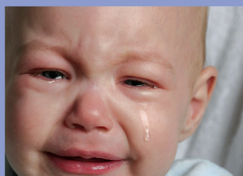


嬰兒哭泣時，有助於您哄嬰兒的幾點方法：

1. 保持冷靜，並且要有耐心 - 嬰兒可能會哭幾分鐘才能安靜下來。
2. 試設法根據嬰兒做出的表示來搞清楚嬰兒想說些甚麼。
3. 抱緊嬰兒。
4. 輕聲低語或者反復地唱。
5. 不停地輕輕搖晃或上下顛動嬰兒。
6. 輕輕地撫摸嬰兒的後背、手臂和腿。
7. 如果您開始生氣或者感到力不從心，應該以將嬰兒放在安全的地方，然後休息幾分鐘。
8. 請朋友或家人幫忙。
9. 如果您覺得嬰兒哭泣得太多，請與WIC或者您的醫生聯絡。



千萬不要
用力搖晃
嬰兒！

摘自加利福尼亞州WIC計畫。

此文件還備有其他版本格式，可供殘障人士索取。

請打電話索取，電話號碼是1-800-841-1410 (TDD/TTY專線號碼是1-800-833-6388)。

本機構對所有需要幫助者一視同仁。

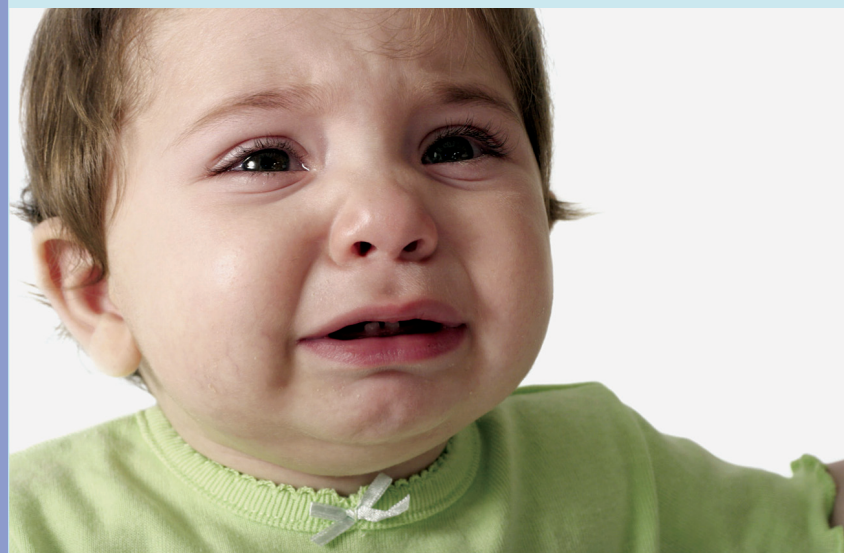
華盛頓州WIC營養計畫禁止任何歧視。

PUBLIC HEALTH
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HEALTHIER WASHINGTON



Washington State Department of
Health
DOH 960-316 January 2011 Chinese

嬰兒為何哭泣？



嬰兒哭泣時，
您可能會覺得很煩躁。
哭泣雖然是正常現象，但您仍可
採取一些措施避免嬰兒哭泣。

Created by the UC Davis Human Lactation Center as part of the FitWIC Baby Behavior Study.
Key Resource: Sumner, B., & Barnard, K. (1980). Keys to caregiving. Seattle: NCAST, University
of Washington. This project has been funded at least in part with Federal funds from the U.S.
Department of Agriculture, Food and Nutrition Service. The contents of this publication do not
necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of
trade names, commercial products, or organizations imply endorsement by the U.S. Government.

正視與嬰兒哭泣有關的事實

所有的嬰兒都會哭泣。



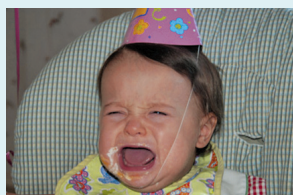
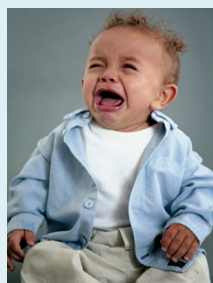
嬰兒哭泣會使人感到心煩，因為這會使照護者覺得自己有必要給予幫助。

嬰兒哭泣的原因有很多，不僅僅是因為他們感到飢餓。



當您試圖幫忙時，可能要花一點時間才能讓他們安靜下來。嬰兒需要一些時間才能做出回應。

平均而言，6週大的嬰兒每天哭泣時間大約為兩個小時。



隨著嬰兒長大，哭泣次數會逐漸減少。

嬰兒哭泣的原因有很多

有時候，您很容易就能知道嬰兒需要甚麼（例如需要換尿布！）。有時候，嬰兒似乎毫無緣故就開始哭泣。

留心嬰兒做出的表示，以便瞭解嬰兒哭泣的原因……

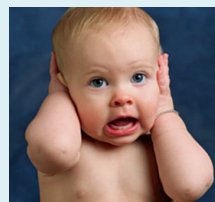
如果嬰兒感到飢餓，則可能會：

- 發出吸吮聲
- 撅嘴
- 將手放在嘴邊



如果嬰兒需要休息，並想停止周圍的活動，則可能會：

- 扭轉臉或者將東西推開
- 伸直手指
- 面部和身體肌肉緊張



在很多情況下，嬰兒哭泣之前會做出一些表示。應該留心嬰兒做出的表示並使嬰兒感到更舒服一些；這是避免嬰兒哭泣的好方法。



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