出生後
盡早與寶寶肌膚接觸...
Early skin - to - skin contact with your baby...

快向你的產科醫生與護士商討以作安排

Discuss with your obstetrician and nurses for arrangement

聯繫感情
Enhance bonding

讓他吃第一口甘露...
Take the first taste of liquid gold...

初乳 Colostrum...
第一道"天然疫苗"

The first "natural vaccine"

學習吃母乳
Learn to feed on the breast

衛生署
Department of Health

醫院管理局
HOSPITAL AUTHORITY

Baby Friendly Hospital Initiative
Hong Kong Association
愛嬰醫院香港協會

La Leche League
國際母乳會

衛生署家庭健康服務
Family Health Service, Department of Health

網頁：
website: www.fhs.gov.hk

母乳餵哺熱線：
Breastfeeding Hotline: 3618 7450

Rev. 08/2021