

如何哺乳



How Breastfeeding Works

This booklet will tell you the key things about breastfeeding.

You can find more detail (in English) in booklets and leaflets from the Australian Breastfeeding Association and on its website:

www.breastfeeding.asn.au



Australian
Breastfeeding
Association

本手册包含哺乳的基本信息。更多详情（英语版本）请见澳大利亚哺乳协会文献及网站。

www.breastfeeding.asn.au

onlinebreastfeedingcafe.com.au/other-language-breastfeeding-resources

Chinese

如何哺乳

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The more breastmilk your baby drinks, the more milk your breasts will make. When your baby sucks at the breast, hormones are released. These hormones make the milk and cause the milk to 'let down' or flow.

What is colostrum and is it good for your baby?

The first milk you produce is called colostrum and it looks thick and yellowish. Some people think this first milk isn't good for your baby, but it's very important. It contains substances both to feed and help protect your baby from getting sick. This milk slowly becomes thinner and more watery looking, but it has everything your baby needs to grow and feel full.

Colostrum is full of anti-infective substances (antibodies) that help to protect your baby from getting sick. At birth your baby's stomach is about the size of a small marble so only needs a small amount. When a baby breastfeeds, he gets about one teaspoon of colostrum – the perfect amount for a tiny tummy.

Here are some more medical facts about how colostrum helps your baby:

- Colostrum is a natural laxative that helps your baby to pass his first poo and get rid of any toxins. This helps to keep your baby from getting jaundiced.
- Colostrum contains a special antibody called IgA which protects your baby from germs in his throat, lungs and gut.

如何哺乳

宝宝喝的乳汁越多，乳房产出的乳汁也就越多。当宝宝吮吸乳头时，乳房就会释放荷尔蒙激素。荷尔蒙激素会促使乳汁“产生”并溢出。

什么是初乳？它对您的宝宝有益处吗？

最初产出的乳汁称为初乳，液体粘稠，颜色微黄。一些人认为初乳对宝宝来说并不太好。但事实上喂食初乳非常重要。其中含有宝宝进食所需和预防疾病的各种物质。初乳会慢慢稀释成水状的液体，但其中含有宝宝生长发育所需的所有物质。

初乳富含抗感染物质（如多种抗体），有助于保护您的宝宝，使其不生病。您宝宝的胃在刚出生时的大小相当于一块小小的弹子，因此他只需要很小量的食物。当用母乳喂养宝宝时，他得到大约一茶匙量的初乳 - 对于他微小的肚子而言这个量一点儿都不少。

这里还有一些更多的医疗事实来帮您了解初乳如何有益于您的宝宝：

初乳是一种天然的通便剂，它帮助您的宝宝排出其第一次“便便”及任何的毒素。这有助于保持您的宝宝免得黄疸。

初乳中含有一种特殊的被称为“免疫球蛋白A”的抗体，该种抗体保护您宝宝的喉咙、肺部和肠道免受病菌的侵袭。

How breastfeeding works

Colostrum forms a barrier over your baby's gut lining to help protect against infection.

Remember: In the first few days it is common for a baby to want to breastfeed often (8-12 times or more every 24 hours). Frequent breastfeeding allows your baby to get all the benefits of the colostrum and also helps you to build up a good supply of mature breastmilk. Frequent breastfeeding also helps prevent engorgement.

How is my milk flowing?

You can tell if your milk is flowing in a number of ways:

- A change in your baby's sucking. At first he has quick little sucks and then starts to suck and swallow in a rhythm, at about one suck each second.
- Some mothers get a tingling or a 'pins and needles' feeling within the breast.
- Sometimes there is a sudden feeling of fullness in the breast. Your other breast may start to leak milk.
- You may feel thirsty.
- Emotions like anxiety, embarrassment, tension or extreme tiredness sometimes affect milk flow. Being relaxed helps your milk to flow more readily.
- Make yourself comfortable with pillows. Have a drink and healthy snack near you.
- Express a few drops of milk before putting your baby to the breast.

如何哺乳

初乳会在您宝宝的肠道内壁形成一个屏障，它有助于防止感染。

请记住：在最初的几天中，宝宝吃母乳的频率（如每24小时8-12次或更多）。频繁的哺乳喂养可让您的宝宝获得初乳的所有益处，也有利于产生足量的成熟母乳供应量。频繁的母乳喂养还有助于防止宝宝暴饮暴食。

我的奶水流动状况如何？

确定乳汁是否通畅的方法如下：

- 宝宝的吸吮频率由快而短促的吸吮变成大约每秒一次有节奏的大口吸吮吞咽。
- 一些妈妈会感到乳房内有针刺般的隐隐作痛。
- 有时候会突然感到乳房胀痛，并有奶水溢出。
- 可能会感到口渴。

焦虑、困窘、紧张或极度疲劳等情绪有时会影响乳汁流通。保持轻松的心情有助于乳汁通畅。

- 舒适地靠在枕头上。在旁边准备好饮料和一些健康的零食。
- 在宝宝吃奶前先挤掉几滴。

How breastfeeding works

- Gently massage your breast as your baby feeds.
- Check that your baby is well positioned at the breast

How can I tell that my baby is getting enough milk?

Your breastfed baby is getting enough milk if:

- He is feeding whenever he wants and not to a schedule. This will be at least 6-8 feeds in 24 hours. Some babies have 10-12 or more feeds.
- In 24 hours there should be at least 6-8 pale wet cloth nappies or 3-5 heavily wet disposable nappies. In 24 hours a very young baby will have 2 or more soft bowel motions.
- Your baby seems reasonably alert, active and happy.

Over a period of weeks, your baby will gradually gain weight. The size of his head grows and the length of his body increases.

如何哺乳

- 在宝宝吃奶时轻轻按摩乳房。
- 确保宝宝吃奶的姿势正确。

如何确定宝宝是否获得充足乳汁？

以下情况表明宝宝获得充足乳汁：

- 宝宝随时想吃，随时喂奶，而不是按照定好的日程进行。24小时内至少喂奶6-8次。一些宝宝可能会进食10-12次，甚至更多。
- 24小时内，宝宝至少会尿湿6-8片尿布，或者尿透3-5片一次性尿布。24小时内，年龄较小的宝宝会有两次以上大便。
- 宝宝表现灵敏、活跃而欢快。

几周后，宝宝体重会逐渐增加，脑袋长大，身体长长。



Putting Your Baby to the Breast

The best way for a mother and baby to learn to breastfeed is to let the baby follow his natural instincts. This is called 'baby-led attachment' and can be done straight after birth or any time later.

- Sit comfortably, leaning back a little, with your back well-supported.
- Start when your baby is awake and calm, and remove his clothes except for his nappy. Take off your bra and top. Wear something loose over your shoulders for warmth and/or privacy.
- Place your baby skin-to-skin on your chest. Talk to him, look into his eyes and gently stroke him.
- Gently support your baby behind his shoulders and under his bottom, but allow him to move freely when he wants. He may 'bob' his head on your chest and then move across to one breast. Sit comfortably, leaning back a little, with your back well-supported.
- When his chin contacts the breast, he may attach by himself. Don't be in a hurry. Let your baby take his time to attach when he is ready. Enjoy your baby!

