby able to attach to your breasts easily?**

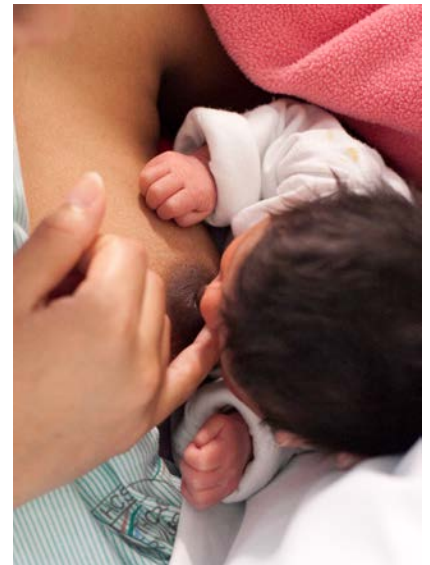
Yes                  No

6. **Does your baby suck in rhythm for at least 10 minutes at each feeding?**

Yes                  No

7. **While you are nursing, do you hear your baby swallow with at least every 3rd suck?** A baby’s swallowing sounds like “uh” or “uh-huh.”

Yes                  No



*By the 4th day, most mothers notice changes in their breasts and in their baby’s nursing habits.*

8. **Right after feedings, does your baby seem satisfied?**  
This means your baby is not rooting or sucking on their hands.  
Yes            No
9. **Does your baby nurse every 1½ to 3 hours, with no more than 1 long break of up to 5 hours each day?**  
This is at least 8 feedings each 24 hours.  
Yes            No
10. **Do your breasts feel full when your baby goes a long time without nursing, and softer after nursing?** “A long time” is 3 to 5 hours.  
Yes            No
11. **Is your baby having at least 4 good-sized bowel movements each day?** “Good-sized” means that each one is more than just a stain on the diaper.  
Yes            No
12. **Are your baby’s bowel movements turning yellow and soft, almost runny?**  
Yes            No
13. **Is your baby wetting diapers at least 4 to 5 times a day?**  
Yes            No

### **If You Circled “No”**

If you answered “No” to 1 or more of these questions, **call UWMC Lactation Services at 206.598.4628**. Breastfeeding problems are easier to correct when you first start to breastfeed, and harder to solve if you wait.

### **Questions?**

Your questions are important. If you have questions about breastfeeding, please call Lactation Services: 206.598.4628.

**Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.**

*Adapted from The Lactation Program, 901 E. 19th Ave., Denver, CO 80203*