

# 新生寶寶

## Your New Baby

As a new parent, you may have questions about your baby. Below are some common physical features and behaviors you may notice in your baby soon after birth.

### Sleep and Wake Cycles

For the first few hours after birth, babies are usually active and awake. Then they become sleepy for the next 12 to 24 hours. Expect your baby to sleep 16 to 20 hours a day, and not on any set schedule. Babies wake often at night for feedings.

### Head

Your baby's head may look large and misshaped from the birth process. This will slowly correct itself in about a week. Babies have two soft spots on the head. These soft spots will slowly close and do not need any special care.

### Eyes

Babies see best at a distance of 8 to 10 inches. Your baby's eye color changes after birth. Most babies have their permanent color by 1 year of age. It is normal for your baby's eyes to be swollen, have red spots in the white part of the eyes or look cross-eyed. These conditions will most often go away.

初次為人父母時，您可能有一些關於寶寶的問題。以下是寶寶出生後不久您可以注意到的常見體徵和行為。

### 睡眠和清醒週期

寶寶出生後前幾個小時通常精力充沛，保持清醒狀態。接下來的 12-24 小時便會昏昏欲睡。您的寶寶每天大約睡 16-20 小時，而且不按照固定時間睡覺。寶寶晚上會頻繁醒來吃奶。

### 頭部

在寶寶的最初階段，頭部可能看起來很大且形狀不規則。這種狀況將在大約一週內自行改善。寶寶的頭部有兩處較軟的地方。這些部位將慢慢閉合，無需任何外界幫助。

### 眼睛

寶寶最遠能看 8-10 英寸。您的寶寶在出生後眼睛顏色會改變。大多數寶寶的眼睛顏色會在 1 歲時固定下來。寶寶眼睛腫脹、眼白有紅斑或看起來斜視都是正常的。這些症狀會慢慢消失。

## Breasts and Genitals

It is normal for babies' breasts and genitals to look swollen. This will slowly go away. The baby's breasts may have a small amount of milk-like fluid coming out of them that will slowly go away. It is normal for baby girls to have a small amount of clear, white or blood-tinged vaginal discharge and mucus for several days after birth.

## Skin

The lips and the area inside the mouth should be pink.

- If you notice any blueness around your baby's mouth and your baby is not alert or able to respond to you, **call 911**.
- If your baby develops skin blisters filled with fluid or pus, **call your baby's doctor** to have your baby checked for an infection, especially if there is also a cough, fever or poor feeding.

These skin conditions may be seen and will often go away without treatment:

- Patches of red skin seen on the eyelids, forehead or back of the neck.
- Bluish-gray spots found on the back and buttocks that often fade over a period of months or years.
- Fine, white bumps that are not blisters over a red background. This does not need any creams or lotions.
- Tiny white dots that appear on the face. Do not squeeze them.
- Dry peeling skin or cracking around the wrists or ankles. As the dry skin flakes off, new soft skin will appear.

## 乳房和生殖器

寶寶的乳房和生殖器看起來有點腫是正常的。不久會慢慢消失。寶寶的乳房可能有少量乳狀液體留出，這也會慢慢消失。女嬰出生後幾天內陰道有少量透明、白色或淡血色分泌物和粘液是正常現象。

## 皮膚

嘴唇及口腔內部應當呈粉紅色。

- 如果您注意到寶寶嘴部周圍發黃，並且寶寶不活潑或不能回應您，請**致電 911**。
- 如果寶寶皮膚上長有充滿液體或膿汁的水泡，請**致電寶寶的醫生**，讓其檢查寶寶有無受到感染，尤其是伴有咳嗽、發燒或喂哺困難等現象時。

您可能會看到以下這些皮膚症狀，不過這些症狀通常不需要治療就會消失：

- 眼瞼、額頭或頸後出現紅色斑塊。
- 背部和臀部出現藍灰色斑點；這些斑點通常會在幾個月或幾年後消褪。
- 發紅的皮膚上有白色小點（非水泡）。這不需要塗抹任何護膚霜或護膚液。
- 臉上出現小白點。不要捏擠。
- 皮膚乾燥脫皮，或者手腕或腳踝周圍破裂。乾燥的皮膚脫落時，柔嫩的新皮膚將會出現。

- Fine, downy hair seen on the back, arms and ears.

Creamy, white substance that may be on the skin at birth and stay in skin folds for the first few days after birth.