给宝宝喂奶

对于妈妈和宝宝来说，学习母乳喂养的最好方式就是顺从宝宝的本能。这种方式称为“宝宝主导式”，可在宝宝刚出生或以后随时进行。

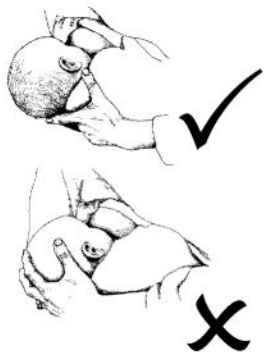
坐好，稍微向后靠在舒适的靠背上。

- 当宝宝睡醒且情绪平静时即可开始喂奶。脱掉宝宝的衣服，但留着尿布。
- 妈妈脱掉胸罩及上衣，穿上宽松的衣服以保暖和/或避嫌。把宝宝放到乳房处，母子肌肤相亲。

对宝宝说话，看着宝宝的眼睛，并轻轻拍打。

- 轻轻托住宝宝的肩部和臀部，但要允许宝宝自由动弹。宝宝的头或许会在您的胸前来回“摸索”，然后找到乳房。

当宝宝的下巴接触乳房时，会自己寻找乳头。因此别着急。让宝宝慢慢适应，准备吃奶。而您就尽情享受这一刻吧！



Putting your baby to the breast

Some hospital staff may teach a more structured approach to attaching your baby.

- Find a comfortable position sitting in bed or on a chair, with your back well supported.
- Hold your baby close, with his whole body turned towards you. His shoulders and neck should be supported, but his head should be free to tilt back slightly.
- Your baby's lower arm should be out of the way; either around your waist or tucked at his side. His body should be flexed around yours, with chest and hips held in close, and neck slightly extended. He should be at the same level as your breast.
- While attaching, use your thumb on one side of the nipple and fingers on the other to tilt the nipple towards the baby's nose, making the breast tissue easier to latch onto.
- Instead of aiming your nipple at his mouth, start attachment with the nipple just above his mouth, towards his nose. Your baby needs to get a good mouthful of the breast tissue, rather than only the nipple.
- Encourage your baby to open his mouth wide, by stroking his lower lip with your breast rather than just the nipple.
- When your baby opens his mouth wide, bring him to the breast. Place his lower lip well down on the areola (the darker skin around the nipple), then roll the baby on, aiming the top lip just above the nipple.

给宝宝喂奶

一些医务人员可能教授一种更加规范的哺乳方式。

- 以一种舒适的姿势坐在床上或椅子上，背部要有依靠。
- 抱住宝宝，使其身体转向您。托住宝宝的肩部和颈部。使宝宝的头部稍微向后自由抬起。
- 宝宝的小臂不得妨碍哺乳，要么放在您的腰部，要么放在宝宝身体两侧。宝宝的身体应当随您的姿势自然弯曲：宝宝胸部和臀部贴近您的身体，颈部稍微伸长。宝宝的位置应与您的乳房同高。
- 喂奶时，用手指（大拇指在乳头一侧，其余拇指在另一侧）将乳头向宝宝的鼻子倾斜，使乳腺组织更好地控制奶水的通畅。
- 不要直接把乳头放到宝宝的嘴巴上，而是放到他的嘴巴偏上接近鼻子的地方。除了乳头，宝宝也需吸住整个乳腺组织。
- 鼓励宝宝张大嘴巴，下唇噙住乳房而不仅是吸住乳头。
- 当宝宝张大了嘴巴时，就应当让他吃奶了。他的下唇放到乳晕（乳头周围肤色较暗的部位）的下方，然后向上托起宝宝，使其上唇刚好触到乳头上面。

Putting your baby to the breast

- Try to get the breast tissue against the tongue and not so much against the roof of the mouth. If your areola is large, more of it should be visible above the top lip than below the lower lip.
- Check that your baby's chin is well against the breast; this will also leave the nose clear. If not, bring his body in closer to yours.
- Your baby's mouth should be wide open against the breast, creating a seal.
- He is well attached if he sucks rhythmically and there are no clicking noises.
- If he is not well attached, or it still hurts after 30 seconds or so, take him off the breast by placing a clean finger between his gums and gently pulling down to break the suction. Withdraw your nipple when you feel it released.
- New mothers often feel awkward when putting their baby to the breast for the first few times. With practice, you and your baby will learn to breastfeed well. The nursing staff will be able to help you put your baby to the breast. Do not be afraid to ask for help.

! Breastfeeding should not hurt. If it does, ask for help. Taking care with the positioning of your baby at the breast in the early days is the best way to prevent sore and damaged nipples.

给宝宝喂奶

- 尽量使乳房抵住宝宝的舌头，但不要太过用力而抵住他的上颚。如果您的乳晕较大，那么从宝宝的上唇看到的乳晕要比从下唇看到得多。
- 宝宝的下巴应该舒适地抵住乳房，这样也使宝宝呼吸畅通无阻。否则，要把宝宝抱得更紧些。
- 宝宝应当张大嘴巴吸住乳房。
- 如果宝宝有节奏地吸吮，就说明姿势比较舒适，这时不会发出任何噪音。
- 如果宝宝姿势不当，或者在喂奶半分钟左右依然感到乳房疼痛，则请暂停喂奶。这时可以把一根干净的手指放到宝宝的上下牙龈间，然后轻轻地向里伸以打断宝宝的吸吮。感到宝宝放开乳头后再把手指抽出。
- 最初几次喂奶时，妈妈会觉得别扭不堪。练习几次后，妈妈和宝宝就会学会如何哺乳了。医护人员会帮您如何正确抱着宝宝喂奶。寻求帮助时不要有任何顾虑。

哺乳并不会痛。如果感到不适，请寻求帮助。早期注意宝宝吃奶姿势是避免乳房疼痛的最好办法。

On the second or third day after birth your milk starts changing from colostrum (the thick, first milk that is important for your baby) to thinner bluish-white milk. Sometimes when this change occurs, there is suddenly a very large amount of milk and increased blood flow to the breasts. Engorged (very full) breasts may feel tight, hard and uncomfortable. If your baby is allowed to feed when he wants to, this engorgement quickly settles down and the right amount of milk is there for your baby. Tell the nursing staff if your breasts become too full or uncomfortable.

Suggestions to relieve engorgement

- Your baby may find it difficult to latch onto an engorged breast. To soften the areola (the darker skin around the nipple), gently express some milk before attaching your baby.
- Another method to soften the areola is to apply pressure with the fingertips of one hand to push in the breast tissue around the whole nipple. Hold the pressure for 2-3 minutes or until the tissue softens beneath them. This may also trigger your let-down reflex and cause the milk to flow.
- Warmth placed on your breasts before a feed can help the milk to flow.
- After feeds, cold can relieve pain. Some mothers find that applying cold washers, clean, cold, crisp cabbage leaves or a frozen disposable nappy over the affected area relieves engorgement.

