

上班族妈妈

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范文网，为你加油喝彩！

婴儿不睡觉怎么办-拌海蜇头的做法



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吃母乳的宝宝要对妈妈说十句

话

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妈妈的乳汁是宝宝最好的食物，别看他们还是不

会说话的小不点儿，但也有自己的喜好和想法。

吃母乳的宝宝要对妈妈说十句话。卫生部母乳喂

养咨询师、人生百态 有10多年母乳教育经验的北京妇产

医院护理部主管护师刘宏给出了专业解读：

1、“晚上我也想吃奶，妈妈不要嫌我烦。”

新生儿夜间吃奶是身体生长的需要，尤其前4个

月，是宝宝生长的飞跃期，每隔两三个小时可能

就要吃一次。为了减轻疲惫，新妈妈最好跟宝宝

作息同步，即“宝宝睡你就睡，宝宝吃你就醒”。

晚上可以采用躺喂的姿势帮助减轻疲劳。

2、“我怕过敏，妈妈要忌口。”母乳妈妈饮

食需要多样化，对于“哪些能吃，哪些不能吃”

没有特别严格的规定。一般应多吃新鲜的水果、

肉、蛋、奶、鱼和坚果等营养不同的天然食物。

海鲜类营养丰富，但如果孩子出现过敏或其他不

适，就要注意调整。

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3、“妈妈逛街，也别忘了给我喂奶。”公共

场合没有母乳喂养室，孩子饿了要吃的时候非常

不方便。国内很多公共场所没有专门的哺乳室，

这就需要妈妈们发挥聪明才智，比如外出时带条

毯子让家人帮忙遮挡，准备一件哺乳罩衫等。

4、“别老担心我吃不饱。”研究指出，只要

掌握正确的母乳知识和方法，80%~90%的妈妈

都能实现纯母乳喂养。早期添加配方奶粉，是

造成奶水不够吃的一大原因。宝宝吃了奶粉，就

减少了吮吸乳房的时间，乳房得到的刺激少，奶

水就产生得少。因此，妈妈们要让新生儿尽可能多地吮吸。此外，饮食多样、心情舒畅、睡眠充足、家人支持、保持自信等，也是乳汁充足的重要保障。

5、“前奶后奶都要给我吃。”乳汁分为前奶和后奶。前奶稀薄、清淡，富含水分和蛋白质，后奶浓稠，富含脂肪、乳糖和其他营养物质。所以，喂宝宝时一定要让他把一侧乳房吃空，再换另一边。这样才能保证前奶、后奶都让宝宝吃到。

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6、“对不起，我把妈妈咬痛了。”乳头皲裂要以预防为主，首先要学习正确的含乳技巧，让宝宝张大嘴巴，含住乳晕，正确离乳的技巧。其次，孕期不能过度清洗，乳头上的黏膜十分娇

嫩，乳晕处腺体分泌的物质能起到润滑和保护作用。再次，如果感觉宝宝含接姿势不对，不要直接将乳头从宝宝嘴中拔出，可以在孩子的下颌压一下再出来。最后，每次喂完奶，可以挤出两滴脂肪含量丰富的后奶，涂抹在乳头上。如果已经出现皲裂，可以用些天然羊毛脂乳头修护霜，湿润乳头，喂奶时不要洗掉。还可以使用乳头护罩，避免衣服对乳头的摩擦刺激。也可暂时将奶水挤到奶瓶里喂。

7、“不涨奶了，我也能吃饱。”奶够不够吃主要依据三个标准：孩子的小便次数、大便性状和体重增长。一般出生一周后每天小便在6次以上，颜色清亮。大便规律，没有泡沫，没有异常颜色。体重每天增长20—30克左右。只要这三个标准达标，奶水就是够的。实际上，当母乳分泌达到稳定状态、妈妈和宝宝供需平衡后，

涨奶、溢奶的情形是会减少或消失的。

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可以从以下几个方面来判断宝宝是否吃饱：

一是宝宝吮吸的情况。宝宝平均每吸吮2—3次

可以咽下一大口，如果连续15—20分钟，吸吮

力慢慢变小，说明他已经吃饱了。二是宝宝吃

奶后应该有满足感，宝宝会对你笑，或安静入睡。

三是从上面所说的小便次数、大便性状和体重增

长情况来判断。

8、“妈妈上班路标皮鞋，也别随便给我断奶。”背奶

族，上班的时候没有方便的空间或时间吸奶。世

界卫生组织建议，婴儿前6个月，应纯母乳喂

养，之后逐渐添加辅食，但仍建议坚持哺乳至2

岁。上班族妈妈要强化信心，开动脑筋，尽量延

长哺乳时间。上班时，每次挤奶间隔时间不要超过6个小时，否则会使奶量减少。如果实在太忙，也要先将比较胀的乳房先排空一些。

9、“等我准备好了再加辅食。”随着宝宝一天天长大，4~6个月的宝宝不再满足于只喝奶，开始流着口水到处找吃的。童笑梅解释，此时婴儿的消化系统发育已较成熟，如消化酶形成、

health,

tenyearxperienceofbreastmilk

educationinBeijingmaternityhospital

nursnur-in-charge19professional

interpreta开关英文 tionisgiven:

1,"atnightIalsowantttoeatmilk,mother

don'tthinkI'mboring."Neonatalnight

nursingistheneedofphysicalgrowth,

especiallythefirstfourmonths,isthebaby

growFeiYueQi,maybeabouttoeat every

rto

alleviatefatigue,newmotherbestschedule

baby,namely"babybabyyousleeps sleep,

eatyouwake up".Nightl德系汽车 yinghello posture

canbeudtohelprelievefatigue.

