

親子同室注意事項說明書

Note instruction for parents and children in the same room

本院希望營造一個以哺餵母乳為常規的環境，讓來院生產的婦女能以最自然的方式哺餵母乳，母親可以依照寶寶需求哺餵母乳，也讓父親與其他家人一同學習如何照顧寶寶，不僅可促進親子關係的建立，也可讓寶寶多吸乳進而順利哺乳，也可避免母親脹奶的不適。

The hospital hopes to create an environment where breastfeeding is the routine, so that women who come to the hospital for delivery can breastfeed in the most natural way. Mothers can breastfeed their babies according to their needs, and fathers and other family members can learn how to take care of their babies. , Not only can promote the establishment of parent-child relationship, but also allow the baby to pump more and smoothly breastfeed, and it can also avoid the discomfort of the mother's breast expansion.

一、親子同室的好處：

1. The benefits of a parent-child room:

1. 寶寶比較有安全感。

1. The baby is more secure.

2. 能深入了解寶寶的氣質

2. Be able to understand the baby's temperament in depth

*所謂的是指寶寶的情緒特質，包括情緒反應的敏感度、速度與強度等等，也就是說，寶寶面對刺激時，反應的快、慢、強、弱等。嬰兒氣質的並無好、壞之別，因為氣質是與生俱來的，嬰兒無論如何反應往往是天生的。當嬰兒的氣質與環境交互作用後，會直接影響人格發展，花時間觀察孩子的需求，並呼應他們的需求，才能引導他們適應環境。

*The so-called refers to the baby's emotional characteristics, including the sensitivity, speed and intensity of emotional reactions, etc., that is to say, the baby's response to stimuli is fast, slow, strong, and weak. There is no difference between good and bad temperament of infants, because temperament is innate, and infants are often innate in response anyway. When the baby's temperament interacts with the environment, it will directly affect the personality development. Take time to observe the children's needs and respond

to their needs in order to guide them to adapt to the environment.

3. 能實務的學習照護嬰兒的知識與技巧

3. Practically learn the knowledge and skills of caring for babies

4. 增進父母自信心與成就感

4. Improve parents' self-confidence and sense of accomplishment

5. 可依嬰兒的需求餵奶，讓寶寶吸吮的慾望獲得滿足，也讓母親及早開始建立奶水量。

5. The baby can be fed according to the needs of the baby, so that the baby's desire to suck can be satisfied, and the mother can start to build up the milk volume as soon as possible.

6. 增加寶寶吸乳的次數，可減少母親脹奶的機會。

6. Increasing the frequency of breast pumping by the baby can reduce the chances of the mother's breast expansion.

7. 讓家庭成員提早接觸寶寶，增進親子早期接觸與互動。

7. Let family members contact the baby early to promote early contact and interaction between parents and children.

8. 幫助母乳哺餵的建立，提高母乳哺餵的成功率。

8. Help the establishment of breastfeeding and improve the success rate of breastfeeding.

二、親子同室注意事項：

2. Precautions for parents and children in the same room:

1. 為了降低媽媽與寶寶感染的機率，任何人接觸寶寶前一律務必洗手。

1. In order to reduce the chance of infection between mother and baby, anyone must wash their hands before touching the baby.

2. 除媽媽及主要照顧者以外人員儘量避免接觸新生兒。

2. People other than mothers and main caregivers should try to avoid contact with newborns.

3. 產後母親與寶寶身體狀況許可，即可開始親子同室。

3. After the birth of the mother and the baby's physical condition permits, the parent-child room can be started.

4. 親子同室期間，如發現寶寶出現鼻翼扇動、肋骨凹陷、呼吸過快、臉部發紺，請按鈴通知護理人員前來評估寶寶。

4. During the parent-child room, if you find that your baby has nose flaps, sunken ribs, fast breathing, or facial cyanosis, please ring the bell to notify the nursing staff to come and evaluate the baby.

5. 親子同室期間最好有親友陪伴，以確保母嬰安全。

5. It is best to have relatives and friends to accompany you when you are in the same room to ensure the safety of mother and child.

6. 當您親子同室時，請勿單獨將嬰兒自在房間內；產婦如廁時如無家屬在旁時，宜將房門鎖上或是請護理師協助看護嬰兒。

6. When your parent and child are in the same room, please do not leave the baby alone in the room; when the mother goes to the toilet, if there is no family nearby, it is advisable to lock the door of the room or ask a nurse to assist in taking care of the baby.

7. 如為疫情流行期間請依照『產後病房疫情流行期間「陪病與訪客」感染管制』辦理。

7. If it is during the epidemic period, please follow the "Infection Control of Accompanying Patients and Visitors During the Epidemic Ward in the Postpartum Ward".

8. 當您親子同室時，如對照顧寶寶上有任何疑問，可按鈴請護理師協助。

8. When you are in the same room with your parent and child, if you have any questions about taking care of your baby, you can ring the bell and ask the nurse for assistance.

9. 當您親子同室時，除了母乳以外勿自行添加其他營養品。

9. When you are in the same room with your parent and child, do not add other nutrients besides mother's milk.

10. 當您躺臥哺餵母乳的時請將床欄拉上，以免寶寶從床上掉落。

10. When you are lying down and breastfeeding, please pull up the bed rail to prevent the baby from falling off the bed.

11. 哺餵母乳後請將寶寶放回小床上，勿與寶寶同床睡眠，以免發生危險。

11. After breastfeeding, please put the baby back on the cot, and do not sleep with the baby in the same bed to avoid danger.

12. 決不將寶寶交給任何一位不認識或是未佩戴本院識別證的人。

12. Never give your baby to anyone who does not know or not wears the ID card of the hospital.

13. 拒絕推銷人員進入病房，若有推銷員騷擾，請通知護理人員處理。

13. Refuse the salesperson to enter the ward. If there is harassment by the salesperson, please notify the nursing staff to deal with it.

三、病房物品使用注意事項：

3. Precautions for the use of ward items:

1. 住房期間，敬請維護單位及客房內所有設備，以確保住的品質；物品若有毀損或遺失現象，請依原價賠償。

1. During the housing period, please maintain all equipment in the unit and guest rooms to ensure the quality of the accommodation; if the items are damaged or lost, please compensate according to the original price.

2. 退房時，請將門禁卡交還給護理師；若遺失此卡，則需繳工本費 200 元。

2. When checking out, please return the access control card to the nurse; if you lose this card, you will need to pay \$200 for the cost.

3. 貴重物品請自行善加保管，以免遺失。


3. Please keep your valuables properly to avoid losing them.

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 65 病房分機 6501、6502

If you want to know more about the above content, please contact the consultation telephone: 05-2756000 to 65 ward extension 6501, 6502

婦產科衛教室分機 5403

Obstetrics and Gynecology Department Extension 5403

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