乳房胀痛和乳汁过量

在产后的第二或第三天，乳汁会从初乳（最初产出的粘稠乳汁，对宝宝非常重要）变成微显蓝色的稀释乳汁。当发生此变化时，有时会有大量乳汁和血液充盈到乳房。饱和（饱满）的乳房会感到紧绷、结实，且不太舒服。如果当宝宝需要喂奶时就能进行哺乳的话，乳房胀痛很快就会消失，然后就会产出适量的乳汁。当感到乳房胀痛不适时，请告知医护人员。

缓解乳房胀痛的建议

- 胀痛的乳房不利于宝宝吸吮乳汁。挤出一些奶水使乳房部位（乳头周围肤色较暗的部位）变软。
- 另一种方法是用指尖按压乳头周围部位，保持2-3分钟或者直至感觉按压部位变软。这种方法也会促使产生泌乳反射，从而使乳汁流出。
- 在哺乳前热敷乳房有助于乳汁的产出。
- 哺乳后，冷敷可以减轻疼痛。有些妈妈觉得在胀痛部位敷上冰凉垫圈、干净白菜叶、或者冰冻的一次性尿布可以减缓胀痛。



- Only give your baby your breastmilk. Other fluids will reduce your baby's appetite for breastmilk.
- Take your bra off completely before beginning to feed.
- Some mothers find that it helps to empty the breasts well, just once, with an electric breast pump.
- Wake your baby for a feed if your breasts become too full and uncomfortable.
- If you notice lumps, soreness or redness on the breast, be aware of the risk of blocked ducts and mastitis.

Engorgement is less common after the first week of breastfeeding. Sometimes it can recur if there is a sudden change to your baby's feeding pattern, eg your baby sleeps through the night, you wean the baby suddenly, or your baby is ill. Even after the early days of establishing breastfeeding, some mothers find that they still have 'too much' milk.

Some ways of coping with too much milk

- Finish the first breast first, letting your baby decide the length of the feed. He may not want both breasts at every feed.
- Ensure your baby is well positioned and attached
- Express only when necessary for your comfort or to help your baby to attach properly.

乳房胀痛和乳汁过量

- 只用母乳喂养宝宝。其它液体食物会影响宝宝进食母乳的食欲。
- 开始哺乳前要把胸罩完全脱下来。
- 有些妈妈认为利用电动吸奶器把乳汁吸空一次会有所帮助。
- 当乳房发胀产生不适时应给宝宝喂一次奶。
- 如果发现乳房部位有硬块、肿痛或红斑，应该注意预防乳腺堵塞和乳腺炎。

在哺乳第一周后，乳房胀痛会有所减缓。如果突然改变宝宝的哺育模式，有时乳房胀痛也会重现。例如：宝宝整夜安睡而无需喂奶、或者突然给宝宝断奶、或者宝宝身体不适的时候。即使经过了最初的哺乳阶段，有些妈妈还是觉得自己“乳汁过剩”。

处理过多奶水的方法

- 先用一侧乳房哺乳，让宝宝决定进食多长时间。宝宝并非每次进食都要吸吮两侧乳房。
- 确保宝宝进食时的姿势正确舒适。
- 只有当您自己需要或需要帮助宝宝时再挤乳汁。

These suggestions will need to be tried for a few days before you will notice any real change.

If the problem persists and these suggestions have been tried without success, you may find that feeding to a schedule for a while helps bring your supply under control. Breastfeed only 2-3 hourly. Comfort your baby at other times by rocking, cuddling or a pacifier (dummy). If baby needs to be fed more often, you could also try feeding, from one breast only, over (say) a 4-hour period before switching to the other side and then feeding from that breast for another 4-hour period. Once your supply settles down, you can then feed from both breasts.

If you notice lumps, soreness or redness on your breasts, start treatment immediately for blocked ducts and mastitis.

If your baby has trouble coping with a fast flow of milk

- Recline or lie down on your back to feed. This is often only necessary at morning feeds. Finish feeds sitting upright so that your breasts are adequately drained.
- Express the initial fast flow of milk, or remove your baby from the breast until the flow subsides.

乳房胀痛和乳汁过量

这些建议在您试过几天后才会发生真正的变化。

如果问题仍然存在，并且所有这些建议都未奏效，您会发现定时喂奶对控制奶量或许会有帮助。最好是2-3小时进行一次。其它时间可摇摇或抱抱宝宝，或用橡皮奶嘴安慰宝宝。如果宝宝需要多次喂奶，您可尝试只用一侧的乳房哺育，超过4个小时再换另一侧乳房，时间间隔也是4个小时。一旦乳汁供应稳定下来，即可同时用两侧乳房喂奶。

如果发现乳房部位有硬块、肿痛或红斑，应该立即治疗，预防乳腺堵塞和乳腺炎。

如果宝宝应付不了快速流出的奶水

- 应该向后倾斜或者躺下喂奶。这种情况通常出现在早上喂奶时。结束喂奶时要坐直，这样可以使乳房中的奶水尽量流出。
- 把最初快速流出的奶水挤掉，或者把宝宝从乳房移开，直至奶水流出的速度减缓。



Reverse Pressure Softening to soften overfull breasts before feeding or expressing.

乳房胀痛和乳汁过量

“反向压力软化”法能在母乳喂养前软化过分涨硬的乳房。

(注：在母亲平躺时最有效)

(Note: Most effective when mother is lying on her back)

Method 1.

Two-handed, 1-step method

With fingernails short and fingertips curved, push in with each fingertip touching the side of the nipple. Hold for 1-3 minutes or more.

Method 2.

Two-handed, 2-step method

Use 2 or 3 straight fingers on each side, first knuckles touching the nipple. Push in and hold for 1-3 minutes or more. Repeat above and below the nipple.

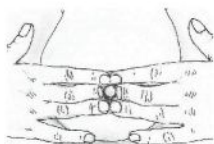
Method 3.

One-handed, 'flower hold'

With fingernails short and fingers curved, push in around the nipple in a circle. Hold for 1-3 minutes or more. A hand-mirror may help you see your areola more easily.

Based on work by K. Jean Cotterman RNC IBCLC
Illustrations by Kyle Cotterman

方法1.



方法2.



方法3.



双手1步法

指甲应已修短、指尖弯曲，每个指尖触摸乳头周围将向里推。保持推入状态1-3分钟或更长时间。

双手2步法

每侧使用2个或3个直的手指，用第一指关节触摸乳头。向里推入并保持1-3分钟或更长时间。在乳头上侧和下侧重复该法。

单手“花样把持”

指甲应已修短、指尖弯曲，在乳头周围形成一圈向里推。保持该状态1-3分钟或更长时间。使用一只手镜可以帮助您更容易看到您的乳房。

Blocked Ducts

A blocked duct is a lumpy or engorged area of the breast which may be sore and red. There may be pain when your milk lets down. Blocked ducts can happen at any time during lactation. It is important to begin treatment immediately as untreated blocked ducts can lead to mastitis.

Things to do:

- Keep the sore breast as empty as possible by frequent feeding. Many blocked ducts are cleared by the baby's sucking. Begin breastfeeding on that side so that it receives the most vigorous sucking. Continue to check the other breast for engorgement and blocked ducts.
- Gently but firmly massage the lump towards the nipple during and after feeds.
- Change your feeding position to help empty the breast. Pointing your baby's chin towards the sore area directs the most efficient suction to that area.
- Apply warmth to the sore area before a feed.
- Cold packs applied to the breast after a feed may help to relieve your pain.
- Rest as much as possible.
- Express by hand or pump if your baby won't feed or if it is too painful to feed.
- See your medical adviser if you cannot clear the lump in 12 hours or if you develop a fever or feel unwell.

