

Breast Feeding

◆ Breast milk protects your newborn babies

1. Immunoglobulin A in breast milk can resist bacteria, viruses and prevent necrotizing Enterocolitis.
2. To increase a newborn baby's immunity.
3. To decrease development of allergic diseases.

◆ To improve mother-baby relationship

Breast-feeding can establish a better warm, intimate and comfortable relationship between a mother and her baby.

◆ Benefits of early breast suction

1. An early suckling can stimulate the secretion of oxytocin, thus help uterine constriction, placenta expulsion and reduce the possibility of postpartum hemorrhage.
2. To improve a newborn baby's adaptation to a mother's nipples and learn to latch onto them for breast milk suction.
3. To strengthen the confidence of successful breast-feeding.
4. Early suckling can stimulate the secretion of breast milk.
5. Early breast-feeding can improve the symptoms of breast engorgement.
6. Early breast-feeding can reduce the occurrence of newborn hypothermia.
7. To enhance a mother-baby relationship.
8. After a delivery, a newborn baby has had a skin-to-skin contact with its mother for at least 30 minutes.

◆ Baby room

1. Times of rooming-in, 3 hours after a delivery.
2. Early breast suckling without waiting for milk secretion.
3. No limitations of breast-feeding frequencies or duration.
4. Do not supply formulae or drinks to the newborn, but feed them with a pipet, a cup, a syringe or a spoon if necessary.
5. No milk bottle or pacifiers.

如您對 Breast Feeding
內容瞭解請簽名
病患或家屬簽章 _____ 日期 _____



高雄市立聯合醫院
Kaohsiung Municipal United Hospital

P8800222-1 100.6.10 本(100張/本)21x29.7cm

◆ Rooming-in

1. A newborn baby can stay with its mother in the same room day and night.
2. No restriction of breast-feeding duration or frequencies.
3. To enhance the quality of a mother-baby relationship.
4. To improve both a mother and her newborn baby a sleep.

◆ Tip for successful breast-feeding

1. Have early breast suckling.
2. Feed a baby in accordance with its need.
3. No formulae.
4. Keep in a happy mood.
5. No rubber teats and dummies(pacifiers).

◆ Diet suggestions

1. Green vegetables and oranges.
2. Water, soup, supplements.
3. Forbid some things, such as ginseng, alcohol, coffee, smoking.

Breast Milk The Holy Gift from the Heaven Foundation of Life Quality Begins with Breast Milk Feeding