

與寶寶建立關係的重要性

一、與妳腹中寶寶建立關係的重要

在懷孕期間，妳腦海裡已經有寶寶的模樣。在寶寶出生前，盡早開始有持續、正面和愛的關係將有助激發建立良好的親子關係。為這種一生一世的關係奠定基礎，包括寶寶將來在童年和成年的健康和福祉都有深遠的影響。

實用技巧助妳與胎兒建立一個親密和愛的關係

1. 為寶寶命名---可以是一個簡單的暱稱。
2. 隨著胎兒的成長他/她會認識到不同的聲音，向寶寶說話/唱歌，讓他/她知道妳的聲音。
3. 給妳的寶寶哼或唱一首喜愛的曲子，聲音的振動就像輕輕的按摩，使他/她感到安全和連接到妳。當寶寶出生後可使用這聲調來安慰寶寶，使他/她回憶起有如在母親肚裡安全的感覺。
4. 給妳和伴侶預留一些時間去感受寶寶如何回應妳的聲音和觸摸，讓他/她享受與你們的獨特關係。
5. 給寶寶閱讀一本兒童書和享受這時刻。
6. 了解妳腹中寶寶的發展，這可助增加親密感。

兩個月

- ◆ 維生器官: 肝臟、腎臟、腸臟及大腦都已形成。
- ◆ 舌頭上的味蕾已經形成。
- ◆ 眼睛已形成，視覺神經也開始發育。此時胎兒已經會舞動身軀及四肢。



三個月

- ◆ 身體表面開始出現稀疏的毛髮。
- ◆ 開始會眨眼、張嘴、動動小指頭或腳趾頭，手指會握拳，做鬼臉。
- ◆ 喜歡玩及享受拉、抓住他/她的臍帶。



四個月

- ◆ 皮膚的腺體開始分泌一種白色奶油狀物質叫胎脂。使胎兒更容易生產。
- ◆ 五種感官都已經完全發育—包括味覺、嗅覺、聽覺、視覺、觸覺。
- ◆ 頭髮漸漸長長，頭髮在頭頂迅速生長。



五個月

- ◆ 眼眉毛長成，可以眨眼睛了。
- ◆ 有腳印和指紋。
- ◆ 可以聽到媽媽的聲音。

六個月

- ◆ 已經有明顯的睡眠及清醒模式，某些時段寶寶很活躍，而其他時間則在睡覺。
- ◆ 懂得吸吮自己的大拇指。有些寶寶出生時身上有吸吮形成的水泡。
- ◆ 眼睫毛長成，眼睛已經會眨動了。



七個月

- ◆ 肺部及消化系統已發育成熟。
- ◆ 頭開始轉向下的姿勢，踏上準備出生的旅途。
- ◆ 頭骨現在還很柔軟，而且每塊頭骨之間還留有空間。這使他/她更容易穿過相對狹窄的產道。



八個月

- ◆ 體形變得圓潤及迅速豐滿起來，皮下脂肪漸漸積聚作出生後調節體溫用。
- ◆ 會在妳肚裡手舞足動，會見到他/她手肘或腳凸出的形狀。
- ◆ 頭部已開始降入盆骨，被妳的盆骨包圍和保護。



九個月

- ◆ 皮下脂肪繼續累積，這有助他/她出生後發揮調節體溫的作用。
- ◆ 肺部及呼吸系統已發育成熟。
- ◆ 已準備就緒，很快會來報到。

二、與出生後的寶寶保持親密關係的重要性

盡早與寶寶建立深厚感情對孩子的社交、心理和生理發展有很重要的影響。為寶寶盡早建立穩固的感情將有助建立一個有自信的孩子。情緒調節能力可穩定皮質醇水平，有助於應付壓力、同情心的發展、整合情緒與別人相處，使能與社會保持聯繫都有幫助。

1. 適當的回應

- ◆ 回應寶寶哭啼，可以用說話、擁抱和安撫等方式，是不會把寶寶寵壞的。
- ◆ 與寶寶睡在同一個房間，方便妳照顧及回應寶寶的需要。

2. 增進親密感

- ◆ 肌膚接觸
- ◆ 維持母乳餵哺
- ◆ 讓寶寶多些靠近妳或嘗試用一個嬰兒抱袋
- ◆ 面對面的抱著寶寶，給他/她眼神接觸
- ◆ 輕聲地和寶寶說話/唱歌
- ◆ 觀察寶寶想吃奶的訊號，把握時機，勿至大哭才餵



如果妳選擇奶瓶餵哺寶寶:

- ◆ 在第一次餵哺時與寶寶有肌膚接觸
- ◆ 在餵奶時把寶寶抱近身邊
- ◆ 逗他/她打開嘴巴
- ◆ 不要強行把奶嘴塞進寶寶的嘴裡
- ◆ 讓寶寶在吃奶時有暫停的空間
- ◆ 寶寶有吃飽的跡象時就不要強迫寶寶再吃多一點
- ◆ 出生首數週應盡量由媽媽餵哺寶寶，不要讓太多人餵哺寶寶



