

## Tips for Non-breastfeeding Mother

### What might happen after delivery?

After your baby is born, your hormones cause your breasts to start making more milk within the first two to four days, and you may experience engorgement. Engorgement is when your breasts become too full with milk as well as increase in blood circulating to the breasts. You may experience warmth and tenderness of the breasts for 24 to 48 hours. This condition is temporary and will go away.

### Do

- ◆ Wear a well-fitted supportive bra but should not be tight.
- ◆ Maintain hydration and have adequate rest.
- ◆ Apply cold compress in the forms of frozen wet towels, cold packs, cabbage leaves on the breasts for 10-15 minutes, but avoid chilling the nipples.
- ◆ Take pain killers regularly to relieve the pain and discomfort.
- ◆ Observe your breasts and nipples for signs of abnormality and monitor your temperature.

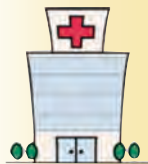
### Do Not

- ◆ Apply heat or warm compress.
- ◆ Pump your breasts as it may cause the breasts producing more milk.
- ◆ Stimulate your breasts and nipples e.g. massage and expression of milk.
- ◆ Taking galactogogues e.g. fish or chicken soup.



### When do you need to seek medical advice?

1. If you are experiencing severe engorgement and pain over your breasts that cannot be relieved by the methods described above.
2. If you have signs and symptoms of breast infection:
  - ◆ High fever: over 38.5°C
  - ◆ Chills and rigor
  - ◆ Muscle aches and flu-like symptoms
  - ◆ Painful lumps in the breast
  - ◆ Red streaks over a lump with increases in hotness, redness and hardness
  - ◆ Increase fatigue
  - ◆ Please seek medical advice as soon as possible:
    - Office hour: Call Day center, QMH. Phone: 2255 5524 or Maternal and Child Health Centre (MCHC) for appointment.
    - Non-office hour: Attend Accident & Emergency Department.



### Building Love and Close Relationship with Baby

Early attachment between mother and baby is the most important aspects for baby's brain development socially, psychologically and biologically.

Feeding is a special moment when you and your baby can bond with each other.



**Closeness + Response to your baby's needs** → **Baby feels secure** → **Confident child**

### Tips for keeping 'Closeness' with your baby:

- ◆ Offer the first feed in skin contact
- ◆ Practice skin to skin contact with your baby
- ◆ Talk/sing softly to your baby when feeding
- ◆ Hold your baby close and look into his eyes when feeding.
- ◆ Give most feeds by yourself and limit the number of people who feel your baby in early weeks

### 'Response to baby's needs': keeping cortisol levels low → Enhance baby's brain development

- ◆ Do not leave baby to cry without attend his needs
- ◆ Feed your baby when he shows early signs of hunger
- ◆ Response to your baby's needs e.g. holding, talking and this will not 'spoil' your baby.
- ◆ Keep your baby in the same room with you at night can facilitate your respond and care to him



### What is 'Responsive bottle feeding'?

- ◆ Feed your baby according to baby's early feeding cues e.g. open mouth, turn head
- ◆ Tease to open his mouth
- ◆ Offer baby the bottle but don't force into baby's mouth.
- ◆ Allow baby to pause in between the feeding, he may need to 'burp'
- ◆ Stop when baby show signs of having enough and don't force the baby to take a bit more



For feeding enquiry, please contact:

Queen Mary Hospital Postnatal Day Service Tel: 2255 5524

Maternal and Child Health Center (MCHC)

For Re-lactation support, please contact:

QMH Breastfeeding hotline Tel: 73069687



Preparation of infant formula video



Sterilization of bottle video




Information provided by Department of Obstetrics & Gynaecology, Queen Mary Hospital



瑪麗醫院  
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## 母親小貼士 - 用配方奶餵哺寶寶的母親 Tips for Non-breastfeeding Mother



