

## 在出生後第一個小時 抱著你的寶寶

### 恭喜你的寶寶出生了！

根據世界衛生組織及聯合國兒童基金會的建議，寶寶於誕生後盡快與媽媽開始一段不少於一小時沒間斷的肌膚接觸，對於促進母嬰之間愛的連繫和母乳餵哺是十分重要的。

### 什麼是母嬰肌膚接觸？

母嬰肌膚接觸是將只穿著尿片的寶寶直接躺在媽媽胸膛的肌膚上，並給予足夠的時間休息，讓寶寶在媽媽身上自由地探索和爬行並且發揮自己覓食的本能，媽媽和爸爸都歡迎參予母嬰肌膚接觸。

瑪麗醫院已成為愛嬰醫院，我們承諾保護、推廣及支持母乳餵哺；如果媽媽和寶寶的情況穩定，我們鼓勵母嬰肌膚接觸。

### 母嬰肌膚接觸的好處？

- ◆ 讓寶寶於離開子宮後，及早適應外界的環境

- ◆ 讓寶寶感到溫暖，並穩定其心跳和血糖
- ◆ 能安撫寶寶並減少啼哭
- ◆ 有助提升免疫力及腦部發展
- ◆ 促進母嬰之間愛的連繫
- ◆ 有助成功餵哺母乳

### 如何開始？

- ◆ 寶寶出生後，會被安放於媽媽的腹部之上，並由助產士抹乾身體及評估情況
- ◆ 如寶寶情況穩定，便可直接把寶寶安放於媽媽胸膛肌膚上(只穿尿片及帽子)
- ◆ 寶寶將會垂直地俯臥在媽媽的胸膛，頭部側躺或面向爸爸
- ◆ 替寶寶蓋上溫暖的毛巾作保暖用途
- ◆ 監察寶寶的血氧，以確保嬰兒安全
- ◆ 好好享受與寶寶一起的親密時光
- ◆ 母嬰肌膚接觸應持續不少於一小時，常規的檢查將安排於肌膚接觸後進行(視乎實際情況安排)

### 安全問題

- ◆ 確保過程中可看到寶寶面孔，並保持氣道暢通
- ◆ 留意保持寶寶溫暖，寒冷的環境會影響其呼吸
- ◆ 要經常留意寶寶的面色，如發現面色變灰色或藍色要立即通知醫護人員
- ◆ 鼓勵爸爸的陪伴與支持，並作出適時的協助
- ◆ 如媽媽或寶寶情況有變，將立即停止母嬰肌膚接觸

### 我們會在以下情況協助母親進行母嬰肌膚接觸

- ◆ 陰道分娩後
- ◆ 剖腹產後(在產房手術室及復甦室)
- ◆ 若媽媽情況不適合進行母嬰肌膚接觸，可由爸爸代為進行

\*\*\*我們會在整個過程中小心地監察媽媽和寶寶的情況，如果有任何問題，請向助產士發問，我們在任何時候也樂意支持你！\*\*\*

我們鼓勵並感謝爸爸的積極參予！




以上資料由瑪麗醫院婦產科提供



瑪麗醫院  
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## HOLDING YOUR BABY IN THE FIRST HOUR AFTER BIRTH

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## HOLDING YOUR BABY IN THE FIRST HOUR AFTER BIRTH

### Congratulations on the birth of your baby !

According to WHO and UNICEF, helping mothers to initiate an uninterrupted skin to skin contact (SCC) with their babies for at least one hour immediately after birth is vital in establishing a loving relationship and breastfeeding.

### What is skin to skin contact ?

SCC means holding your baby naked on your bare chest and allowing time to rest. It facilitates the instinctive behaviors of baby by allowing her to crawl and explore without interruption. Both mothers and fathers are encouraged to join.

QMH is committed to protect, promote and support breastfeeding as a Baby Friendly Hospital. We encourage mothers to have immediate SCC with their babies if their conditions are stable.

### Benefits of SCC:

- ◆ Allow baby to adjust her life outside the womb
- ◆ Keep baby warm, regulate heart rate and blood sugar level
- ◆ Calm the baby: less likely to cry
- ◆ Boost immunity and brain development
- ◆ Promote bonding and encourage loving relationship
- ◆ Enhance breastfeeding

### How to begin ?

- ◆ Baby's birth → dry up on mother's tummy & assess by midwife (manage otherwise if baby's conditions not stable)
- ◆ Place directly on mother's bare chest with napkin and cap only
- ◆ Prone and upright position with head turn to either side or facing father
- ◆ Cover with warm towels to keep warm
- ◆ Put on monitors to ensure baby is fine
- ◆ Enjoy the closeness and intimate time with your baby

- ◆ SCC should last at least one hour; all routine checkups would be done afterwards. (depends on actual situation)

### Safety tips :

- ◆ Ensure baby's face is visible with no blockage of nose
- ◆ Always keep baby warm; cold environment may affect baby's breathing
- ◆ Note baby's color: inform if turn gray or blue
- ◆ Never leave mother & baby alone in the room: father is invited to stay with them
- ◆ Stop skin to skin contact if there is change in mother or baby's condition

### We start skin to skin contact :

- ◆ After vaginal birth in labour room
- ◆ After caesarean birth in the operating theatre and recovery room
- ◆ With father if mother is not able to start soon



\*\*\* Your baby will be carefully monitored during the whole process. Your midwife is ready to support you at any times. Please feel free to ask if you have any concern. \*\*\*

**Father's can participate too!!!**



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