

「新父母手冊」內容

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如何尋找服務資源

- 尋找您住處附近的中文服務資源，請詳閱第 120 頁的地區華裔服務資源。
- 您亦可查看第 116 頁的加州境內服務資源。
- 向您的朋友、鄰居和同事詢問他們所用的服務資源。

加州境內免費電話

所有以 800、866、877 或 888 為區號的電話均為加州境內的免費電話，您撥打時無須付費。

如何致電服務機構

- 如果您不會說英語，可以要求與會說中文的服務人員通話。
- 預先列出您要問的所有問題。
- 若您需要額外的幫助，或不太會英語，可讓他人陪您一起致電服務機構。
- 許多服務機構有很長的電話錄音。如要和接線員直接通話，您可在線等候或直接撥“0”。
- 您也許要花時間在線等候或重複致電。要耐心，請不要輕易放棄。
- 記錄與您通話的服務人員的姓名和電話。
- 向服務人員直接提出您所有的疑問和需要，不要怯於提問。

懷孕期間

第 1 trimester (三個月) (第 1 trimester 至第 13 週)
胎兒的心臟、肺以及其他內臟器官已經發育。

- 孕婦常有嘔吐是很正常的現象，所以要注意休息。
- 孕婦胃口也屬正常，應少吃多餐，每天吃 5 至 6 餐，在床邊備一些餅乾，早上起來吃餅乾，您可以喝一些蘇打、梅酒、生果茶或加檸檬的水。
- 如果您有出血或嚴重腹痛現象，請立即致電您的醫生。

第 2 trimester (三個月) (第 14 週至第 26 週)
胎兒開始有了觸覺、味覺和聽覺。到第 24 週，胎兒能聽到您的聲音。

- 您會感到比以前精力充沛，喜歡外出活動。
- 穿平底和有支撐力的鞋，避免嚴重的東西，以防止腰背疼痛。
- 每天做一些舒緩肌肉的運動。
- 睡覺時戴好鋼圈，可以在兩腿間夾放一只枕頭。

第 3 trimester (三個月) (第 27 週至分娩)
胎兒的大腦繼續發育，他的肺也在發育。為出生後能獨立呼吸做好準備。胎兒以每兩小時的速率增加體重，而您的體重也會每週增加 4 磅。

- 懷孕後期的情況因人而異，有的孕婦甚至可能感覺胎動外出活動，有的孕婦則選擇在家休息。
- 盡量不要臥床，這會影響胎兒的供血量。
- 如果您有腳氣病，可以向主理婦、產科醫生諮詢，或穿有彈性的襪子。
- 如果您的體重突然增加許多，或有浮腫、嚴重腹痛現象，請致電您的醫生。

您能做到的事

- 參加分娩班、聽講習班、與助產士以及嬰兒專家諮詢。
- 上網查詢：www.chilbirth.org。
- 參加您家附近的分娩班。
- 熟識了醫院的產房。
- 購買了產後安全帶，您的車內必須備有兒童安全座椅，才能在產後安全帶出醫院，請參閱第 74 頁。

產後護理

- 在懷孕不到 37 週時，若有以下早產徵兆，請立即致電您的醫生：
 - 子宮收縮
 - 骨盆有壓迫感
 - 出血或有羊水破裂徵兆

保護您的個人隱私

您也許會被問及您的姓名、電話、住址、收入、移民身份、年齡以及社會安全號碼。在未開始申請社會服務之前，您不必提供以上詳情。您只要說明您目前僅需獲得一些有關資料即可。如果您想收到一些郵寄的服務資料，可以提供您的地址，但不要提供您的社會保險號碼。

有時您會聽到類似的電話錄音：“為了提高服務質量，您的談話可能會被旁聽。”這僅指服務機構管理人員為指導下屬服務旁聽你們的談話，而並非對您個人的監聽。

電話傳譯服務

有些服務機構會僱用傳譯員幫助接聽您的來電，這是免費的客戶服務。您也可以僱用此類傳譯服務。這項服務的價格以每分鐘計算。請致電語言專線 (Language Line, 1-800-528-5888)。您會被問及您的付費詳情，然後便能與一名電話傳譯員通話。

互聯網上的資訊

- 從手冊中選一個網站開始搜索。許多網站有與其他網站鏈接的功能。
- 政府部門的網址均以“.gov”結尾。大學和學院的網址均以“.edu”結尾。這些網站提供較可靠的資訊。

假若您是弱聽、失聰或殘障人士

- 若有需要，您可以申請獲得免費的特別電話裝置。請致電加州電話使用服務 (California Telephone Access Program, 中文 1-800-806-1191)。或上網：www.ddtp.org。
- 有些特別電話裝有聲音擴大器和特大按鈕。
- 有專為弱聽、失聰或有語言障礙的人士而設的文字電話 (TTYs)，這種電話可將通話的訊息以英語文字方式傳送至另一方的文字電話 (TTYs)。
- 加州傳送服務 (California Relay Service) 協助家中有電話及文字電話的人士互相通話。請致電 7-1-1，此項服務目前僅限於英語使用。

Tips to Help You Find Resources

- Look in **Chinese Local Resources** on page 120 for Chinese-language resources in your area.
- Look in **Statewide Resources** on page 116.
- Ask friends, neighbors and co-workers about the resources they use.

