

親子肌膚接觸

Skin Contact between the Mother and the Baby



● 什麼是親子肌膚接觸：

What is skin contact between the mother and the baby:

是指媽媽生產後，新生兒立即趴在媽媽的胸前，媽媽與新生兒彼此間有緊密的皮膚接觸，藉由皮膚緊密的接觸，可以預防嬰兒體熱流失，增加親子互動與親密關係的建立。

The contact refers to the newborns lying on the mother's chest after delivery; the close skin-to-skin contact between mother and newborns. Such close skin contact will prevent dissipation of baby's body heat, increase parental interaction and the establishment of close relationship.

● 何時做親子肌膚接觸：

When do make skin contact between the mother and the baby:

新生兒出生後三十分鐘是最清醒的時刻，產房護理人員會在寶寶出生後，擦乾寶寶身上的羊水，讓寶寶裸躺在媽媽溫暖的胸前，這是建立親子關係最好的時機，藉由肌膚接觸，讓寶寶聽媽媽的心跳聲；此時如果寶寶有尋乳反射，不妨讓寶寶靠近乳房練習吸吮，也可增加媽媽成功哺乳的機會。

30 minutes after the baby's birth is the most awakening moment. The nurses from the delivery room dry the baby after the birth and the baby would lie naked on the warm chest of the mother. This is the best time for establishing the parental relation and the skin contact allow the baby to listen to the heart beat sound of the mother. In case the baby shows sucking reflex, let the baby approach the breast and practice sucking so that the mother will increase her opportunity of successful breastfeeding.

● 親子肌膚接觸好處：

Advantages of skin contact between the mother and the baby:

1. 新生兒出生後與媽媽肌膚接觸，經由溫暖的擁抱，可穩定嬰兒的體溫及呼吸。
1. Newborn's body temperature and breathing are stabilized through the skin contact and warm hug with the mother.
2. 新生兒較少有哭鬧，經由皮膚接觸新生兒可聽到您的心跳、認出您的聲音而有安全感。
2. Newborns rarely cry through the skin contact as they can hear your heart beat, recognize your voice and gain sense of security.
3. 新生兒感受到愛與陪伴：您的寶寶來到新的世界，讓他立刻回到母親懷抱。

3. Newborns perceiving love and company: Your baby has come to the new world and immediately returns to the embrace of the mother.
- 4.讓寶寶熟悉媽媽的體溫、味道、聲音，即早建立親子關係，讓親子感情更加融洽。
4. Baby can familiarize with the body temperature, smell and sound of the mother, namely establishing parental relation early so that the relationship will intensify.
- 5.能成功的哺餵母乳：產後儘早肌膚接觸，有利於嬰兒吸吮，哺乳期也較長。
5. Successful breastfeeding: early skin contact after the delivery will facilitate the baby with sucking while the period of breastfeeding will also last longer.
- 6.減少母親產後出血：親子皮膚接觸，刺激催產素分泌，促進母親子宮收縮。
6. Reduce postnatal hemorrhage in mothers: skin-to-skin contact between the mother and the bay will stimulate oxytocin and promote the uterine contraction in the mother.
- 7.預防或改善產後憂鬱症：皮膚接觸有益於母親心理健康。
7. Prevent or improve postnatal depression: skin contact benefits the psychological health of the mother.
- 8.母嬰親密關係更緊密。
8. Closer mother-baby intimacy.



參考資料：

衛生福利部國民健康署(2007，3月)·母嬰早期肌膚接觸·取自

http://health99.hpa.gov.tw/educzone/edu_detail.aspx?catid=11598

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉產房分機 4601、4602
婦產科衛教室分機 5403

Stm天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您

2017年05月修訂