

奶瓶喂养婴儿

Bottle Feeding Your Baby

You can feed your baby breast milk or infant formula from a bottle. While breast milk is the ideal food for babies, bottle feeding with formula will meet your baby's food needs. Your doctor will help decide which formula is right for your baby. Never give cow, goat, or plant-based milk to a baby during the first year.

Types of Formula

Always wash your hands with soap and water before making formula. Formula comes in three forms:

- **Ready to feed formula** needs no mixing.
 - Pour the formula into a clean bottle.
 - Use ready to feed formula if you are unsure about the quality of your water.
 - Once opened, use the formula within 48 hours (2 days).
 - This type of formula costs the most.
- **Liquid concentrate formula** needs to be mixed with equal parts water. Do not use water from a well.
 - Once mixed, use this formula within 48 hours (2 days).
 - This formula costs less than ready to feed.
- **Powdered formula** needs to be mixed with water. Do not use water from a well.
 - After it is mixed, use this formula within 24 hours (1 day).
 - This type of formula costs the least.

您可以用奶瓶盛装母乳或婴儿配方奶喂养婴儿。虽然母乳是婴儿的理想食物，但配方奶瓶喂也可以满足婴儿的食物需求。您的医生将帮助您确定哪种配方奶适合您的宝宝。在婴儿出生的第一年，切勿用牛奶、山羊奶或植物奶喂养婴儿。

配方奶类型

制作配方奶之前，务必用肥皂和水洗手。配方奶共有三种类型：

- **即食配方奶**无需混合。
 - 将配方奶倒入干净的奶瓶中。
 - 如果您不确定水的质量，请使用即食配方奶。
 - 打开包装后，此类配方奶的保质期为 48 小时（2 天）。
 - 此类配方奶价格最高。
- **浓缩配方奶**需要与等量的水混合。切勿使用井水。
 - 混合后，此类配方奶的保质期为 48 小时（2 天）。
 - 此类配方奶价格低于即食配方奶。
- **配方奶粉**需要与水混合。切勿使用井水。
 - 混合后，此类配方奶的保质期为 24 小时（1 天）。
 - 配方奶粉价格最低。

Water from your faucet is often clean enough to use unless it is supplied by a well or your house has old plumbing. Old plumbing may contain lead. Lead poisoning can cause brain damage in your baby. If you have old plumbing, have the water tested every year. You may need to use bottled water for your baby.

Feeding Your Baby

Ask your baby's doctor how many ounces and how often to feed your baby.

Your baby may not be hungry every time they cry. Watch your baby for feeding cues such as moving their hands to their mouth, movement of legs or arms, and making noises. Do not delay feeding when your baby has signs of being hungry even if you feel you have just fed your baby. Feed your baby and stop as needed for breaks. Let them eat until they show signs that they are full. Burp your baby 2 or 3 times during the feeding to get rid of any swallowed air.

Each baby's eating habits are different. As a general guide:

- During the first few days, most babies eat about 1 to 2 ounces at each feeding every 2 to 4 hours.
- By 2 weeks, most babies are eating 3 to 4 ounces at each feeding every 3 to 4 hours. In time, your baby will develop a pattern.
- Your baby may eat different amounts at times.

Preparing the Formula

- Wash your hands before touching the bottle or nipple.
- If you are using **liquid concentrate formula**, mix the formula with equal parts water.

自来水通常可达到使用标准，除非其来源为井水或您的房屋使用旧水管。旧水管可能含有铅。铅中毒会导致婴儿大脑受损。如果您家使用旧水管，则每年均须对水质进行检测。您可能需要为宝宝使用瓶装水。

喂养宝宝

关于喂养频次和每次喂养的奶量，请咨询宝宝的医生。您的宝宝每次啼哭可能并非都是饥饿信号。观察宝宝的进食信号，如将手放到嘴边、踢动双腿或挥动双臂以及发出啾呀声音。当您的宝宝发出饥饿信号时，即使您认为自己刚喂过宝宝，也不要延迟喂奶。给宝宝喂奶，必要时暂停休息。喂给宝宝充足的奶量，直至其发出吃饱的信号。喂奶时，让宝宝打嗝 2 至 3 次，以排出吸入的空气。

每名宝宝的饮食习惯均有所差异。普适指南：

- 出生后的最初几天里，大多数婴儿每 2 至 4 小时进食一次，每次 1 至 2 盎司。
- 到第 2 周时，大多数婴儿每 3 至 4 小时进食一次，每次 3 至 4 盎司。随着时间的推移，您的宝宝会养成饮食规律。
- 个别情况下，您的宝宝饮用的奶量可能会有所不同。

准备配方奶

- 在接触奶瓶或奶嘴前洗手。
- 如果您使用的是**浓缩配方奶**，请将配方与等量的水混合。

- If you are using **powdered formula**, mix 2 ounces (60 mL) of water for each full scoop of formula. Stir the formula well until the spoon is clean. If you add too much or too little water to the formula, your baby may not get enough food. Do not add cereal, honey, corn syrup, or other ingredients to your baby's formula.
- Throw out unused mixed formula left in your baby's bottle. Start with a fresh bottle of formula at each feeding. Germs called bacteria can grow between feedings and make your baby sick.
- 如果您使用的是**配方奶粉**，每勺配方奶粉混合 2 盎司（60 毫升）的水。充分搅拌配方奶，直到量勺干净。如果您在配方奶中加水过多或过少，您的宝宝可能无法获得充足的食物。请勿在婴儿配方奶中添加谷物、蜂蜜、玉米糖浆或其他成分。
- 婴儿奶瓶中剩余的混合配方奶均应予丢弃。每次喂养时，重新准备一瓶新鲜的配方奶。否则，不同喂养之间的剩奶可能会滋生细菌并导致宝宝患病。

Bottle Nipples

Use a nipple for your baby's age. Make sure the nipple hole is small enough, so the formula drips out slowly.

Warming Bottles

Formula should be at room temperature. To warm formula, place the bottle in a pan or bowl of heated water. Mix the formula in the bottle and test the temperature by dropping a few drops of formula on the inside of your wrist.

Never warm bottles in the microwave or on the stove, as it destroys vitamins and does not heat the formula evenly. The bottle could explode or cause serious burns to your baby.

Talk to your baby's doctor if you have any questions.

奶瓶的奶嘴

使用适合您的宝宝年龄的奶嘴。确保奶嘴孔大小适中，这样配方奶才会缓慢挤出。

温热奶瓶

配方奶温度应为室温。加热配方奶时，请将奶瓶置于盛有热水的平底锅或碗中。在奶瓶中混合配方奶，在手腕内侧滴几滴配方奶，测试温度。

切勿在微波炉或火炉上加热奶瓶，因为该做法会破坏维生素，也无法均匀加热配方奶。奶瓶可能会爆炸或对宝宝造成严重烧伤。

如有疑问，请咨询宝宝的医生。