



UW Medicine

熟悉宝宝的身体

在开始的 2 个月内什么是属正常状况？

从头到脚您的宝宝都是非常奇妙地独特。您将成为宝宝外观、动作和声音方面的专家。在本章中，您将学习什么是正常和预期的状况。



当您对宝宝的健康有任何疑问或担忧时，就询问宝宝的医护人员。

打喷嚏

宝宝以打喷嚏来请他们的鼻子、并非就是着凉了。

皮肤

新生儿在出生后的头 1 至 2 周内皮肤干燥和脱皮是正常的现象。新出生的婴儿也会有一些其他的皮疹。例如：

- **鲑鱼斑或“鹳咬痕”**。这些深粉红色的斑块通常在颈子后面、鼻梁上、上眼睑和下额。它们是最常见的胎记、特别是肤色浅的婴儿。他们通常慢慢地就会消退。
- **青斑**。这些较大的平坦部位含有多余的色素（肤色）。青斑呈绿色或蓝色、类似淤青、可能在下背部或臀部。这些斑点是很常见的、尤其是在黑皮肤的婴儿中。他们通常慢慢地就会消退。您可以要求宝宝医疗提供者在宝宝的病历中注明有这青斑。
- **粟米斑**。这些微小的白色隆起或黄色的斑点会遍布鼻子或下颏的尖端。它们摸起来很光滑。请勿挤压或把他们弄破。他们通常在一个月就会消失。
- **毒性红斑**。这种红色斑点的中心有淡黄色或白色的凸起。它们通常出现在出生的头几天、一周左右即消失。它们不需要任何治疗。

斜视

大多数婴儿有时眼睛会晃动、似乎有“斜视”。这在出生后 4 到 6 个月很常见。

乳房肿胀

大多数婴儿、无论男孩还是女孩、乳房组织都有一些肿胀。这是因为他们在妊娠期间从母亲那里得到了一些荷尔蒙。一开始婴儿的乳房甚至可能分泌一点乳液。

打嗝

大多数婴儿有时会打嗝。打嗝不会伤害您的宝宝。您不需试着制止它。

下颚抖动

新生儿的下颚在出生后的最初几个月经常会摇动或颤抖。随着宝宝神经系统的成熟、这种情况就会消失。

咳嗽

刚喂过几次母乳或奶瓶后、宝宝可能会咳嗽和吐奶。一旦宝宝适应了喂养习惯、咳嗽就应该停止。

摩洛反射

这通常被称为惊吓反射。当宝宝被一个声音、强光或快速的动作惊动或惊吓到时、就会出现这种情况。宝宝会突然将胳膊和腿甩开、身体伸直。

觅食反射

用手指抚摸宝宝的面颊、会使他们的头转向您的触摸、嘴巴张开。当宝宝准备喂养时、这种“觅食反射”作用最强。

睡眠和醒觉的提示

婴儿是一些身体的动作给您提示、来告诉我们他们需要什么。当宝宝准备好与您互动时、您会看到要与您沟通的提示：

- 双眼睁得大大的
- 身体平稳、平静地转向您

现在就是与宝宝面对面脉脉相视、说话、唱歌或朗读的时候了。

当您宝宝满足了互动时段、您就会看到要离开的提示

- 视线挪开

- 身体突然转开
- 皱眉或啼哭

这是要停止活动并帮助宝宝安静的时候。把宝宝抱裹好或抱抱他/她。

要哺乳的提示

当宝宝想要喂养时、您会看到提示越来越活跃。通常您越早对一开始的提示做出反应、哺乳就越容易。

- **早期提示:** 嘴巴闭合、张开、小手往嘴塞、吸嘴唇或手。
- **积极的提示:** 往看护者的怀里觅食探索、把自己安置在哺乳的位置。
- **太晚了的提示:** 动作急躁或啼哭、没法安息。



观察早期要哺乳的提示。

啼哭

新生儿啼哭有各种原因。当他们饿了、过度刺激、疲倦、不开心、或是要换尿布了、他们就会啼哭。

啼哭是婴儿交流的一种方式。这并不表示他们感到不适。下面是您要抚慰孩子时可以使用的快速检查清单：

- **解决原因:** 您宝宝是太热了还是太冷？尿布是湿了还是脏了？又饿了吗？他们想要抱抱还是要人陪着？
- **安抚您宝宝:** 要安抚啼哭的婴儿可以尝试一下把宝宝裹紧、抱着、或轻轻摇摆。一边轻轻摇抖着一边走路。宝宝喜欢反复的动作。
- **让宝宝有安全感:** 用毯子紧紧包裹住宝宝、或用前背包或吊兜将宝宝抱在怀中。

所有婴儿有时都会啼哭的、我们无法弄清原因。有时可能是因为他们进入了“婴儿的啼哭时期”。如您担心宝宝的啼哭、请咨询宝宝的医疗保健提供者。（请参阅本工作簿手册中的“婴儿的啼哭时期”一章。）

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。



在婴儿啼哭期间、您的宝宝一天可能一天哭5个小时

您有疑问吗？

我们很重视您的提问。如对您的宝宝有疑问、请致电您的儿科医生。

Getting to Know Your Baby's Body

What's normal in the first 2 months?