乳腺堵塞和乳腺炎

乳腺堵塞

乳腺堵塞指在乳房内形成的发疼发红的硬块。奶水流出时会感到疼痛。在哺乳期间，乳腺堵塞随时都会发生。及时采取治疗非常重要，因为未经治疗的乳腺堵塞可能会导致乳腺炎的发生。

采取措施：

- 通过频繁喂奶使疼痛的乳房尽量排空。很多堵塞的乳腺经宝宝吸吮后即可畅通。从乳腺堵塞的一侧乳房开始喂奶可以保证使其得到宝宝强有力的吸吮。不断检查另一侧的乳房是否肿胀及乳腺堵塞。
- 在喂奶时和喂奶后轻而有力地按摩乳头周围的硬块。
- 变换喂奶姿势，帮助宝宝吸空乳房。把宝宝的下巴放到疼痛部位，使其得到有效吸吮。
- 喂奶前对疼痛部位进行热敷。
喂奶后对乳房进行冷敷有助于减轻疼痛。
- 尽量多休息。
- 如果宝宝不吃奶，或者喂奶时感觉疼痛难忍，可人工将奶水挤出或吸出。
- 如果在12小时内无法消除硬块，或者引起发烧或不适，请咨询医疗顾问。



Blocked ducts & mastitis

Mastitis

Mastitis is the inflammation of breast tissue. Sometimes there is infection present. All or part of the breast can be red, swollen, hot and painful. The breast skin can be shiny, with red streaks. Your breastmilk may contain blood or yellow discharge. You may have a raised temperature and flu-like symptoms. This is NOT the time to wean. Untreated mastitis can cause a breast abscess.

Things to do:

- Begin treatment immediately.
- Continue with the suggestions for a blocked duct outlined above.
- Consult your medical adviser.
- Go to bed and rest if you can, taking your baby with you.
- Breastfeed frequently to keep your breast drained. Your milk is safe for your baby.
- Feed from the sore breast first while your baby is sucking vigorously.
- Express by hand or pump to help drain the breast completely.
- Ask your medical adviser or pharmacist about pain relief if required.
- Contact your child health nurse or Australian Breastfeeding Association counsellor for further help.

乳腺堵塞和乳腺炎

乳腺炎

乳腺炎是乳房组织发炎所致。有时会引起感染。整个或部分乳房会呈现发红、肿胀、发热和疼痛的症状。乳房肤色发亮，伴有红色条纹。乳汁可能含血或黄色分泌物。您的体温可能升高并出现感冒症状。这并不意味着要给宝宝断奶。未经治疗的乳腺炎可能引起乳房脓肿。

采取措施：

- 立即开始治疗。
- 继续遵循上面针对乳腺堵塞所提出的建议。
- 咨询医疗顾问。
- 条件允许的话，和宝宝一起上床休息。
- 频繁喂奶以使乳房排空。母乳对宝宝是安全的。
- 宝宝吸吮用力时要先从疼痛的一侧乳房开始喂奶。
- 人工将乳汁挤出或吸出，使乳房彻底排空。
- 咨询医药顾问或药剂师，在必要时如何减缓疼痛。
- 与儿童保健护士或者澳大利亚哺乳协会顾问保持联系以寻求进一步帮助。

Blocked ducts & mastitis

How can I prevent mastitis?

- Avoid hurried and interrupted feeds.
- Don't let your breasts become too full.
- Avoid pressure on your breasts from tight bras, clothing, sleeping on your stomach etc.
- Look after your general health and try and minimise stress.

Remember:

- Start treatment immediately.
- If you cannot clear a blocked duct within 12 hours, or you feel feverish, unwell, or the inflammation becomes worse, see your doctor immediately.

乳腺堵塞和乳腺炎

如何预防乳腺炎？

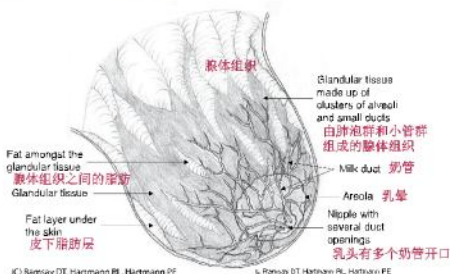
- 避免匆忙喂奶和中止喂奶。
- 避免乳房奶水太过饱和。
- 避免过紧的胸罩、衣物或趴着睡觉等压迫乳房。
- 关注您的整体健康，尽力减缓压力。

谨记：

- 立即开始治疗。
- 如果在12小时内无法消除乳腺堵塞，或者您已发烧、感觉不适或者炎症恶化，请立即就医。

Anatomy of the human breast

人体乳房解剖：



Sore and cracked nipples

- Some nipple tenderness is common in the early days of breastfeeding. With help, problems can be quickly overcome.

To help relieve sore nipples:

- Feed your baby often. Avoid putting off feeds. Frequent feeding helps because the baby is less impatient at feed times and therefore sucks more gently.

Before feeds:

- Make yourself comfortable and relax. Breathe deeply.
- Massage breasts gently.
- Apply heat — warm shower, warm face washer.
- Express some milk to soften the areola (the darker skin around the nipple), to get the milk flowing and to lubricate the nipple.
- If pain is making it hard to relax, ask your medical adviser for help.

During feeds:

- Offer less sore side first.
- Make sure baby is properly positioned at the breast — chest to chest, chin to breast. Incorrect positioning and attachment are the most common causes of nipple soreness.
- Limit comfort sucking while nipples are tender.

Gently break suction with clean finger before removing baby from the breast.

乳头疼痛龟裂

- 在哺乳初期，乳头变得敏感属于正常现象。在他人帮助下，问题会很快得以解决。

减缓乳头疼痛：

- 经常给宝宝喂奶。避免推迟喂奶。频繁喂奶会减缓乳头疼痛，因为这时宝宝不会太急不可耐，吸吮也会更加柔和。

喂奶前：

- 使自己放松。深呼吸。
- 轻轻按摩乳房。
- 提高温度——冲热水澡、温水洗脸。
- 挤出一些奶水使乳晕部位（乳头周围肤色较暗的部位）变软。同时使乳汁流出润滑乳头。

如因疼痛无法使乳房放松，请向医务顾问咨询。

喂奶时：

- 先用疼痛较轻的一侧乳房喂奶。
- 确保宝宝吃奶时姿势正确——母婴胸对胸，宝宝的下巴抵着乳房。错误的哺育姿势是引起乳头疼痛最常见的原因。
- 当乳头敏感时要限制吸吮。

在把宝宝抱离乳房之前，先用干净的手指轻轻打断宝宝的吸吮。

Sore and cracked nipples

After feeds:

- Check nipples after each feed.
- Express a few drops of milk and smear on the nipple and areola.
- Keep nipples dry – expose them to air till they are dry. Change nursing pads frequently.
- Use nipple protectors to stop clothes rubbing your sore nipples and allow air to circulate.

To prevent sore nipples

- Avoid anything drying or damaging on nipples (eg methylated spirits, soap, shampoo, harsh towels, toothbrushes).
- Wear correctly fitted bras and do not use nursing pads that hold moisture against your skin.
- Use breast pumps correctly.
- Use nipple shields only with assistance from a lactation consultant or breastfeeding counsellor.

See your medical adviser if your nipples remain sore.