Toll-Free Numbers

All phone numbers that start with **800, 866, 877** or **888** are toll-free. There is no cost to call them.

Tips to Help You Call Resources

- If you do not speak English, ask for someone who speaks Chinese.
- Make a list of your questions.
- For extra support, or if you need help speaking English, have someone with you when you call.
- Many services have long phone messages. To speak to a person, wait on the line or try pressing “0”.
- You may be put on hold or have to make many calls. Keep trying.
- Get the name and phone number of the person you are talking to.
- Be assertive. Say what you need and ask all your questions.

Keep Personal Information Private

You may be asked to give your name, phone number, address, income, immigration status, age or Social Security number. You do not have to give any of this information until you apply for services. Say that right now you just need information. If you want something mailed to you, give your address but do not give your Social Security number.

You may hear a message that says your call may be “monitored for quality purposes.” This means that a supervisor may listen in to check on the staff person, not on you.

For a Phone Interpreter

Some agencies hire interpreters to help with phone calls. This service is free to their customers. You can also hire this service yourself. The service charges for each minute. Call the **Language Line** at **1-800-528-5888**. You will be asked your billing information, and then an interpreter will come on the line to help you.

Looking for Information on the Internet

- Start with one of the websites listed in this guide. Many have links to other websites.
- Government websites end with “.gov”. Colleges and universities have websites that end with “.edu”. These are good places to find information.

If You Are Hard of Hearing or Deaf or Have a Disability

- You can usually get free special phone equipment if you need it. Call **California Telephone Access Program** (中文 1-800-806-1191). Or visit www.ddtp.org.
- There are phones with large buttons and phones that make the sound louder.
- There are text telephones (TTYs) for people who are Deaf or Hard of Hearing or have speech disabilities. The TTY sends typed words in English over the phone to another TTY.
- The California Relay Service helps people with telephones and TTYs talk to each other. Call **7-1-1**. Services are in English, not Chinese.

You and Your Baby During Pregnancy

Pregnancy can be divided into 3 parts or trimesters. Each part brings new feelings and experiences. Your body changes and your baby grows and develops.

First Trimester (Weeks 1 through 13)
Your baby's heart, lungs and other organs develop.

- It is common to feel very tired, so rest when you can.
- Nausea is also very common. Try to eat small meals 5 or 6 times a day. Keep a few crackers by your bed to eat before you get up. Drink chicken broth, miso soup, ginger root tea or water with lemon.
- If you bleed, spot or have strong cramps, call your doctor right away.

Second Trimester (Weeks 14 through 26)
Your baby's sense of touch, taste and hearing are developing. By week 26, he can hear your voice.

- You will feel more energy now and enjoy being active.
- Wear flat shoes with good support. Avoid lifting anything heavy. This helps prevent back pain.
- Stretch your muscles each day.
- It is best to sleep on your side. You can put a pillow between your knees to feel more comfortable.

Third Trimester (Weeks 27 to Birth)
Your baby's brain continues to develop. Her lungs are also developing so she can breathe on her own after birth. Each week, she will gain about 1/2 pound, and you will gain about one pound.

- Some women are active until the birth. Others need to rest a lot.
- Try not to lie flat on your back—it reduces blood flow to your baby.
- If you have varicose veins, rest on your left side. Keep your legs up. And wear support hose.
- If you suddenly gain a lot of weight or have swelling or strong headaches, call your doctor.

Signs of Early Labor

- If you are less than 37 weeks pregnant, call your doctor right away if:
 - Your uterus tightens.
 - You feel pressure in your pelvis.
 - You start to bleed or leak fluid from your vagina.

Prepare for Delivery

- Sign up for a class on childbirth, newborn care, breastfeeding or infant CPR.
- Visit www.kidshealth.org.
- Learn the signs of labor.
- Buy a car seat to bring your baby home from the hospital. See page 75.

