

2. 肌筋膜鬆弛法 Myofascial release

初生嬰兒經常哭號及會有頸、腰拱起的姿勢，引致相關的軟組織收緊。家長可透過肌筋膜鬆弛法，放鬆軟組織，令寶寶感覺舒適及安靜下來。

Newborn babies often cry with arching posture causing soft tissue tightness around spinal regions. Myofascial release technique can be used to relax the tightened soft tissue and calm the baby.



如何協助早產嬰兒成長發展? Enhancing Development

如何增進感官及活動能力發展?
How to enhance sensory motor development?

視覺刺激 Visual Stimulation

在嬰兒面前約15-20厘米，搖晃黑白(0-2個月大嬰兒)或顏色鮮豔(2個月以上的嬰兒)的玩具

Sway toy with black and white (0-2 months babies) or bright color (>2 months babies) in front of baby (around 15-20cm)



本體感覺刺激 Proprioceptive Stimulation

手足運動
Arms and legs movement



聽覺刺激 Auditory Stimulation

向嬰兒輕聲唱歌或對話
Sing a song or talk to baby



觸覺刺激 Tactile Stimulation

按摩，袋鼠式扶抱，輕力觸摸身體不同部位
Massage, kangaroo care or gentle tactile stimulation to different body parts



前庭神經刺激 Vestibular Stimulation

模仿子宮內的感覺及移動感。動作包括規律地輕輕搖動嬰兒身體。

Simulate the motion sensation inside the womb. Common rhythmic movement includes: gentle sway of the body.



當嬰兒安靜時，可作適當的感官刺激
When babies are calm, appropriate sensory stimulation can be given

3. 口腔肌訓練 Oral motor training

針對吸嘔吞嚥困難的嬰兒，可按摩雙唇外圍、面頰、上下顎及頸部，紓緩過敏反應程度及增加其活動能力，來助長嬰兒的餵食。

If babies have sucking or swallowing difficulty, massage to perioral region, cheeks, upper and lower jaws, and neck region helps to desensitize these structures and increase their ranges of movement so as to enhance feeding.



父母在嬰兒成長路上有着重要的角色。他們能透過這小冊子內照顧嬰兒的方法、手法治療、感官刺激及運動來幫助嬰兒的成長。

Parents play an important role in the babies' development. They can use caring skills, manual techniques, sensory stimulation and facilitating exercises as shown in this leaflet to enhance the babies' development.

如有任何疑問，請向物理治療師查詢。
If there is any enquiry, please consult your physiotherapist.

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早產嬰兒發展 Preterm Baby Development

家長指南
Parental guide



前言 Introduction

父母在照顧新生嬰兒時，會否遇到一些疑問，例如怎樣安撫嬰兒情緒、怎樣令嬰兒安睡、怎樣互動來幫助寶寶發展、或怎樣才能助長嬰兒的餵食？這小冊子會建議一些處理方法，促進父母照顧嬰兒的信心及能力，令他們健康快樂地成長。

When taking care of baby, have you ever had doubts in how to calm the inconsolable one, how to enhance good quality sleep, how to foster baby's development or feeding? This leaflet is going to give you some cues on these aspects to foster healthy and happy development of your baby.

早產嬰 Preterm Babies

嬰兒於母體內少於37週下出生，便稱為早產嬰。如出生的體重在1500克以下，則稱為極低體重。

Preterm babies are those born before 37 gestational weeks. Very low birth weight infants are those with birth weight below 1500g.

早產嬰的體重比較輕，身體各器官尚未完全成熟，有機會有各種發展障礙。他們的清醒時間會較短，對感官信息的接收或會過度敏感，所以容易引起哭號。肌肉張力及心肺耐力不足容易引起吸啜、吞嚥及呼吸協調的困難。

Preterm infants are relatively light in weight than their term counterparts. The body organs, sensory integration and motor systems may not be fully developed. They may easily be overwhelmed by the excessive or inappropriate sensory inputs which cannot be processed well in the central nervous system, so they react with crying and irritability. Poor muscle tone, cardiopulmonary function, fair sucking, swallowing may affect development or feeding.

如何安撫嬰兒情緒？

Consoling Irritable Babies

當嬰兒出現頸腰拱起的姿勢、哭號、打呵欠等行為時，可透過適當的物理治療，如治療性擺位、視覺、聽覺、本體感、前庭感、觸覺刺激與減敏感反應治療，以安撫嬰兒的情緒。

When your baby is in stress with arching posture, crying or yawning, appropriate therapeutic positioning, visual, auditory, kinesthetic sense, vestibular, tactile stimulation and desensitization can be used to console your baby.

此外，要留意嬰兒的生理需求，如肚餓、尿布濕了、太熱或太凍等等，然後再運用以下方法安撫寶寶。

Make sure your baby isn't hungry, wet, uncomfortable (too hot or too cold) before trying these methods.



1. 治療性擺位 Therapeutic Positioning

包覆方法 Swaddling Method

嬰兒姿勢保持微曲，下顎及手收起。雙腿微曲，包巾不宜過緊。

Support your baby in curled position with chin in and arms tucked in. Allow hips to bend slightly and keep blanket loose around the legs.



攜抱方法 Holding Method



側躺或趴著 Side or Stomach Position

藉由模仿胎兒在子宮裡的姿勢，可以安撫嬰兒情緒

Baby feels more secure and content if baby attains simulated position as in the womb.

2. 把嬰兒輕力搖擺(前庭神經刺激)

Gently sway your baby (vestibular stimulation)



3. 發出「噓」聲(聽覺神經)

Shush (Auditory stimulation)

模擬子宮裡均勻和諧的聲音，如發出「噓」聲。

Resemble the sound in the womb e.g. shush.



4. 袋鼠式扶抱(觸覺神經)

Kangaroo Care (Tactile stimulation)

透過寶寶和媽媽的皮膚與皮膚接觸，可讓孩子感到放鬆及安靜。

Through the skin-to-skin contact with mother, baby may feel more relax and calm.



如何促進嬰兒安睡及餵食？

Enhancing Quality Sleep & Feeding

透過按摩及手法治療能有效地促進嬰兒的安睡及餵食。

Massage and manual techniques can be used to foster quality sleep and feeding.

1. 嬰兒按摩

嬰兒按摩的目標主要是為了促進親子聯繫、增加體重、減低不安情緒及改善睡眠質素，並能有效地減少便秘。

Baby massage is used to enhance parent-infant bonding, weight gain, decrease stress and improve sleeping quality. It can also help in reducing constipation.

腹部按摩 Abdominal massage



在嬰兒腹部順時針方向按摩。

Massage the abdomen in clockwise direction.

背部按摩 Back massage

父母用手固定嬰兒一邊盆骨，再用另一隻手由盆骨向上按摩。然後在另外一邊重複步驟為嬰兒按摩。

Use hand to fix one side of pelvis and perform massage with another hand from pelvis up.



注意事項 Precautions

- 保持嬰兒呼吸暢順
Monitor for smooth breathing pattern
- 以中等力度按摩
Massage with moderate pressure
- 按摩時間約為5-15分鐘
Duration of massage: around 5-15 minutes
- 避免於餵食後一至二小時內進行按摩
Do not perform massage within 1-2 hours after feeding