乳头疼痛龟裂

喂奶后:

- 喂奶后要检查乳头。
- 挤出几滴奶水涂在奶头和乳晕上。
- 保持乳头干燥——裸露乳头直至变干。经常更换乳垫。
- 使用乳头保护器，避免衣物与之摩擦并保持空气通畅。

防止乳头疼痛

- 避免一切使乳头干燥或损害乳头的东西（如酒精、肥皂、洗发水、粗糙的卫生纸、牙刷）。
- 穿着舒适合体的胸罩，避免使用吸收皮肤水分的乳垫。
- 正确使用吸奶器。
- 在哺乳顾问的陪同下使用乳头保护器。

如果乳头依然疼痛，请咨询医务顾问。



Sore and cracked nipples

To help relieve cracked nipples

- Find the cause – incorrect attachment, an infection or damage from breast pumps.
- Follow the suggestions for sore nipples. Pay special attention to correct positioning and attachment. Allow air to circulate around nipples after feeds.
- If feeding is too painful, take baby off the breast temporarily to rest the nipple and allow healing to occur.
- Express by hand or with a suitable breast pump.
- Feed expressed milk to your baby.
- Start feeding again gradually.
- See your medical adviser if healing is slow or you need pain relief.
- Discuss the use of a nipple shield with hospital staff, a lactation consultant, child health nurse or Australian Breastfeeding Association counsellor.
- Ask hospital staff, child health nurse or ABA counsellor for further help.

Remember: Breastfeeding should not hurt. If it does, ask for help!

乳头疼痛龟裂

避免乳头龟裂

- 找出原因——错误的喂奶姿势或者吸奶器引发的感染或损害。
- 遵循上文针对乳头疼痛所提出的建议。要特别注意喂奶姿势的正确与否。喂奶完毕后，要保持乳头部位通风透气。
- 如果哺乳时乳头太过疼痛，要暂停喂奶，使乳头得以休息，早日康复。
- 用手或合适的吸奶器将奶水挤出。用挤出的奶水喂宝宝。
- 逐渐开始用乳头重新喂奶。
- 如果康复较慢或者需要减缓疼痛，请咨询医务顾问。
- 与医护人员、哺乳顾问、儿童保健护士或澳大利亚哺乳协会顾问讨论如何使用乳头保护器。
- 向医护人员、儿童保健护士或澳大利亚哺乳协会顾问寻求进一步帮助。

谨记：哺乳并不会痛。如果感到不适，请寻求帮助！

Increasing your milk supply

The amount of milk a mother produces depends on how much the breasts are stimulated by the baby's sucking. Your breastmilk will increase to match your baby's increased need if you breastfeed more frequently – 1, 2 or 3 hourly or whenever your baby seems unsettled or hungry.

As your baby grows he may have times when he is unsettled and seems to want to breastfeed more frequently. It used to be thought that these were growth spurts and the baby needed more milk. However, we now know that the baby's milk intake does not increase much between 1-6 months.

These periods of unsettled or fussy behaviour occur at around 6 weeks, 3 months, and 6 months of age, but can happen any time. Try simply following baby's lead and offering more frequent breastfeeds and extra cuddles for a few days.

Many breastfeeding mothers find that their breasts return to a smaller size after a few weeks of breastfeeding. This doesn't mean that your milk is disappearing. Your breasts are now becoming more efficient at making milk.

增加奶量

妈妈产出的奶量取决于宝宝的吮吸对乳房产生的刺激强弱。如果增加喂奶频率，奶量会随宝宝食欲的增加而增多——每小时喂奶一至三次或者当宝宝表现出不安分或饥饿时都可喂奶。

随着宝宝的发育，可能有时不太安分，经常想要吃奶。人们曾经认为这种现象是由于宝宝身体发育而需要进食更多的乳汁所致。但是现在我们发现在宝宝1-6个月时，他对乳汁的需求量并不会增加太多。

宝宝的这种不安分期或行为烦躁期大约发生在一个半月大的时候、三个月大的时候以及六个月大的时候。当然，在哺乳期任何时候也都可能发生这种情况。这时，尽量多喂几次奶水以满足宝宝的需要，还要对宝宝多加爱抚。

许多妈妈发现在哺乳几周后乳房会缩小一点。这并不意味着妈妈的乳汁没有了，只不过是乳房可以更有效地产出乳汁了。



Increasing your milk supply

What can I do to build up my milk supply?

- Feed more often, possibly up to 12 times a day or more.
 - Offer the breast as a comforter, instead of using a pacifier.
 - Shorten the length of time between feeds. Feed your baby even when he is awake and settled. Don't wait for him to cry.
 - Wake your baby before you go to bed to fit in an extra feed.
- Offer each breast twice or more at each feed.
- Check the positioning and attachment of your baby. A baby can milk the breast more efficiently if correctly attached.
- Top-up feeds. A short breastfeed 20-30 minutes after a feed is often enough to satisfy your baby and will help build up your milk supply. Unlike a bottle, your breasts are never empty. Your body is making milk all the time and most quickly when your breasts feel soft.
- If your baby won't cooperate with extra feeds, express milk between and after breastfeeds.
- Avoid giving bottle-feeds of anything except your breastmilk as these reduce your baby's appetite and his need to suck. Even very young babies are able to learn to drink from a small cup. Bottle-feeds of other milks will reduce your own milk supply.

增加奶量

如何才能增加奶量？

经常喂奶，如有可能，每天可喂奶12次以上。

- 用乳房而不是橡皮奶头安慰宝宝。
 - 缩短喂奶之间的时间间隔。宝宝只要一醒着，即使没有哭闹也可喂奶。不要等到宝宝哭了才喂。
 - 在您入睡前叫醒宝宝多喂一次。
- 每次喂奶两侧乳房要交替两次以上。
- 检查宝宝的吃奶姿势。如果姿势正确，宝宝可以更有效地喝到乳汁。
- 加餐。在喂奶结束20-30分钟后，可以再次给宝宝短时喂奶一次。这样可以满足宝宝的生长所需，而且有助于刺激乳汁的生成。乳房不像奶瓶一样喝完就空了。哺乳期的乳房是不会枯竭的。自始至终乳房都在产奶，而且当乳房柔软时，产奶的速度会更快。
- 如果宝宝对加餐不配合，就在喂奶间隙或之后将乳汁挤出。
- 避免用奶瓶喂宝宝母乳之外的其它任何食物。这样会减少宝宝的食欲和吮吸的需求。即使很小的宝宝也有能力学习从小茶杯中喝东西。用奶瓶喂其它乳液会减少妈妈的奶量。

Increasing your milk supply

- Rest as much as possible. Eat well and drink when you are thirsty. Relaxation will help your milk to flow.
- Massaging breasts during feeds may also be helpful.
- Cuddle your baby skin-to-skin to help your hormones to increase your supply.
- If you smoke, give up – or at least cut down, as this affects your milk supply.

