

GOOD NUTRITION

營養

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

The milk flow will be greater
if both breasts are well nursed
by a hungry infant---about ten
minutes at each
breast at each feeding.

Mothers will want to begin the
next feeding at the breast
where the last feeding was
completed.

For inquiries: Chung Shan Hospital

Tel: (02) 2708-1166

OBS ward Ext.: 2000 or 2500

Nursery Ext.: 2220 or 2222

95.06 制、114.07 檢



GOOD

NUTRITION

營養

**Modern Medicine
Traditional Care**