

FeednSleep Antenatal Class Class content



Class 5 (All about breastfeeding – Part 1) Total: 90 mins

第5堂 (母乳餵哺全攻略 — 第1部分) 90分鐘

1. The benefits of breastfeeding (10 mins)

- Benefits for mum and baby
- How long should mum breastfeed for
- Pregnancy preparation for breastfeeding

2. How to breastfeed successfully (20 mins)

- Introducing skin to skin contact
- Responsive feeding
- Feeding cues
- Let-down reflex
- Correct attachment

3. Breastmilk expression (10 mins)

- Hand expression
- Milk pumping

4. 9 Tips to have excellent breastmilk supply (10 mins)

5. Nutritional Need for Newborns (30 mins)

- The first day
 - More about colostrum
- Day 2 to 4
 - Milk coming in
 - How to handle breast engorgement
- Day 5 and above
 - Maintenance stage of milk supply
 - Growth spurt
 - Milk refusal
- How to tell if baby is drinking enough

6. Q&A (10mins)

1. 母乳餵哺的好處 (10分鐘)

- 對媽媽及嬰兒的好處
- 母乳餵哺多久?
- 懷孕期間的準備

2. 如何成功餵哺母乳 (20分鐘)

- 親子肌膚接觸
- 回應式餵哺
- 餵食提示訊息
- 噴乳反射
- 正確的含吸姿勢

3. 如何擠出母乳 (10分鐘)

- 人手
- 奶泵

4. 9個保持優質母乳供應的秘訣 (10分鐘)

5. 初生嬰兒所需的營養 (30分鐘)

- 第1天
 - 初乳知多點
- 第2-4天
 - 上奶
 - 如何處理乳房漲痛
- 第5天或之後
 - 保持母乳供應
 - 猛長期
 - 厭奶期
- 如何得知嬰兒是否飲奶足夠

6. Q&A (10分鐘)