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

- Your baby will have at least 5 heavily wet disposable nappies or 6-8 pale wet cloth nappies in 24 hours, if no other fluids or solids are being given. Bowel motions will be soft and become less frequent as baby gets older.
- Your baby seems reasonably alert, active and happy.
- Your baby will have some weight gain and growth in length and head size.
- Babies need at least 6-8 breastfeeds in 24 hours and many new babies may need 12 or more

增加奶量

- 尽量多休息。吃得好，勤喝水。保持轻松的心态有助于乳汁的产出。
- 喂奶时按摩乳房也会有所帮助。
- 抱着宝宝，母子肌肤相亲，有助于妈妈荷尔蒙激素产生，从而增加奶量。
- 如果您是烟民，请戒烟——或者至少有所节制，因为吸烟会影响乳汁的供给。

如何确定宝宝是否获得充足乳汁？

- 24小时内，如果没有液态或固态大便排出，宝宝至少会尿透5片一次性尿布，或者尿湿6-8片尿布。随着宝宝长大，肠胃运动会减缓，排泄行为次数也会减少。
- 宝宝表现灵敏、活跃而欢快。
- 宝宝体重增加、身体长长、脑袋长大。
- 24小时内，宝宝至少会进食6-8次。一些新生儿可能会进食12次，甚至更多。



Increasing your milk supply

The Complementary Feed

- Giving your baby artificial baby milk will make him less hungry for breastmilk and may reduce your milk supply. If this is necessary for medical reasons, you can still rebuild your milk supply by more frequent breastfeeding. Offer the breast for comfort sucking.
- A complementary feed can be expressed breastmilk or artificial baby milk.
- Always breastfeed first, offering both breasts. Change sides several times during the feed and then offer both breasts again as a top-up feed 20-30 minutes later. Then offer the complementary feed only if necessary.
- Offer expressed breastmilk (or artificial baby milk) in a medicine glass or a small cup, rather than from a bottle which needs a different sucking action.
- To start with, try offering the complementary feed only after the evening feed or at least not after every feed. However, this will depend on how low your milk supply has become.
- Offer only as many complementary feeds as your baby needs without encouraging him to take more.
- Express about an hour after a breastfeed and save your milk to use as a complement later.

增加奶量

补喂

- 给宝宝喂奶会减少他对母乳的食欲，也会使奶量有所降低。如果给宝宝喂奶粉是出于医疗原因，您还是可以通过频繁喂奶来恢复奶量。使乳房适于吮吸。
- 补喂可用挤出的乳汁或奶粉。
- 首先要进行母乳喂奶，两侧乳房都要进行。喂奶时要交替使用两侧乳房。然后在喂奶20-30分钟后再次进行母乳喂奶。之后如有必要再进行补喂。
- 补喂时，把挤出的乳汁（或奶粉）装入医用玻璃杯或小茶杯中，而不要用奶瓶，因为奶瓶需要另外一种不同于哺乳的吮吸动作。
- 开始时，尽量把补喂安排在晚上喂奶后或至少不是在每次母乳喂奶后。当然，这要取决于妈妈奶量的多少。
- 只有当宝宝需要时再进行补喂，而不鼓励宝宝进食过多。
- 母乳喂奶大约一个小时候可将乳汁挤出保存，以备稍后的补喂之用。

Increasing your milk supply

How do I tell if my milk supply is increasing?

- All or some of the following may occur.
- A feeling of fullness in the breasts.
- Your let-down reflex happens more quickly and the milk flows more easily.
- Leaking of milk.
- Your baby will have more wet nappies.
- Your baby continues to gain weight.
- Your baby may take less of the complementary feed.

How do I stop the complementary feed and go back to full breastfeeding?

- If you are giving a complementary feed after every breastfeed, try offering less often. When you choose to skip the complementary feed, choose a feed when your baby seems satisfied with breastmilk alone. Be prepared to breastfeed your baby sooner than he might normally ask.
- Late afternoon/evening complementary feeds are usually the hardest ones to stop.

Remember – Breastfeed on both sides, rest a while, breastfeed again and only then offer the complementary feed if necessary.

增加奶量

如何判断奶量在增加？

- 可能出现以下全部或部分反应。
- 感到乳房发胀。
- 泌乳反射更快、更轻松。
- 乳汁外溢。
- 宝宝小便增多。
- 宝宝体重不断增加。
- 宝宝需要的补喂减少。

如何终止补喂并恢复完全哺乳？

- 尽量避免每次母乳喂养后补喂其它食物。要选择宝宝对母乳喂养感到满足的时候取消补喂。要趁宝宝正常需求前给其喂奶。
- 通常在傍晚或晚上进行的补喂最难终止。

谨记——要使用两侧乳房进行母乳喂养，稍事休息后再次进行母乳喂养。然后在需要的情况下再补喂。



It is possible to continue to breastfeed after you return to work or study. Many women do this successfully. Breastmilk is **IMPORTANT** for your baby. If you are planning to return to work, consider that even breastfeeding for a short time, or partial breastfeeding, is better for your baby than no breastfeeding at all.

Ways that you can work and breastfeed:

Young baby: 6 weeks to 6 months – 3 possible options

1. Go to your baby for each feed
 - have the baby at work with you
 - your carer could bring the baby to you or telephone you to come
 - arrange child care close to your work
2. When you are at work you can leave your own milk in a bottle or cup for the carer to feed your baby. You will need to leave enough for at least two feeds. Feed your baby just before you leave and breastfeed as soon as you come home. While you are at work, you will probably need to express your milk once or twice. This depends on how long you are at work and how full your breasts feel. You can do this in your breaks and keep the milk for the next day's feed. Store in a refrigerator on insulated container.
 - Arrange for your baby to have bottles of artificial baby milk when you are at work. When you are with your baby, breastfeed frequently.

Baby over 6 months

- Continue to leave expressed milk and other suitable food.

工作和哺乳

可在下班或放学后进行母乳喂奶。很多妈妈做得非常成功。母乳对宝宝来说非常重要。如果您打算返回工作岗位，要考虑即使是短时或部分哺乳，对宝宝来说也比没有任何哺乳要好。

兼顾工作和哺乳的方法：

六周到六个月大的小宝宝——三种选择方案

1. 每次都进行母乳喂奶
 - 让宝宝呆在您工作的地方
 - 宝宝的护理人员可把宝宝带到您跟前，或者打电话通知您过来。
 - 宝宝的护理地要靠近您的工作地点。
2. 在工作期间，可将挤出的奶水存放在奶瓶或杯子中，让护理人员给宝宝进行喂奶。至少要够喂奶两次。在您离开宝宝上班前要给宝宝喂一次奶，下班回家后要尽快再次给宝宝喂奶。在工作期间，您可能需要将奶水挤出一到两次。这取决于您工作时间的长短和乳房的胀满程度。在工作的休息间隔可把奶水挤出以备第二天所需。用密封容器置于冰箱内储存
 - 在工作期间安排宝宝进食人工奶粉。和宝宝在一起时，经常母乳喂奶。

六个月以上的宝宝

- 继续喂食挤出的奶水以及其它适当食物。



- Partially wean your baby. Your baby has baby milk suitable for his age and family foods when you are away and breastfeeds when you're at home.

Common Questions

1. *Doesn't breastfeeding mean my baby won't take a bottle?*
 - Some mothers worry that their breastfed baby will not feed from a bottle and that this is going to be a problem when they go back to work.
 - Try to get your baby used to taking the bottle occasionally. After he is a few weeks of age, give him some expressed breastmilk in a bottle or cup. Try once or twice a week.
 - Ask someone else to give the bottles, while you stay out of the baby's sight. If possible, get the person who will be looking after the baby to give the bottle. This is often the best way for baby to get used to the changes.
 - Some mothers find it easier to teach their babies to drink from a cup than a bottle. For small babies, use an ordinary cup or glass with a fine rim. Older babies (6 months or more) like to drink from one of the wide range of baby cups available.
2. *Isn't it more difficult to leave a breastfed baby?*
 - Breastfed babies are no more difficult to leave than bottle-fed babies.
 - Breastfed babies are all individuals. However you can make it easier to leave your baby by gradually increasing the time you are away and leaving him with the same familiar carers.

