

## **Breastfeeding**

### **母乳哺餵**

Breast milk not only provides the nourishment necessary for an infant but is the ideal food for a baby's developing digestive system.

Breast milk offers built-in protection against some infections a baby may be exposed to during the weeks after birth.

Breastfeeding benefits a mother as well as her baby. Nursing stimulates the uterus to return to normal size. And a woman tends to regain her pre-pregnancy shape more quickly when breastfeeding.

Good nutrition, enough liquids, and relaxation help assure a full supply of milk.

Doctors may recommend that expectant mothers prepare their nipples

for nursing. A pregnant woman may repeat simple exercises such as rubbing the nipples lightly with a terry cloth towel several times a day. After breastfeeding begins, a mother should keep her nipples clean and dry between feedings. If they become reddened or cracked, the doctor should be consulted.

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(英文版)

**Modern Medicine**  
**Traditional Care**