

# 照顧寶寶 有一套

外籍配偶  
育兒保健手冊

*Proficient in* 有一套  
*Taking Care of Baby*



行政院衛生署國民健康局

BUREAU OF HEALTH PROMOTION,  
DEPARTMENT OF HEALTH, TAIWAN, R. O. C.

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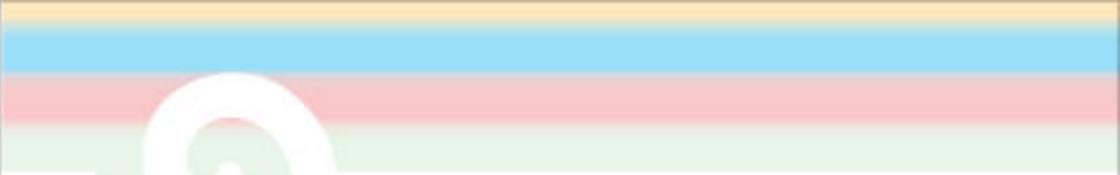


【中英對照版】



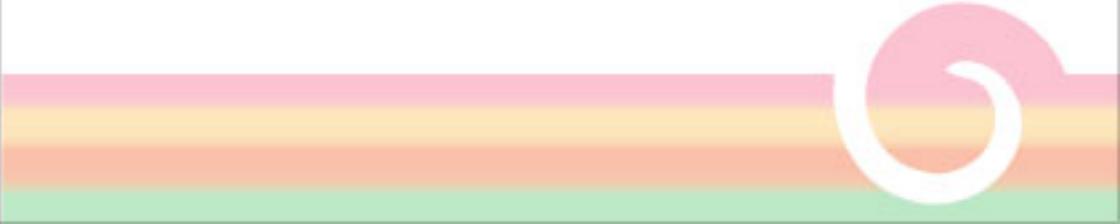
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## 局長的話

外籍配偶—這群成長迅速的新移民潮，近十幾年來已成為台灣的新興族群，其中以越南、印尼、泰國、菲律賓、柬埔寨等國籍之女子佔多數。這些台灣媳婦為台灣生下為數不少的下一代。隨著孩子的誕生，外籍配偶本身的健康及照護子女的能力，深切地影響到下一代日後的身心健康。根據內政部「九十二年外籍與大陸配偶生育狀況調查報告」顯示，外籍配偶普遍需要獲得育兒保健相關資訊。

有鑑於此，為減少外籍配偶因文化或語言之隔閡所產生的育兒問題，本局特別結合專家學者及各國駐台辦事處人員，蒐集相關資料，製作這本「育兒保健手冊」，並翻譯成中越、中印、中泰、中英及中柬等五種對照語版，提供外籍配偶參考，希望協助這些遠嫁來台的媳婦，能夠儘早融入台灣社會。

此外，本局為提升外籍配偶對自我及嬰幼兒照護的能力，正積極結合民間團體，招募及培訓外籍配偶志工，嘗試建立互助型之支持團體，協助她們熟悉且妥善的運用周遭的生育保健服務網絡。本局衷心期盼能透過這本手冊之編印及分送，傳達外籍配偶正確的育兒保健觀念，進而增進其母子健康及家庭幸福。

行政院衛生署國民健康局

局長 林秀娟

謹識

## Foreword by Director of Bureau of Health Promotion

The international spouse has become the emerging group for the last dozen years in Taiwan. The majority of them are female spouses from Vietnam, Indonesia, Thailand, The Philippines, and Cambodia. These daughters-in-law of Taiwan have contributed to the creation of a new generation. Their health and ability to take care of the babies have a great influence on the babies' mental and physical health. information and produce this Baby Care Booklet. It is translated into different languages -Vietnamese, Indonesian, Thai, Filipino (Tagalog), and Cambodian. We sincerely hope that it will help these spouses in baby care, as we want to help them fit in Taiwan's society.

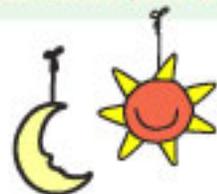
According to the "Report about the Status of Spouses and Their Babies from Foreign Countries and China" by the Bureau of Interior Affairs, international spouses need relevant information for baby care. In order to alleviate the hurdles with baby care due to the cultural and language barriers, the Bureau of Health Promotion invited specialists and diplomatic personnel of other countries to collect the necessary information and publish this Baby Care Booklet in five languages -Vietnamese, Indonesian, Thai, English, and Cambodian. We hope that this booklet will be used as a reference by the daughters-in-law from far away. Moreover, this will assist them in adapting and integrating into Taiwan's society.