如果任何疑問，請向醫護人員查詢。
以上資料由瑪麗醫院婦產科提供。




瑪麗醫院
Queen Mary Hospital

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The Importance of Building Relationship with Baby



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The Importance of Building Relationship with Baby

(A) Bonding with your preborn baby

During pregnancy you may formulate mental images of your baby. If consistent, positive and loving relationship of you and baby begins before baby is born this stimulate the bonding process with their baby. This forms the foundation of a life-long relationship that has a lasting impact, including the health and well-being of your baby in childhood and adulthood.

Practical tips to build relationship with preborn baby

1. Give your baby a name - it can simply be a nickname.
2. Talk/sing to sooth baby and let him/her know your voice as preborn baby grows he/she recognizes different voice.
3. Hum or sing a favorite tune to your baby and the vibrations will gently massage baby that may help he/she feel secure and connected to you. Your sound can soothe baby after he/she is born as this recalls his/her safe womb world.
4. Arrange a special time for you and your partner to feel how baby responds to your voice and touch, let baby enjoy the unique relationship with you.

5. Read a children's book to your baby and enjoy the moment.
6. Knowing the development of your baby before birth.

2 months

- ◆ Has all vital organs - liver, kidneys, intestines and brain.
- ◆ Has taste buds forming on his/her tongue.
- ◆ Is kicking and stretching



3 months

- ◆ Has a fully working circulatory system and urinary tract.
- ◆ Can grasp, squint, frown and grimace.
- ◆ Is playful and will enjoy pulling and grabbing his/her umbilical cord.



4 months

- ◆ Is covered in a whitish creamy substance called vernix caseosa. This protects his/her skin and makes the birth easier.
- ◆ Is developing all his/her senses-taste, smell, hearing, seeing and touch.
- ◆ Has begun to sprout hair on his/her head

5 months

- ◆ Has eyebrows, and eyelids that blink.
- ◆ Has footprints and fingerprints.
- ◆ Can hear mother's voice.



6 months

- ◆ Will sleep and wake at regular intervals.
- ◆ May suck a finger or thumb. Some babies are born with a 'sucking blister'.
- ◆ Is getting used to blinking his/her eyes, which now have eyelashes.



7 months

- ◆ Has almost fully developed lungs and digestive tract.
- ◆ Is getting ready for birth by turning upside-down. His/her head should be pointing down, ready for the journey into the world.
- ◆ Has a pliable skull. The plates of bone that make up her skull have not completely fused. This makes it easier for him/her to pass through the relatively narrow birth canal.



8 months

- ◆ Is filling out and getting rounder - he/she will need his/her fat layers later to regulate his/her body temperature once he/she is born.
- ◆ Will stretch and squirm about inside you. You may see the shape of his/her elbows or feet on your bump.
- ◆ Has lodged his/her head in your pelvic cavity-surrounded and protected by your pelvic bones.



9 months

- ◆ Continues to build the fat stores that will help regulate body temperature after birth.
- ◆ Has lungs that are ready to work. Even after your baby is born, it may take a few hours before he/she establishes a normal breathing pattern.
- ◆ Is ready to greet the world !



(B) The importance of bonding with your baby after birth

Early attachments between the mother and the baby are the most important aspects for the child socially, psychologically and biologically development. Investing in the future and build secure attachments with your child at an early age will help to develop a confident child with emotional ability to regulate their cortisol levels and cope with stress development of empathy and integration of emotional responses in others and form strong social bonds.

Practical tips to build relationship with baby after birth

1. Responsiveness

- ◆ Try talking, cuddling, comforting and holding your baby that can settle crying baby.
- ◆ Keep the baby in same room at night which can facilitate your respond and care to your baby.

2. Closeness

- ◆ Do skin to skin contact.
- ◆ Maintain breastfeeding
- ◆ Keep baby close to you or try a baby carrier.
- ◆ Hold baby face to face, give him/her eye contact.
- ◆ Talk / sing to baby softly.
- ◆ Feed when baby displays feeding cues.



(C) If you choose to bottle feeding your baby:

- ◆ Offer the first feed in skin contact.
- ◆ Hold baby close when feeding.
- ◆ Tease to open his/her mouth.
- ◆ Offer baby the bottle but don't force into baby's mouth.
- ◆ Allow baby to pause in between the feeding.
- ◆ Stop when baby show signs of having enough and don't force the baby to take a bit more.
- ◆ Give most feeds yourself and limit the number of people who feed your baby in early weeks after birth.



For queries, please contact doctor / nurse in charge.
Information provided by Obstetrics and Gynaecology, Queen Mary Hospital.