

9 Make sure that your baby has gotten enough to eat; do not casually add extra food items

The best signs of successful breastfeeding are that you need to change baby's diapers when they are soaked with clear-colored urine at least six times each day (one to three times during the first three days); baby has yellow stool three to four times a day from around the 5th day to the 3rd week; the frequency of stool should decrease after the 3rd week.

Do not try to judge whether you have enough milk on the basis of baby's crying, length of suckling, or frequency of suckling, and add other foods in addition to mother's milk because of this.

10 Seek help if you have any problems When you experience difficulty in breastfeeding, you can obtain resources from the following:

Breastfeeding consulting information website

www.bhp.doh.gov.tw/breastfeeding/index09.htm

1. Birth center hospital/clinic breastfeeding consulting hotlines

2. Local health bureau and office breastfeeding consulting hotlines

3. Local breastfeeding support groups



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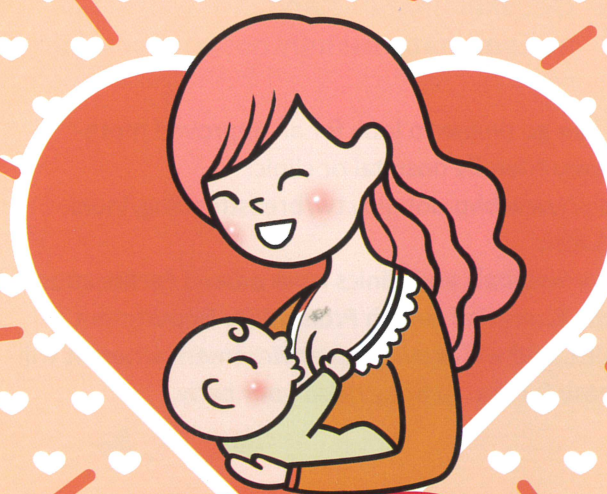
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資料來源：衛生福利部國民健康署



10

Secrets for Increasing Lactation



The myth of insufficient milk has long given trouble to nursing mothers. The truth is, if you make the following preparations before and after birth, and are familiar with the 10 secrets for increasing lactation, successful breastfeeding will be assured!



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1 Get examinations and give birth at a mother/baby-friendly hospital or clinic

You can go online to look for an approved mother/baby-friendly hospital or clinic:
<http://www.bhp.doh.gov.tw/breastfeeding/index-05-3.htm>

These hospitals and clinics have passed certification by the Bureau of Health Promotion, Department of Health, and will provide an environment where it will be easy for you to breastfeed your baby.

2 Have skin-to-skin contact with your baby as soon as possible after giving birth

The ideal times for bonding between mother and infant are during the 1-2 hours after birth, which is also when the baby will be most awake and alert during its first few days of life.

3 Apart from breast milk, there is also breast milk

A healthy full-term baby has few needs during its first few days. Even during the first three days after birth, the mother's colostrum is sufficient to satisfy the newborn's needs. The addition of some food apart from breast milk (such as formula, sugar water, water) may reduce the baby's urge to suckle and have a negative effect on lactation.

4 Regular, unlimited breastfeeding

You should breastfeed whenever he or she is hungry. After you have given birth, regular breastfeeding with no time limit will stimulate lactation, ensure that lactation comes quickly, and prevent the breast swelling that may come with lactation.



5 Mother and baby should be in the same room all the time

Apart from milk, a newborn baby also needs the warmth and sense of security that comes from being in the company of its parents. After giving birth, try to stay close to your baby, which will help you become familiar with its habits, increase affection between parent and child, let you learn how to calm and breastfeed your baby, and reduce your baby's chance of in-hospital infections.

6 Make sure that your baby's nursing position is correct, and it is getting milk

When suckling, a baby holds the nipple and most of the areola in its mouth, and presses its chin against the breast, which allows it to effectively obtain milk. Apart from ensuring that the baby can correctly hold the breast in its mouth, you should make sure that the baby is suckling slowly and deeply, which indicates that it is truly getting milk.

7 After letting baby suckle on one breast, feed it with the other one

If baby still wants to feed after you have let it suckle one breast, you can let it suckle your other breast. After a meal, baby can keep feeding from your other breast. Both your breasts will produce milk when they receive this stimulation.

8 Express milk when appropriate

Apart from relieving fullness of your breasts, expressing milk is also an important way to maintain lactation when you have to be apart from your baby. We recommend that all new mothers learn how to express milk by hand, because this is the simplest and most convenient method.