Furthermore, in order to improve their competence for taking care of themselves and their babies, we are consolidating private groups to recruit and train volunteer from the international community. These volunteers will form a support network to help these daughters-in-law familiarize themselves with the available health and baby care services and utilize them. We sincerely hope to convey the concepts and practices of proper baby care in Taiwan. By doing so, the health and happiness of these families will be ensured through the publication and distribution of the booklet.

Shio-Jean Lin

Director General

Bureau of Health Promotion Department of Health



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第一章  
I

## 新生兒照護

## Newborn Care

出生後一個月內的新生兒，正是寶寶適應新環境的重要期間，這時可能遇到生理上的一些困難，所以需要給予特別照顧。

The first month after birth is a critical period for newborns adapting to a new environment. Newborns may encounter several physical difficulties, so particular attention to newborns is required.

## 一、舒適環境

寶寶房間應保持整潔和安靜。但是也無需刻意避免所有的聲音，適當的聲音嬰兒會適應且是聽覺發展所必需的。父母應注意寶寶的體溫，寶寶房間的溫度宜保持在25-28℃左右，且要留心室內空氣的流通。

## 1. A Comfortable Environment

A clean and quiet room for the baby is important. However, a completely noiseless environment is not necessary, because a certain level of noise is essential for the child's hearing development. Parents should pay attention to the baby's body temperature. The optimal room temperature is between 25-28℃. Indoor airflow is also important.

## 二、衣服

嬰兒衣服的選擇，應輕軟、溫和而不易褪色。棉織內衣是最適當的衣服。衣服的造型須簡單，太緊和太寬，都會妨礙寶寶的活動。為了避免因葡萄糖-六-磷酸鹽脫氫酶缺乏症（俗稱蠶豆症）引起溶血，替寶寶準備用物時，請勿於寶寶的衣物或周遭環境存放奈丸。

## 2. Clothing

Baby's clothing should be light, soft, comfortable, and colorfast. The best choice is clothing made of cotton. Choose clothing with a simple and easy style. Clothing that is too tight or too big will hinder the baby's movements. To avoid hemolysis resulting from glucose-6-phosphate dehydrogenase deficiency (G-6-P-D), when preparing stuff for the baby, please do not put naphthalene close to the baby's clothes and around or near the baby.



### 三、換尿布

嬰兒解大小便時，要馬上換尿布，並用溫水洗淨屁股，再以棉質手巾輕輕拭乾。

### 3. Changing Diapers

Change the baby's diaper immediately after the baby urinates or excretes. Wash the baby's backside with warm water and dry the baby with a cotton towel.

### 四、洗澡

每天要為寶寶洗澡，除提供清潔舒適外，還可觀察身體有無異常現象，如紅疹、瘀斑、外傷等等。建議照顧者應每天替寶寶洗一次澡。最恰當的洗澡時間是在兩次餵奶之間或餵奶前，可避免溢奶的現象，水的溫度要適當，先放冷水再放熱水（37.5-39℃）可用手腕內側測試，感覺熱熱不燙即可洗澡，洗澡的時間約5分-10分為宜。洗澡時千萬不要讓寶寶單獨留在浴缸中，以預防發生意外。

### 4. Bathing

Bathe your baby every day to clean and comfort your baby and to ensure that there are no abnormalities on your baby, such as rashes, bruises, or wounds. It is recommended that care providers should bathe the baby once a day. The best bath time is between feeding or prior to milk feeding to avoid milk regurgitation. Take due care in (with) regards to the water temperature. Add cold water first, then adjust the water temperature to a range of 37.5 - 39°C by adding hot water. Test the water with your wrist. The water should be warm but not hot. The bathing time should be between 5-10 minutes. Do not leave your baby alone in the bathtub as drowning may occur.

#### (一) 橄欖球式抱法：

用一手手掌托住寶寶的頭，手肘夾住嬰兒身體置於腋下，並且貼近自己，此抱法適合洗臉及頭部。



#### (1) Rugby-style hold:

Hold the baby's head with one hand. Hold the baby's body with the crook of your arm and hold the baby close to your body. This method is suitable for washing the baby's face and head.



#### (二) 搖籃式抱法：

用一手置於寶寶的背部，繞過腋下扣住其胳肢窩，另一手則抓住兩腳，防止寶寶滑落，此法適用於洗身體。



#### (2) Cradle hold:

Put one arm across the baby's back, and hook your arm through the baby's arm to secure the baby. Hold the baby's feet with the other hand to prevent the baby from slipping. This method is suitable for washing the baby's body.