2,"I'mafraidofallergies,mothertoavoid."

Mothermotherdietneedsdiversificati 打拼 on,

for"whattoeat,whatcannoteat"not

Ishouldeat

morefreshfruit,meat,eggs,milk,fishand

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nuts,suchasdifferentnaturalfood

dnutritionisrich,butif

children appear allergy or other discomfort,

must pay attention to adjust.

3, "mother go shopping, also don't forget to

give me her. "Public room, not

breastfeeding children are hungry to eat

public places

there is no specific nursing rooms, this

requires that mothers play to intelligence,

such as going out with a blanket to family

members to help keep out, prepare a

lactation blouse, etc.

4, "don't worry I don't have enough to

eat. "Research indicates that, as long as the

right breast milk knowledge and method,

80%~90% of mothers can realize exclusive

ddformula,milkwas

babymilkpowder,reducedtheamountof

timetosuckthebreast,breastwasgiven

lessstimulation,producelessmilk.

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Therefore,motherswanttoletthenewborn

tion,

thediversityofdiet,feelbetter,getplenty

ofsleep,familysupport,beconfident,but

alsoanimportantguaranteeofmilkis

enough.

5,"theformermilkaftermilkwillgivemeto

eat."Breastmilkisdividedintomilkbefore

milkthin,light,

highinmoistureandprotein,milkafter

thick,richinfat,lacto,andother

ore,feedingthebabymust

lethimeatsidebreastimpty,andinthe

waycanweguaranteethe

milkbeforeandaftermilkletthebabyto

eat.

6,"I'msorry,Ihavetohurtthemother."

Crackednippletobeprevented,andthe

firsttolearnthecorrectcontainingmilk

skill,letthebabyopenedhismouth,under

areola,,

pregnancycan'toverwashing,themucous

10

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membraneofthenippleisverydelicate,

areolaglandsinmaterialcanplaythe

,i统计报表 ffeel

babywithpoorposture,notdirectlytothe

nippletopulloutfromthebaby'smouth,

canbeinthechild'sjawpresstogetout

y,eachtimethefeedingmilk,

cansqueezeoutaftertwodropsoffatrich

milk,ehave

beencracked,canusomenaturalwool

greanipplerepaircream,moisttit,

nursingdon'alsou

thenipplecover,avoidfrictionclothesfor

obetemporarily

milkintothebottlefeeding.

7,"milkdoesnotgoup,lalsocaneat."

Have enough milk to eat mainly by adon

three criteria: the child's urine, stool traits

l born urinate in

more than six times a day, a week after the

, no bubble, no abnormal

increase 20-30 grams a day.

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As long as the three standards, the milk is

, when breast milk secretion

after reaching steady state, mother and

baby supply and demand balance, higher

milk, milk spill situation is to reduce or

disappear.

Can from the following several aspects to

judge whether the baby to eat: one is the

ery

sucking2-3timestoswallowabig,iffor

15-20minutes,slowlysuckingforceis

small,,the

babysouldhaveanofsatisfaction,

aftereatingmilkbabywilllaughatyou,or

eabovethreeurine,

stoolcharacterandweightgrowthsituation

tojudge.

8,"themothertowork,don'tgiveI

weaned."Backtomilk,worknotconvenient

Idhealth

organizationrecommends thattheinfant

sonbefore6months,shouldbeexclusive

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breastfeeding,thengraduallyaddtheside

dish,butstil好看的同志小说 Irecommendsthat

gmom

tostrongthenconfidence,uyourhead,

prolongedbreastfeedingasfaraspos如何舌吻 sible.

Atwork,theintervalmilkingtimenotmore

than6hours,otherwiitwillreduce

lytoobusy,also

wanttocomparefirsttheavingbreast

emptyingsomefirst.

9,"I'mreadytoaddthesidedish."Asthe

babygrewupdaybyday,4~6months

babiesnolongersatisfiedwithonlydrink

milk,startdroolinglookingforfood.

TongXiaoMeiexplanation,thebaby's

digestivesystemdevelopmenthasbeen

relativelymature,suchasdigestive

enzymesform,chewingandswallowing

abilitydevelopment,teethbegintoappear,

dtoshaftneck,suck

fingermovements,suchastipbaby4-6

months"keywindowperiod"isaddedto

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estthattheageofthebaby

intootherfoodcannotbearlierthan4

months,alsoshouldnotbelaterthan

sistingofquantityfrom1

scoopofstart,graduallyaddquantity,

namelyfollow"fromlesstomore,fromthin

to thick, from one to more" principle, to 6~

7 months after the milk 对自己未来的规划 volume can be

instead of 1-2 times.

10, "mother don't hurry to low weight."

Given birth to the baby, I believe that all the

mother hope as soon as possible back to

her former shape, but can't be too eager to

if suddenly go on a diet,

with tea in lactation or diet pills, strenuous

exercise, etc., are likely to affect the body,

, postpartum

mother not in a hurry to low weight, as

long as a balanced diet, and exercise, body

will slowly return to the former appearance,

also won't produce skin flabby.

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