

# BREASTFEEDING IN THE FIRST WEEK

THIS IS A GENERAL GUIDE. PLEASE DISCUSS IN FURTHER DETAIL WITH YOUR MIDWIFE AS EVERY MOTHER AND BABY ARE DIFFERENT.

	FIRST 24 HOURS	DAY 2 (24-48 HOURS)	DAY 3 (48-72 HOURS)	DAY 4 (OVER 72 HOURS)	DAY 4-6	DAY 7
<b>BREASTS</b>	Soft	Soft	Becoming fuller and firmer. Veins may appear more prominent	Full and firm. May leak between feeds	Full, soften with feeds Leaking is common	Full, soften with feeds Leaking is common
<b>MILK</b>	Colostrum - small volume, highly nutritious. Thick clear yellow/ orange colour. About ½ teaspoon per feed.	Colostrum- about 1 teaspoon per feed	Increasing in volume, whiter colour	Increasing volume, whiter colour. Thinner / more watery consistency	Thinner and whiter in colour	Thin, white. Flows freely during the feed.
<b>BABY</b>	First feed occurs within the hour after birth when baby is alert. After the first feed baby may sleep for a long time or be wakeful and feed often	Baby usually more alert and wakeful. Can be unsettled especially during the night. More settled when cuddled / held.	Some continue to be wakeful and feed frequently, especially at night. Others sleep for longer periods between feeds	Some continue to be wakeful and feed frequently. Others sleep for longer periods between feeds	Frequent night feeds are common and more sleep time during the day	Regulates the milk volume and number of feeds required
<b>BREASTFEEDS</b>	At least 2 - may be many more. Offer both breasts	Feeds more often to stimulate an increase in milk supply	At least 6-8, maybe more. May hear suck / swallow. Offer 2 <sup>nd</sup> breast in response to baby's feeding cues	At least 6-8, maybe as many as 10-12	At least 6-8. Should hear / see swallows. Feed from 1 <sup>st</sup> side until comfortable then offer the 2 <sup>nd</sup> side in response to baby's feeding cues	Varies, average 6-10. Offer 2 <sup>nd</sup> breast in response to baby's feeding cues. "Cluster" feeds in the afternoon / evening are common
<b>URINE</b>	At least 1 wet nappy	At least 2 wet nappies	At least 2-3 wet nappies. Urates - a pinky / orange stain in the nappy - is common	At least 3-4 pale or colourless wet nappies	At least 4-6 pale or colourless wet nappies	At least 6 pale or colourless wet nappies
<b>STOOLS</b>	At least one meconium nappy - thick, sticky black / green stool	At least 2 meconium nappies	At least 3 - softer, green / brown colour	Softer or runny, brown / yellow colour	Frequent. Runny or pasty yellow with little lumps (curds)	Frequent. Runny or pasty yellow with little lumps (curds)

DEVELOPED BY: ROYAL HOSPITAL FOR WOMEN POSTNATAL SERVICES MARCH 2012

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## 母乳餵養的第一周

這份資料僅供參考。由於每個母親和寶寶的情況都是不相同的，具體細節請跟您的助產士討論。

	頭 24 小時	第 2 天 (第 24-48 小時)	第 3 天 (第 48-72 小時)	第 4 天 (72 小時過後)	第 4 至 6 天	第 7 天
乳房	柔軟	柔軟	變得比較飽滿、堅實。靜脈可能顯得比較突出。	飽滿而堅實。兩次餵奶之間可能有乳汁流出來	飽滿，餵奶後變得柔軟常常會漏出乳汁	飽滿，餵奶後變得柔軟常常會漏出乳汁
乳汁	初乳：量少，含養分多。濃稠，呈純黃色或橙色。每次大約半茶匙。	初乳：每次約 1 茶匙	乳量增加，顏色比以前白	乳量增加，顏色比以前白。比以前稀，或者像水一樣	顏色更淺、更白	稀薄，呈白色。在餵奶時能夠自由流動。
嬰兒	第一次哺乳在寶寶出生後一小時內，在寶寶醒著的時候。在此過後，寶寶可能會睡很長時間，或者一直醒著，需要經常哺乳	嬰兒通常睡得較少，或者容易醒過來。可能會煩躁不安，尤其是在夜間。在摟著或抱著的時候會比較安寧。	有些寶寶仍然睡得較少，需要經常餵奶，尤其是在夜間。有些寶寶在兩次哺乳之間卻睡得較久。	有些寶寶仍然睡得較少，需要經常餵奶。有些寶寶在兩次哺乳之間卻睡得較久。	在夜間餵奶的次數往往更多，白天睡眠的時間增加	需要調整餵奶的數量和次數
母奶餵養	至少兩次，也可能會比這多得多。兩側乳房都要用來哺乳。	增加哺乳次數，以刺激乳汁分泌	至少 6 至 8 次，也許更多。可能會聽到吮吸或吞咽的聲音。在寶寶顯示出還想要吃奶的時候，用另一側乳房來喂	至少 6 至 8 次，可能多達 10 至 12 次	至少 6 至 8 次。應該聽到或看到吞咽。先用一側乳房來喂，直到覺得舒服了，在寶寶顯示出還想要吃奶的時候，再用另一側乳房來喂。	因人而異，平均為 6 至 10 次。在寶寶顯示出還想要吃奶的時候，用另一側乳房來喂。餵奶常常集中在下午或晚上。
尿	至少 1 塊濕尿布	至少 2 塊濕尿布	至少 2、3 塊濕尿布。尿酸結晶（在尿布上淺粉紅色或橙色的斑點）很常見。	至少 3、4 塊淺色或無色的濕尿布	至少 4 至 6 塊淺色或無色的濕尿布	至少 6 塊淺色或無色的濕尿布
大便	至少有一塊胎糞尿布，大便粘稠，呈黑色或綠色	至少 2 塊胎糞尿布	至少 3 塊胎糞尿布，大便比以前軟，呈綠色或棕色	大便比以前軟或很稀，呈棕色或黃色	大便頻繁。很稀或糊狀，呈黃色，有小塊（凝乳）	大便頻繁。很稀或糊狀，呈黃色，有小塊（凝乳）

編寫：ROYAL HOSPITAL FOR WOMEN POSTNATAL SERVICES，2012 年 3 月

鳴謝：NSCCAHS 的小冊子《母乳餵養：父母及家人須知》（BREASTFEEDING: INFORMATION FOR PARENTS AND THEIR FAMILIES）

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