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## 母親小貼士 - 用配方奶餵哺寶的母親

### 分娩後會發生什麼情況？

寶出生後，你身體的荷爾蒙會使你的乳房在頭兩至四天開始製造更多的乳汁，你可能會感到有「乳脹」情況。「乳脹」是當你的乳房脹滿乳汁，並且乳房血液循環十分旺盛時的狀況。你的乳房會出現暫時性的發熱及脹痛，情況一般會持續24至48小時。

### 你可以：

- ◆ 佩戴一個有承托力但不太緊身的乳罩
- ◆ 飲充足的水份並保持充份的休息
- ◆ 冷敷乳房10-15分鐘，但要避免冷凍乳頭，例如：凍濕毛巾，冷包或冷凍捲心菜
- ◆ 定時服用止痛藥以緩解疼痛和不適
- ◆ 觀察乳房和乳頭是否有異常跡象，例如紅腫熱痛，並監測溫度

### 請不要：

- ◆ 熱敷或暖敷
- ◆ 用泵奶器吸出乳汁，因可能會令乳房產生更多乳汁
- ◆ 刺激你的乳房和乳頭，例如：按摩乳房或用手擠乳
- ◆ 飲用坊間的上奶湯水，例如：魚湯和雞湯



### 何時需要尋求醫療協助？

1. 乳房脹痛情況十分嚴重，用上述的處理方法仍未能有效舒緩
2. 有乳腺發炎的症狀如下：
  - ◆ 發高燒（體溫高於攝氏38.5℃）
  - ◆ 發冷、發熱或抖顫
  - ◆ 肌肉酸痛如感冒症狀
  - ◆ 乳房有腫塊及疼痛
  - ◆ 乳房的皮膚出現紅暈、發熱及腫塊變硬
  - ◆ 感覺疲憊
  - ◆ 如果出現上述的症狀，請盡快尋求醫療協助：
    - 辦公時間：聯絡瑪麗醫院日間護理中心，電話：2255 5524或母嬰健康院預約覆診
    - 非辦公時間：請到就近醫院急症室



### 「與瓶飼的寶」 建立親密的關係

母嬰之間早期的互相依附對寶在社交，心理和生理方面發育最為重要。餵飼寶是一個很特別的時刻，讓你與他建立牢牢的親密關係。



### 親密接觸 + 回應寶的需要 讓寶感到安全 → 自信的孩子

#### 與寶保持親密關係的提示：

- ◆ 第一次瓶飼寶時與他/她皮膚接觸
- ◆ 持續與寶皮膚接觸
- ◆ 餵奶時，對寶輕聲說話 / 唱歌
- ◆ 餵飼寶時，抱緊他並與他眼神接觸。
- ◆ 儘量自己餵飼寶，在頭幾個星期限制餵飼寶的人數。



#### 回應寶的需要：保持寶壓力荷爾蒙在低水平 → 有助寶的大腦發育

- ◆ 不要讓寶哭泣而不照顧他的需要
- ◆ 當他顯示早期的飢餓提示時，便應立即餵飼寶
- ◆ 回應寶的需要，例如：餵飼或安撫寶，這些都不會「寵壞」他
- ◆ 在晚上盡量母嬰同室，這樣可方便你回應和照顧寶



### 甚麼是「回應式」的瓶飼方法？

- ◆ 根據寶的早期飢餓信號去餵飼寶，例如：張開嘴，轉頭
- ◆ 用奶咀去輕碰寶咀唇、引他張嘴
- ◆ 不要強行將奶咀擠入寶的口中
- ◆ 讓寶在餵飼期間有適當的停頓，因他可能需要休息一下及「掃風」
- ◆ 當寶出現「吃飽了」的模樣，不要強迫寶再多吃一點



如有嬰兒餵哺疑問，請致電：  
瑪麗醫院產後日間護理中心  
電話：2255 5524 (辦公時間)

如母親再考慮以母乳餵哺嬰兒  
請聯絡：瑪麗醫院母乳餵哺熱線：7306 9687



母嬰健康院

正確沖調配方奶錄像



廣東話版



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