THINGS You Can Do

張嘉文

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您能做到的事

您有計劃要生孩子嗎？

- 告知您的醫生您準備要懷孕。
- 如果您有糖尿病或高血壓等健康問題，您的醫生可以幫助您控制病情，以保證您有一個健康的懷孕期。
- 注意飲食健康。請參閱第 86 頁。
- 至少在懷孕前 1 個月就開始服用產前維他命。

家庭計劃

- 產婦在生下孩子不久便有可能再度懷孕。有些婦女在哺乳期間也會受孕。
- 如果您不想立即有第二個孩子，請向您的醫生查詢有關哺乳期間的避孕方法。
- 如果您還沒有做好為人父母的準備，或是還不想有第二個孩子，請聯絡您的醫生，或諮詢孕期輔導員，她會向您說明您所有的選擇。
- 有關避孕的資訊和服務，或要尋找孕期輔導員，請致電家庭計劃 (Family Planning, 中文 1-800-942-1054) 這是一項低收費的服務，一切資料絕對保密。

您有以下問題嗎？

- 如果您壓力太大或心情不好，請諮詢您的醫生。請參閱第 102 頁。
- 如果家庭中有暴力發生，請參閱第 108 頁。
- 如果有產婦決定放棄自己的嬰兒，可以在嬰兒出生後 3 天之內以匿名方式把嬰兒交給有關機構領養，請致電嬰兒生命線網路 (Newborn Lifeline Network, 中文 1-877-440-2229)。

懷

孕期是一個充滿奇妙變化的過程。與您所愛的人分享這份驚喜與快樂，和他們討論您所關注的孕期間題。更別忘了照顧好您自己和腹中日漸成長的胎兒。

照顧好您自己

- 靜心享受做孕婦的快樂。
- 孕期容易疲倦是很正常的現象，所以每天都要有時間休息。
- 有需要時，讓他人助您一臂之力。您在懷孕期間越被關懷愛護，您將來越會懂得照顧您的新生嬰兒。
- 跟您的胎兒談話和唱歌，因為胎兒在腹中已經能夠分辨出您的聲音。
- 如果您發現自己已經懷孕，請立即致電您的醫生。
- 駕駛車輛時請勿忘記扣好安全帶。您可以把肩部和膝部安全帶分別調節到腹部的上下。
- 向您的僱主詢問是否可以獲得產假，或申請州際殘障福利。請參閱第 100 頁。



小唯分享他母親懷孕的快樂。
Wayne feels the baby move.

© PhotoDisc Images/Getty Images

服用產前維他命

產前維他命含有您孕期健康的必需成份，如葉酸、鈣、鐵及其他營養成份。您可以到藥店購買或請您的醫生為您開處方藥。請不要忘記告知醫生您正在服用的所有中藥或草藥。

孕期注意避免事項

孕婦應避免吸煙或吸入二手煙，避免喝酒或服用非法毒品，這些都會導致早產或給嬰兒帶來嚴重的問題。如果您需要幫助戒除，請參閱第 104 頁和第 106 頁。

Pregnancy is a time of wonder and change. Share your joy and excitement, and your concerns, with those you love. And remember, when you take good care of yourself, you are taking care of your developing baby, too.

Take Care of Yourself

- Take time to enjoy being pregnant.
- Take time to rest each day. It is normal to be tired.
- Let others help you. The more you are cared for now, the better you can care for your newborn.
- Talk and sing to your baby. Even before birth your baby can hear you.
- See your doctor as soon as you can.
- When you are in a car, put the seat belt shoulder strap above your belly and the lap belt below it.
- Find out if you can take time off from work or get state disability benefits. See page 101.

Take Prenatal Vitamins

Prenatal vitamins have folic acid, calcium, iron and other nutrients you need for a healthy pregnancy. You can get them at a drugstore. Or ask your doctor to prescribe them. And talk to your doctor about any herbs or Chinese medicines you take.

Things to Avoid

Avoid smoking and other people's smoke. And avoid drinking or using illegal drugs. These things can cause your baby to be born too early or with serious problems. If you need help to stop, see pages 105 and 107.



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生產課程是準父母學習如何預備生產和結識其他準父母的好方法。Childbirth classes are a good way for both parents to get ready for the birth and meet other parents.

THINGS You Can Do

Planning a Pregnancy?

- Tell your doctor that you want to get pregnant.
- If you have a health problem like diabetes or high blood pressure, your doctor can help you manage it. This will help you have a healthy pregnancy.
- Eat a healthy diet. See page 87.
- Start taking prenatal vitamins at least a month before you get pregnant.

Family Planning

- You can become pregnant again soon after giving birth, even if you are breastfeeding.
- If you do not want to have another baby right away, ask your doctor about birth control you can use while you are breastfeeding.
- If you feel you are not ready to be a parent or have another baby, talk to your doctor. Or talk to a pregnancy counselor who can tell you about all your choices.
- To get birth control services or talk to a pregnancy counselor, call **Family Planning (中文 1-800-942-1054)**. Services are low-cost and private.

Problems?

- If you are stressed or feeling bad, talk to your doctor. See page 103.
- If there is violence at home, see page 109.
- If a woman needs to give her baby up for any reason, she can do this during the first 3 days after birth. She does not have to give her name. Call **Newborn Lifeline Network (中文 1-877-440-2229)**.