From head to toe, your baby is wonderfully unique. You will become an expert on how your baby looks, moves, and sounds. In this chapter, you will learn what is normal and expected.



Sneezing

Sneezing is the way babies clear their nose. It does not mean your baby has a cold.

Ask your baby's provider if you have any questions or concerns about your newborn's health.

Skin

It is normal for newborns to have dry and peeling skin for the first 1 to 2 weeks of life. A few other rashes are also normal in new babies. They are:

- **Salmon patches or “stork bites.”** These deep-pink patches are usually on the back of the neck, bridge of the nose, upper eyelids, and lower forehead. They are the most common birthmarks, especially in light-skinned babies. They usually go away over time.
- **Slate grey spots.** These large flat areas contain extra pigment (skin coloring). Slate grey spots are greenish or blue, like a bruise, and may be on the lower back or buttocks. These spots are very common, especially in dark-skinned babies. They usually go away over time. You can ask your baby's healthcare provider to note these in your baby's medical record.
- **Milia.** These tiny white bumps or yellow spots spread across the tip of the nose or chin. They are smooth to the touch. Do **not** squeeze or try to pop them. They usually go away in the first month of life.

- **Erythema toxicum.** This rash of red splotches has yellowish or white bumps in the center. They usually appear during the first few days of life and go away within the first week or so. They do not need any treatment.

Crossed Eyes

Most babies have times when their eyes wander and seem to “cross.” This is common during the first 4 to 6 months of life.

Breast Swelling

Most babies, both boys and girls, have some swelling of their breast tissue. This is from the hormones they received from their mother during pregnancy. A baby’s breasts might even leak a little milk at first.

Hiccups

Most babies hiccup from time to time. Hiccups will not harm your baby. You do not need to try to stop them.

Chin Quivering

A newborn’s chin often shakes or quivers during the first few months of life. This will go away as your baby’s nervous system matures.

Cough

Your baby may cough and sputter after the first few breast or bottle feedings. Coughing should stop once your baby adjusts to the feeding routine.

Moro Reflex

This is often called the *startle reflex*. It occurs when your baby is alarmed or surprised by a noise, bright light, or quick movement. The baby suddenly flings their arms and legs out and straightens their body.

Rooting Reflex

Stroking your baby’s cheek with your finger will cause their head to turn toward your touch and their mouth to open. This “rooting reflex” is strongest when your baby is ready to feed.

Sleep and Wake Cues

Infant cues are body movements that tell us what they need. When your baby is ready to interact with you, you will see *engagement cues*:

- Eyes open wide
- Body turning toward you with smooth and calm movement

This is the time to gaze face-to-face, talk, sing, or read to your baby.

When your baby has had enough interaction, you will see *disengagement cues*:

- Eyes looking away
- Sharp body movement
- Frowning or crying

This is the time to stop activity and help your baby to be calm. Swaddle or hold and comfort your baby.



Watch for early feeding cues.

Feeding Cues

When your baby wants to feed, you will see cues that get more and more active. Beginning the feeding is usually easier if you respond to the early cues.

- **Early cues:** Opening and closing mouth, smacking lips or mouth, sucking lips or hands
- **Active cues:** Rolling and rooting toward the caregiver's chest, moving into feeding position
- **Late cues:** Frantic movements and crying, problems calming down

Crying

Newborn babies cry for all kinds of reasons. They cry when they are hungry, overstimulated, tired, gassy, or need a diaper change.

Crying is one way babies communicate. It may not mean that they are feeling bad. Here is a quick check list to use when you want to soothe your child:

- **Fix the cause:** Is your baby too warm or too cold? Wet or dirty? Hungry (again)? Do they want a cuddle or company?
- **Soothe your baby:** Some ways to soothe a baby are swaddling,



During the period of PURPLE crying, your baby can cry as much as 5 hours a day.

holding or gently rocking, or walking while you gently bounce up and down. Babies like repeated movements.

- **Help your baby feel safe:** Wrap your baby snugly in a blanket, or carry your baby in your arms, a front pack or sling.

All babies have times when they cry and we cannot figure out why. Sometimes it may be because they have entered “the Period of PURPLE Crying.” If you are concerned about your baby’s crying, see your baby’s healthcare provider. (See the chapter “Period of PURPLE Crying” in this workbook.)

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.

Questions?

Your questions are important.

If you have questions or concerns about your baby’s health, call your baby’s primary care provider.