工作和哺乳

- 给宝宝喂奶要有耐心。您不在时，六个月大的宝宝已经可以进食适合他们的奶粉和食物了。当您在家时，可以进行母乳喂养。

常见问题

1. 哺乳是否意味着宝宝不会用奶瓶喝奶？有些妈妈担心哺乳的宝宝不会使用奶瓶喝奶。当她们重返工作后这会成为一大问题。
 - 不时地试着用奶瓶给宝宝喂奶。宝宝几周大后，可把挤出的奶水装入奶瓶或杯子中给他喂奶。一周可进行一到两次。
 - 您离开宝宝的视线范围内，请其他人用奶瓶给宝宝喂奶。如果可能，请照顾宝宝的人来做这项工作。通常这是使宝宝适应这一变化的最好方式。
 - 有些妈妈认为教宝宝用杯子喝奶要比用奶瓶容易一些。对于年龄较小的宝宝来说，用杯沿光滑的普通杯子即可。年龄较大的宝宝（六个月或以上）喜欢用各种婴儿专用杯。
2. 哺乳的宝宝是否更难离开妈妈？
 - 哺乳的宝宝并不比用奶瓶喂养的宝宝更难离开妈妈。
 - 哺乳的宝宝也是独立的个体。您可以逐渐延长您离开的时间，把宝宝留给他熟悉的护理人员，这样会使宝宝更容易地离开妈妈。

How to express breastmilk

Expressing is when a mother collects her own milk by gently milking her breasts. This can be by hand or with a breast pump (manual or electric).

Why express?

- if you need to go out
- if you are returning to work
- if your baby is unable/unwilling to breastfeed
- if your baby is premature or in hospital or you are in hospital
- if you need to increase your milk supply
- if you are overfull and uncomfortable or have a blocked duct or mastitis

When expressing

- It is important that your milk lets down when you express
- Sit comfortably
- Breathe deeply and consciously relax your body
- Apply warmth by using gentle heat from a warm cloth
- Lightly massage your breast towards the nipple before and during expressing
- Encourage stimulation by gently rolling your nipple between your fingers
- Think about your baby and/or look at his photo
- Have a routine, such as preparing a drink and sitting in the same chair for expressing

如何挤奶

通过轻轻挤压乳房，妈妈可将乳房中的乳汁挤出。可以用手或者使用吸奶器（手动或电动）。

为何挤奶？

- 如果妈妈需要外出
- 如果妈妈重返工作
- 如果宝宝不能吃奶或不愿吃奶
- 如果宝宝早产或住院，或者妈妈住院
- 如果妈妈需要增加奶量
- 如果妈妈感到乳房发胀不适，或者患有乳腺堵塞或乳腺炎

挤奶时

- 挤奶时，乳汁应流出来
- 坐姿舒适
- 深呼吸，有意识地放松身体
- 用温热的毛巾热敷以提供热量
- 挤奶前和挤奶时轻轻按摩乳头周围的部位
- 用手指拨动乳头以增加刺激
- 心里想着宝宝和/或看着宝宝的照片
- 形成常规，如挤奶前饮水并坐在相同的位置上挤奶。

How to express breastmilk

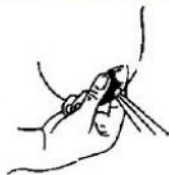
How to hand express

- Gently warm your skin and stimulate the nipples
- Place your four fingers under your breast, with your thumb on **top of your breast**, several centimetres back from the nipple. Press the thumb in slightly towards the chest wall and then move it towards your fingers on the other side of the breast
- Squeeze the breast tissue under the skin. Milk will squirt out. Keep squeezing the breast in a rhythmic way like a baby sucking until the flow of milk stops
- Move your hand around the breast. Continue to rotate the position of your hand until the flow lessens, then start on the other breast
- Your hands may tire easily to start with, so change hands and breasts often to rest them. Your hands will become stronger with practice
- Use a clean, wide-mouthed deep bowl to catch the milk
- Place a clean towel over your knees to catch drips and dry your hands

如何挤奶

如何挤奶

- 使皮肤逐渐变暖，刺激乳头
- 握住乳房，大拇指在上，其余四指在下，与乳头保持几厘米的距离。大拇指轻轻压向乳房壁，然后向另一侧的四指方向移动
- 挤压乳腺组织。乳汁会喷射而出。像宝宝吸吮乳头的一样有节奏地挤压乳房直至不再有乳汁流出
- 手指绕着乳房移动。继续旋转手指的位置直至流出的乳汁减少，然后换到另一侧乳房重新开始
- 开始时很快会觉得手指无力。所以要经常替换双手和两侧乳房。随着训练次数增多，手指会变得有力。
- 用一只干净的宽口深颈的碗接住乳汁
- 在膝盖上放条干净的毛巾用来接住滴下的乳汁，并擦手。



Expressing breast milk

How to express breastmilk

Cleanliness is very important

- Thoroughly wash and rinse all containers used
- Wash your hands well with soap and water
- Express into a wide-mouthed deep bowl
- Pour milk carefully into a clean container, put the lid on and label with the date
- Expressing milk by hand is similar to the action of your baby sucking. With practice you will become very fast. Never judge your overall production by what you are able to express, as your baby drains the breast more efficiently.
- Ask the nursing staff in hospital to show you how to express, or ask an Australian Breastfeeding Association counsellor.

Breast pumps

- Suitable manual breast pumps are available in pharmacies and from the Australian Breastfeeding Association. Only consider good quality pumps that use a piston action to create suction.
- Electric breast pumps range from small personal-use pumps for occasional expressing, through robust pumps designed for mothers in the paid work force, to types that are used in hospitals and can be rented for home use if the mother needs to do frequent expressing. The Australian Breastfeeding Association has this last type of electric pump available for rental.

如何挤奶

清洁工作至关重要

- 所有用过的容器要彻底清洁
- 用香皂和清水清洗双手
- 把乳汁挤到宽口深颈的碗中
- 把乳汁倒入干净的容器，盖上盖子并贴上标有日期的标签。

用手挤奶的动作与宝宝吸吮乳头的动作类似。通过练习，手动挤奶的速度会逐渐加快。不要根据您挤出的奶量来判断您总共产出多少奶水，因为宝宝可以更加有效地吸吮乳汁。让医护人员向您展示如何挤奶，或者咨询澳大利亚哺乳协会顾问。

吸奶器

- 在各大药方或者澳大利亚哺乳协会均可买到合适的手动吸奶器。最好考虑那些利用皮塞运动达到吸吮效果的优质吸奶器。
- 电动吸奶器品种繁多，有适用于个人偶尔使用小型吸奶器，有适用于在职妈妈的强力吸奶器，还有适用于医院的专业吸奶器，如果妈妈需要经常吸奶，也可租用。澳大利亚哺乳协会提供此类租赁业务。

How to store breastmilk

It is important that breastmilk is properly chilled, frozen and stored.

