



UW Medicine

宝宝的第二晚 及以后

本章介绍了新的父母亲在孩子出生后的头几天会期望什么。

24 小时内

兴奋地出生后、大多数婴儿都休息得很安详。在子宫外的最初 24 小时内、他们可能会：

- 显示哺乳的提示时、会有一小段醒觉的时间。
- 要来到妈妈的乳房得安抚。
- 短暂地睁开眼睛、以领会新的景象和声音、然后再次入睡。



大多数新生儿在出生后的头 24 小时内都睡得较多。

如婴儿在出生后的第一天哭闹、通常也很容易地就可使他们平静下来。

以后接下来的白天和晚上

度过最初比较安静的 24 小时之后、大多数父母对第二晚及以后的日子几乎完全没有准备。

大多数的婴儿开始经常显示哺乳提示。他们花大量时间在乳房上、尤其是在晚上。研究显示；第二夜的哺乳往往从晚上 9 点开始到凌晨 3 点。

新生儿还发现最舒适的地方就是乳房。在这里、他们觉得自己最安全、与母亲的联系也最为密切、所以他们常想在这里。

许多新父母对如此多的哺乳要求感到惊讶。因为母亲的奶量仍然很少他们可能会担心。有些人可能担心他们的宝宝没吃饱。

尽量不要为此担心。经常喂宝宝、他们得到量虽少、却是最佳的“初奶”。在目前这是最完美的食物。

有助的小提示

在出生后的几天里、您的宝宝对他们的新世界有很多的认识。在父母疲惫和婴儿活跃的情况下、这会是很具有挑战性的！

在这为您提供一些小提示来帮助您度过这段时期：

- 心里准备好、这几晚有得忙了、至少要等到母乳增量。提醒自己、这是正常的现象。
- 白天小睡片刻。两次喂奶之间尝试一次睡 **90** 分钟。对于成年人来说、**90** 分钟是一个完整的睡眠周期。大多数人如果睡 **90** 分钟、会比多睡或少睡 **90** 分钟更有休息的感觉。
- 避免在宝宝睡眠时有访客。这样您就可以利用这时段小睡。
- 当您觉得需要休息时、请支持人员照顾一下您的宝宝。
- 以皮肤贴皮肤的方式来怀抱宝宝（袋鼠式护理法——请参见下栏）
- 晚上哺乳后就准备入寝。

您的宝宝给您的生活带来了巨大的变化、挑战和新的爱。尽量享受这旅程。

袋鼠式护理法

以皮肤贴皮肤的式方来怀抱宝宝对宝宝和您都有帮助。在第一周里、在您醒着的时间、多多地以这种方式怀抱宝宝。

对宝宝

- 更稳定的心律、更佳的呼吸及氧气的运用
- 睡得好、哭得少
- 快速增加体重
- 哺乳效果更成功

对父母亲

- 增进与婴儿的亲密关系
- 增加妈妈催产素水平-这种激素可以增加幸福感、还有助于增加乳液的供应！

您有疑问吗？

我们很重视您的提问。如有疑问或顾虑、请与您的护士交谈。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

Baby's Second Night

And beyond

This chapter explains what new parents can expect in the first few days of their baby's life.

The First 24 Hours

After the excitement of being born, most babies rest well. During the first 24 hours outside the womb, they may:

- Have short wakeful periods when they show feeding cues
- Come to breast just to settle into the safety of mom's arms
- Open their eyes just briefly to take in the new sights and sounds before falling asleep again



Most newborns sleep a lot during their first 24 hours of life.

If a baby has periods of crying during their first day of life, it is usually easy to calm them.

The Days and Nights That Follow

After a fairly quiet first 24 hours, most parents are not prepared for what happens on the second night and beyond.

Most babies start show feeding cues quite often. They spend a lot of time on the breast, especially at night. Research shows that feedings on the second night tend to occur from 9 p.m. to 3 a.m.

Newborns also find out that the most comforting place to be is at the breast. It's where they feel safest and most connected to their mom, so they want to be there a lot.

Many new parents are surprised by so many feeding requests. They may feel concerned because the mother's milk volume is still small. Some may worry that their baby is not getting enough to eat.

Try not to worry about this. Feed your baby often, so that they get small amounts of your special "first milk." This is perfect for now.

Helpful Tips

In the days after birth, your baby learns a lot about their new world. With tired parents and a very active baby, it can be challenging!

Here are some ideas to help you through these days:

- Be ready for a busy night at least until mother's milk increases. Remind yourself that this is normal.
- During the day, take plenty of naps. Try to sleep for 90 minutes at a time between feedings. For adults, 90 minutes is a full sleep cycle. Most people feel more rested if they sleep for 90 minutes than if they sleep more or less than that.
- Avoid having visitors when your baby is asleep, so that you can nap during these times.
- Ask your support people to comfort your baby when you feel like you need a break.
- Hold your baby skin-to-skin (*kangaroo care* -- see below).
- Plan to go to bed right after night feedings.

Your baby brings great change, some challenge, and a new love into your life. Do your best to enjoy the adventure!

About Kangaroo Care

Holding your baby skin-to-skin helps both your baby and you. While you are awake, do this as much as possible for the first weeks.

For Baby

- More stable heart rate, better breathing and use of oxygen
- Better sleep time and less crying
- More rapid weight gain
- More successful breastfeeding

For Parents

- Improves bonding, feelings of closeness with their babies
- Increases mom's levels of *oxytocin* – this hormone increases feelings of well-being and also helps boost milk supply!

Questions?

Your questions are important. Talk with your nurse or doctor if you have questions or concerns.

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.