



WABA | 世界母乳哺育周2020

#WBW2020 的目標，是彰顯母乳哺育與環境和氣候變化之間的關聯。人類與地球相依相存，因此亟需我們找出互利共贏的可持續方案。不論是在日常或是緊急狀態下，整合確保最佳嬰幼兒餵食的行動，對於滿足所有嬰兒的營養需求是非常關鍵的。母乳哺育是永續解決方案的範例。

國際母乳哺育週的目標 #WBW2020



告知

告知大眾母乳哺育與環境/
氣候變化之間的聯繫



錨定

以母乳哺育作為氣候
智能性決策



結合

個人與團體之力以
產生更大的影響



激勵

透過母乳哺育以促進地球
與人類的健康

不論是在日常或緊急情況下，母乳哺育對良好營養和食物安全的短期和長期健康影響都有貢獻。



醫護人員可提供什麼幫助？

強調手擠母乳、安全時適當使用擠乳器、正確保存和準備母乳、
杯餵、維持母乳供應技巧、再度泌乳和乳母。



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醫護人員可提供什麼幫助？

透過建立適當和一致的溝通訊息，強化針對家庭所有成員
和社群提供的母乳哺育家庭支持。

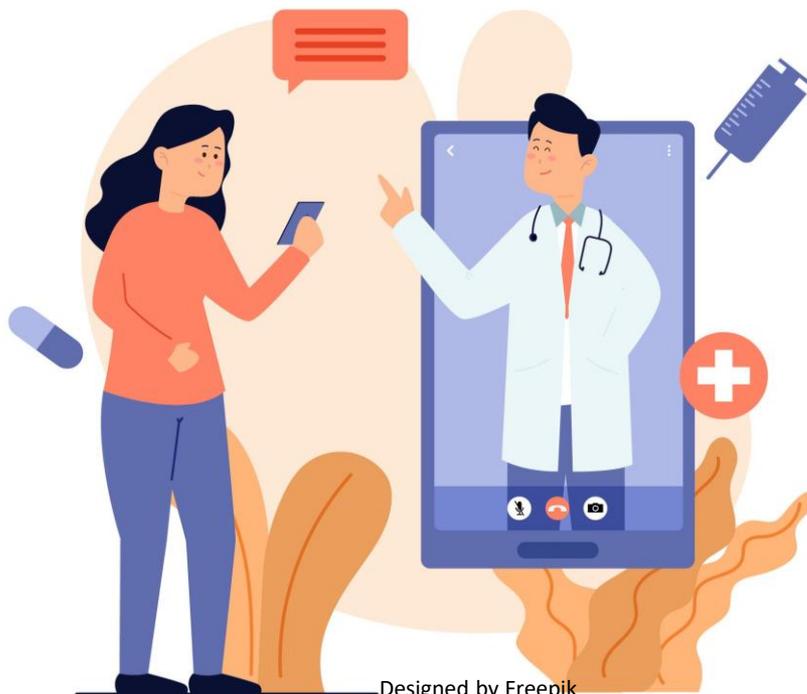


醫護人員可提供什麼幫助？

推廣擴大現有的母乳哺育培訓工具和計劃，包括線上、數位和電子學習方法，以及面對面臨床和其他實務教學。



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醫護人員可提供什麼幫助？

在包括私人醫院的醫療機構中實施經修訂的2018愛嬰醫院倡議指南（BFHI 2018）。



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<p>1 HOSPITAL POLICIES</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Not promoting infant formula, bottles or teats Making breastfeeding core standard practice Keeping track of support for breastfeeding 	<p>2 STAFF COMPETENCY</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Training staff on supporting mothers to breastfeed Assessing health workers' knowledge and skills 	<p>3 ANTENATAL CARE</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Discussing the importance of breastfeeding for babies and mothers Preparing women in how to feed their baby 	<p>4 CARE RIGHT AFTER BIRTH</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Encouraging skin-to-skin contact between mother and baby soon after birth Helping mothers to put their baby to the breast right away 	<p>5 SUPPORT MOTHERS WITH BREASTFEEDING</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Checking positioning, attachment and sucking Giving practical breastfeeding support Helping mothers with common breastfeeding problems
<p>6 SUPPLEMENTING</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Giving only breast milk unless there are medical reasons Prioritizing donor human milk when a supplement is needed Helping mothers who want to formula feed to do so safely 	<p>7 ROOMING-IN</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Letting mothers and babies stay together day and night Making sure that mothers of sick babies can stay near their baby 	<p>8 RESPONSIVE FEEDING</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Helping mothers know when their baby is hungry Not limiting breastfeeding times 	<p>9 BOTTLES, TEATS AND PACIFIERS</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Counsel mothers on the use and risks of feeding bottles, teats, and pacifiers 	<p>10 DISCHARGE</p> <p>Hospitals support mothers to breastfeed by...</p> <ul style="list-style-type: none"> Referring mothers to community resources for breastfeeding support Working with communities to improve breastfeeding support services

醫護人員可提供什麼幫助？

暖鏈支持行動建立一個使所有婦女/家長在最理想的狀態下哺育母乳的增能環境。透過攜手努力，我們就能達到人類與地球雙贏的結果。

對地球與人類
永續的解決方案



慶祝 #WBW2020 的5種方法

1. 在我們的社交媒體平台上分享：
 - a. 您在COVID-19大流行期間的母乳哺育經歷和支持
 - b. 您對母乳哺育與環境/氣候變化之間聯繫的看法
2. 宣誓並報告您的 #WBW2020 活動（實體和/或虛擬）
3. 收聽我們的 #WBW2020 播客，並向我們發送您的問題/評論
4. 參與 #WBW2020 Ask Me Anything (AMA)
5. 訂閱 WBW 網站 和社交媒體平台（[臉書](#)，[推特](#) 和 [Instagram](#)）以獲取更多活動想法和最新資訊

告訴我們您將如何參與慶祝#WBW2020！