



將最好的給您的寶寶

現代醫學已証實母乳對孩子的發育、免疫及智力發展非常重要。母親在分娩後所分泌的黃金乳液——『初乳』更是寶寶極珍貴的食物及免疫劑，保護寶寶免受感染。它顏色微黃，份量雖然不多但成份十分濃縮。當寶寶出生後，讓他頻密地吸啜，他便能得到足夠的養份及增加腸胃和免疫保護。反之讓寶寶喝水、奶粉等食品，只會令他錯失『初乳』的好處，減少他吸啜的意慾，亦妨礙母親乳汁的製造及分泌。

『世界衛生組織』建議嬰兒首6個月應是純母乳餵哺。當6個月後，逐漸引入半固體食物時，仍持續餵哺母乳至兩歲或以上。

緊記母乳對嬰兒十分重要，『初乳』尤為寶貴。

成功哺乳的要訣是：早餵哺！勤餵哺！正確的餵哺！

THE BEST GIFT FOR YOUR CHILD

Breastfeeding is very important to the baby's physical, intellectual and immune development that the World Health Organization recommends exclusive breastfeeding for 6 months as the optimal way of feeding infants. Thereafter infants should receive complementary foods with continued breastfeeding up to 2 years of age and beyond.

Colostrum, the "Golden Fluid" from mothers in the first few days after delivery, is highly treasured for its nutritional and protective properties. Its unique texture and small volume is designed to coat the baby's delicate digestive system with antibodies. Therefore, babies require frequent nursing to obtain the much-needed small quantity of colostrum. Formula and water will cause babies to suckle less and this will decrease your milk supply.

"Breast is the Best & Exclusive Breastfeeding is Superb!"

The Keys to Successful Breastfeeding are:

Early Suckling, Frequent Suckling & Correct Suckling.

将最好的给您的宝宝

现代医学已证实母乳对孩子的发育、免疫及智力发展非常重要。母亲在分娩后所分泌的黄金乳液 — 『初乳』更是宝宝极珍贵的食物及免疫剂, 保护宝宝免受感染。它颜色微黄, 份量虽然不多但成份十分浓缩。当宝宝出生后, 让他频密地吸啜, 他便能得到足够的养份及增加肠胃和免疫保护。反之让宝宝喝水、奶粉等食品, 只会令他错失『初乳』的好处, 减少他吸啜的意欲, 亦妨碍母亲乳汁的制造及分泌。

『世界卫生组织』建议婴儿首6个月应是纯母乳喂哺。当6个月后, 逐渐引入半固体食物时, 仍持续喂哺母乳至两岁或以上。

紧记母乳对婴儿十分重要, 『初乳』尤为宝贵。

成功哺乳的要诀是: 早喂哺! 勤喂哺! 正确的喂哺!