

# 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

ACKNOWLEDGEMENT: NSCCAHS BOOKLET "BREASTFEEDING: INFORMATION FOR PARENTS AND THEIR FAMILIES"

TRANSLATIONS FUNDED BY THE SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT MULTICULTURAL HEALTH SERVICE CULTURAL DIVERSITY HEALTH ENHANCEMENT GRANTS PROGRAM



## 母乳喂养的第一周

这份数据仅供参考。由于每个母亲和宝宝的情况都是不相同的，具体细节请跟您的助产士讨论。

	头 24 小时	第 2 天 ( 第 24-48 小时 )	第 3 天 ( 第 48-72 小时 )	第 4 天 ( 72 小时过后 )	第 4 至 6 天	第 7 天
<b>乳房</b>	柔软	柔软	变得比较饱满、坚实。静脉可能显得比较突出。	饱满而坚实。两次喂奶之间可能有乳汁流出来	饱满，喂奶后变得柔软常常會漏出乳汁	饱满，喂奶后变得柔软常常會漏出乳汁
<b>乳汁</b>	初乳：量少，含养分多。浓稠，呈纯黄色或橙色。每次大约半茶匙。	初乳：每次约 1 茶匙	乳量增加，颜色比以前白	乳量增加，颜色比以前白。比以前稀，或者像水一样	颜色更浅、更白	稀薄，呈白色。在喂奶时能够自由流动。
<b>婴儿</b>	第一次哺乳在宝宝出生后一小时内，在宝宝醒着的时候。在此过后，宝宝可能会睡很长时间，或者一直醒着，需要经常哺乳	婴儿通常睡得较少，或者容易醒过来。可能会烦躁不安，尤其是在夜间。在搂着或抱着的时候会比较安宁。	有些宝宝仍然睡得较少，需要经常喂奶，尤其是在夜间。有些宝宝在两次哺乳之间却睡得较久。	有些宝宝仍然睡得较少，需要经常喂奶。有些宝宝在两次哺乳之间却睡得较久。	在夜间喂奶的次数往往更多，白天睡眠的时间增加	需要调整喂奶的数量和次数
<b>母乳喂养</b>	至少两次，也可能会比这多得多。两侧乳房都要用来哺乳。	增加哺乳次数，以刺激乳汁分泌	至少 6 至 8 次，也许更多。可能会听到吮吸或吞咽的声音。在宝宝显示出还想要吃奶的时候，用另一侧乳房来喂	至少 6 至 8 次，可能多达 10 至 12 次	至少 6 至 8 次。应该听到或看到吞咽。先用一侧乳房来喂，直到觉得舒服了，在宝宝显示出还想要吃奶的时候，再用另一侧乳房来喂。	因人而异，平均为 6 至 10 次。在宝宝显示出还想要吃奶的时候，用另一侧乳房来喂。喂奶常常集中在下午或晚上。
<b>尿</b>	至少 1 块湿尿布	至少 2 块湿尿布	至少 2、3 块湿尿布。尿酸结晶（在尿布上浅粉红色或橙色的斑点）很常见。	至少 3、4 块浅色或无色的湿尿布	至少 4 至 6 块浅色或无色的湿尿布	至少 6 块浅色或无色的湿尿布
<b>大便</b>	至少有一块胎粪尿布，大便粘稠，呈黑色或绿色	至少 2 块胎粪尿布	至少 3 块胎粪尿布，大便比以前软，呈绿色或棕色	大便比以前软或很稀，呈棕色或黄色	大便频繁。很稀或糊状，呈黄色，有小块（凝乳）	大便频繁。很稀或糊状，呈黄色，有小块（凝乳）

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

鸣谢：NSCCAHS 的小册子《母乳喂养：父母及家人须知》（BREASTFEEDING: INFORMATION FOR PARENTS AND THEIR FAMILIES）

翻译由东南悉尼地方保健区多元文化加强保健资助计划拨款