There are two ways to store breastmilk:

Chilled milk: Expressed milk can be kept in the fridge at 4°C for up to 3-5 days before use.

Frozen milk: Breastmilk can be frozen for 2 weeks in the freezer compartment inside a refrigerator or frozen for up to 3 months in the freezer section of a refrigerator with a separate compartment. It can be kept in a deep freezer, frozen below -18°C, for up to 6-12 months.

Freeze breastmilk in small quantities, ie in ice block trays. Once frozen, store in good quality freezer bags. Label with the date. It is easier to thaw small quantities. Thaw only the amount you need. Thawed breastmilk that has not been heated can be stored in the refrigerator for 24 hours.

- Thawed breastmilk that is not refrigerated must be used within 4 hours.
- Thawed breastmilk must not be re-frozen.
- Breastmilk cannot be reheated if baby doesn't finish the feed. Only warm up small amounts of breastmilk at a time.

Store breastmilk in clean containers.

These are containers that have been thoroughly washed in hot water and detergent, rinsed well with clean water.

如何储存乳汁

乳汁务必正确冷藏、冷冻和储存。

储存乳汁有以下两种方法：

冷藏乳汁：温度控制在4摄氏度，挤出的乳汁可在冰箱中冷藏3-5天。

冷冻乳汁：乳汁可在冰箱冷冻室内储存两周，或在冰箱独立冷冻室内储存三个月。在低于零下十八度的深度冷冻室内，乳汁可保存6-12个月。

乳汁可用冰格等容器按小份量冷冻。一经冷冻，请用优质冷藏袋保存并注明日期。小份量的乳汁容易解冻，需要多少，解冻多少。解冻但未加热的乳汁可在冰箱中保存24小时。

- 解冻但不冷藏的乳汁要在4小时内饮用。
- 解冻的乳汁不宜再次冷冻。
- 宝宝未喝完的乳汁不能重复加热。一次只加热少量的乳汁

在干净容器中储存乳汁。容器要用热水和清洁剂彻底清洁，用清水清洗干净，再用干净纸巾擦干或晾干。



How to store breastmilk

Containers suitable for storing breastmilk include:

- Plastic baby bottles
- Freezable plastic cups or containers with lids
- Small glass baby food jars
- Special breastmilk freezer bags, available from the Australian Breastfeeding Association or pharmacies
- Check with your hospital regarding containers for your expressed breastmilk. Some hospitals provide mothers with containers for your expressed breastmilk, if expressing for a premature baby.

If you are expressing several times a day, your manual breast pump or pumping kit can be stored between sessions inside a clean plastic bag or closed container in the fridge. If you do not have access to a fridge, rinse the pump parts in cold water after each use and store in a clean, closed container.

- At least once in every 24 hours, wash the breast pump thoroughly as described above.
- For occasional use, wash the pump parts thoroughly after each use.
- Contact your child health nurse or Australian Breastfeeding Association counsellor for further assistance.

Freezing Milk

- Cool in the fridge first
- When cold, place in the coldest part of freezer

如何储存乳汁

乳汁务必正确冷藏、冷冻和储存。

储存乳汁有以下两种方法：

冷藏乳汁：温度控制在4摄氏度，挤出的乳汁可在冰箱中冷藏3-5天。

冷冻乳汁：乳汁可在冰箱冷冻室内储存两周，或在冰箱独立冷冻室内储存三个月。在低于零下十八度的深度冷冻室内，乳汁可保存6-12个月。

乳汁可用冰格等容器按小份量冷冻。一经冷冻，请用优质冷藏袋保存并注明日期。小份量的乳汁容易解冻，需要多少，解冻多少。解冻但未加热的乳汁可在冰箱中保存24小时。

- 解冻但不冷藏的乳汁要在4小时内饮用。
- 解冻的乳汁不宜再次冷冻。
- 宝宝未喝完的乳汁不能重复加热。一次只加热少量的乳汁

在干净容器中储存乳汁。容器要用热水和清洁剂彻底清洁，用清水清洗干净，再用干净纸巾擦干或晾干。

How to store breastmilk

- You can add freshly expressed milk to frozen milk, but always cool it in the fridge first
- Label container with the date

Note: Frozen milk expands – fill containers three-quarters full.

Thawing and Warming Milk

- Frozen breastmilk can be thawed in the fridge over 24 hours, or warmed quickly. Do NOT leave to stand at room temperature.
- Place the container under running cold water, gradually making the water warmer until the milk becomes liquid.
- Warm chilled or thawed milk in a jug or saucepan of hot water until it is body temperature.
- Vigorous shaking can damage the milk, so mix gently.
- Microwave ovens should never be used to thaw or heat milk, as their heating is uneven and can damage the milk. Some infants have been burned by unevenly heated milk from microwave ovens.

Note:

- Thawed breastmilk can be stored in refrigerator for 24 hours (not warmed).
- Thawed breastmilk that is not refrigerated must be used within 4 hours.
- Thawed breastmilk must not be re-frozen.
- Breastmilk cannot be reheated if baby doesn't finish the feed. Warm small amounts of breastmilk only.

如何储存乳汁

- 可以往冷冻的乳汁中添加新的乳汁，但要先将之制冷
- 容器要贴上日期标签

注意：冷冻乳汁会膨胀——容器装满四分之三即可。

解冻和加热乳汁

- 冷冻的乳汁在冰箱冷藏室内经24小时以上即可解冻，加温可加快解冻。不要将冷冻的乳汁置于室温下。
- 将容器放在流动的凉水下，逐渐增加水的温度直至乳汁变成液态。
- 将冷冻或解冻的乳汁放到盛有热水的壶或锅内加温，直至达到体温状态。
- 剧烈的摇晃会破坏乳汁成分，因此要轻轻摇晃。
- 请勿用微波炉解冻或加热牛奶，因为微波炉的热量不均，会破坏乳汁成分。曾经有宝宝被加热不均的乳汁烫伤。

注意事项

- 解冻的乳汁可在冰箱中保存24小时（未加热）。
- 解冻的乳汁如不冷藏必须在4小时内饮用。
- 解冻的乳汁不可再次冷冻储藏。
- 宝宝没有喝完的乳汁不可重复加热。每次只加热适量的乳汁。

澳大利亚哺乳协会

This booklet contains basic information about breastfeeding. More detailed information - in English - is available through the Australian Breastfeeding Association's literature and website: www.breastfeeding.asn.au

本手册包含哺乳的基本信息。更多详情（英语版本）请见澳大利亚哺乳协会文献及网站
www.breastfeeding.asn.au。

Your doctor, hospital or early childhood centre are all places where you can find help. If you need help making calls in English, ring the Translating and Interpreting Service (TIS) on 131 450.

如需电话口译帮助，请致电翻译口译服务 (TIS) 131 450。
您的医生、医院和早教中心也都可为您提供必要的帮助。

The ABA Breastfeeding Helpline is available 7 days and is staffed by trained volunteer breastfeeding counsellors.

ABA母乳喂哺热线一周7天开通。训练有素的母乳喂哺咨询师志愿者将为您解答问题。

Breastfeeding Helpline
1800 mum 2 mum

1 800 6 86 2 6 8

Supported by funding from the
Australian Government.



Australian Breastfeeding Association
actnswoffice@breastfeeding.asn.au
onlinebreastfeedingcafe.com.au/
other-language-breastfeeding-resources