## Jaundice

Jaundice is a yellow color of the skin and eyes. It often goes away in 1 to 2 weeks. In the hospital, a small sample of your baby's blood may be tested to check the amount of jaundice.

### Call your baby's doctor if:

- Your baby's abdomen, legs and arms are yellow.
- Your baby's whites of the eyes are yellow.
- Your baby is yellow and your baby is hard to wake, is fussy or not feeding.

## Coughing, Sneezing, and Hiccups

Coughing and sneezing at times is normal. It does not mean the baby is ill unless there is a yellowish or greenish discharge from the nose or other symptoms. New babies often hiccup during or after eating.

## Choking

Babies can choke when held too flat when eating. When feeding, hold your baby's head upright and never prop up a bottle. If your baby chokes, coughs or spits up, stop the feeding, sit him up or hold him over on his side. Pat his back gently until the choking stops then start the feeding again. New parents should take an infant CPR class.

- 背部、手臂以及耳朵上可見細絨毛。

出生時，皮膚上可能有乳白色物質，出生後的幾天內會留在皮膚褶皺中。

## 黃疸

黃疸是指皮膚和眼睛呈黃色。這種狀況通常在出生 1-2 週內消失。在醫院，可以化驗寶寶的少量血液樣本，檢查黃疸量。

### 出現以下情況時，請致電寶寶的醫生：

- 寶寶的腹部、腿部、手臂發黃。
- 寶寶的眼白發黃。
- 寶寶全身發黃，並且嗜睡、急躁不安或者厭奶。

## 咳嗽、打噴嚏、打嗝

偶爾咳嗽和打噴嚏屬於正常現象。這並不說明寶寶病了，除非鼻子裏有淡黃色或淡綠色的分泌物或者有其他症狀。吃奶時或者吃完奶後，新生寶寶通常都會打嗝。

## 嗆奶

如果吃奶時寶寶身體被抱得太平，可能會嗆奶。餵奶時，應使寶寶頭部直立，切勿將奶樽倚靠在寶寶嘴上。如果寶寶嗆奶、咳嗽或吐奶，應停止餵奶，讓寶寶坐起來，或將寶寶側身抱起。輕拍寶寶背部，直到不再嗆奶，然後再開始餵奶。新任父母應學習嬰兒人工呼吸課程。

## Senses

Babies are always growing and learning about the world around them. Babies like being held, rocked, stroked and carried. A sturdy but gentle touch can help them feel secure and calm. Babies love to hear you talk to them and will listen to your voice and other sounds. Babies have a good sense of smell. They can smell breast milk or formula. Babies can follow slow moving objects and can focus on things up to eight inches away.

## Reflexes

Several reflexes are present at birth.

- There is a **startle reflex** where the baby throws out his arms then brings them back to the middle of his body when he hears a loud noise or is suddenly moved.
- The **sucking reflex** should be strong and vigorous.
- The **rooting reflex** is when the baby turns his head toward the breast or nipple and may also open his mouth.
- The **stepping reflex** is when the baby makes a stepping movement when held in a standing position.
- The **grasping reflex** is when the baby will hold on tightly to an object placed in the baby's palm.

**Talk to your baby's doctor or nurse if you have any questions or concerns.**

## 感官

寶寶總是在不斷成長，日益了解周圍的世界。寶寶喜歡被抱著、被搖晃、被撫摸。堅實而溫柔的觸摸會讓寶寶感到安全和平靜。寶寶喜歡聽父母說話，會聆聽父母的聲音以及其他聲音。嬰兒的嗅覺很好。他們可以聞到乳汁或配方奶的味道。寶寶的目光能跟隨慢慢移動的物體，並可注視遠至 8 英寸(約 20 公分)以外的物體。

## 條件反射

寶寶出生時有以下幾種條件反射。

- **驚跳反射**：當寶寶聽見巨大雜訊或被突然移動時，他會先舉起雙臂，然後將雙臂收回身體中央。
- The **吸吮反射**：應當強而有力。
- **覓食反射**：寶寶將頭轉向乳房或奶嘴，還可能會張開嘴。
- **跨步反射**：托住寶寶使之站立時，寶寶會做出邁步的動作。
- **抓握反射**：寶寶會緊緊握住放在自己手心的物體。

**如果您有任何問題或憂慮，請諮詢您寶寶的醫師或護士。**