## 五、臍帶護理

臍帶通常於出生後7-14天會脫落，在脫落前，每洗完澡至少做一次臍帶護理，但如果臍帶潮濕或有臭味，即要多做幾次護理，並保持乾燥，當臍輪周圍發紅、出血、長肉芽、臭味時，均需找醫師診治。

### 5. Naval/Umbilical Care

The umbilical cord usually falls off between 7 to 14 days after birth. Care must be taken while bathing until the cord falls off. However, more frequent care may be required if the umbilical cord is wet or has a bad odor. If this happens, it is necessary to keep the umbilical cord dry. Consult your doctor when the surrounding area of the umbilical cord has a rash, or is bleeding, granulated, or smells. Follow these guidelines to keep the umbilical cord clean:

- (一) 臍帶消毒溶液：95%酒精。
- (1) Sterilization solution: 95% alcohol.
- (二) 消毒法：
- (2) Sterilization steps:



洗澡後先用小棉棒將臍部水份擦乾。

After bathing, wipe the umbilical cord area with a cotton swab.



再用一支小棉棒沾消毒溶液，一手用姆指、食指輕壓臍部周圍將皺摺處撐開，由臍部內面往外環消毒1-2次。

Rinse another cotton swab with the sterilization solution. Spread the folded skin with a thumb and forefinger. Use the cotton swab to sterilize the umbilical area by swabbing outward once or twice.



尿片不要覆蓋住臍帶，避免尿濕引起感染，若不慎尿濕需再做臍部護理。

Do not cover the umbilical cord with a diaper so as to avoid infection due to a damp diaper. Repeat these steps when the diaper becomes wet.

## 六、避免感染

因寶寶對於感染的抵抗力很低，接觸或準備寶寶食物時應先洗手，千萬不要讓寶寶接近有傳染病的人，例如有傷風感冒的患者，並切忌親吻嬰兒的嘴，以免傳染疾病。

### 6. Preventing Infections

Because a baby's immune system is still weak and is not strong enough to fight off infection, it is necessary to wash your hands thoroughly before preparing the baby's food. Do not let your baby come into contact with someone who is ill such as those with a cold. To avoid infection do not kiss your baby's mouth.

## 七、哭鬧的處理

哭鬧是寶寶與人溝通的表現，通常當他飢餓、口渴、尿尿、疲勞、環境溫度太冷或太熱時會哭鬧；也會因為疼痛、生病或感到孤單、無聊而哭鬧。照顧者要明白可能是什麼原因導致寶寶哭鬧，並區分不同的哭聲，減少寶寶哭鬧的次數。

### 嬰兒哭鬧時該如何處理？

- 最好先檢查是否尿布濕了？餓了？口渴？或穿得過多？
- 應該把寶寶抱直安撫，說說話、聽柔和的音樂，千萬不要搖晃寶寶身體。父母本身則應避免過度緊張，以免將不安之情緒傳給嬰兒。
- 若是因餵食過量引起，應該採少量多餐來餵食。
- 假如仍持續哭鬧不斷，則請洽詢醫院小兒科醫師。

## 7. Crying/Irritation Management

Crying and irritation are the ways in which babies communicate with people. It will usually cry when it's hungry, thirsty, tired, cold or hot. It will also cry when hurt, sick, lonely or bored. The care giver must understand the reasons for a baby crying and know the different ways it cries so as to reduce the frequency of crying and irritation.

### What to do when a baby cries or is irritated?

- Check whether the diaper is wet or whether the baby is hungry, thirsty or is wearing too many clothes.
- Hold the baby upright and talk to the baby. Listen to gentle music. Do not swing the baby's body. Parents should not be too nervous because the baby will feel the anxious emotions.
- If crying or irritation is caused by over-feeding, the baby should then be fed several times a day but with a smaller quantity.
- If crying or irritation continues, please consult a pediatrician.

## 八、溢奶與吐奶

寶寶喝奶不久，由胃倒流到口，如量不多的話，一般稱為「溢奶」。如量多或速度快，甚至噴射而出這就是吐奶。應注意以下各項：

- 適量餵食，切勿過多。
- 少量多餐，以減少胃內所承受的壓力。
- 每次餵奶中及餵奶後需適當排氣（排氣方法見 P.33）。
- 餵奶時勿讓寶寶吸食太急，中間應暫停片刻，讓寶寶呼吸順暢。
- 奶瓶乳孔適中。  
太小→吸吮費力，空氣易由嘴角吸入。  
太大→奶水易淹住咽喉，阻礙呼吸。
- 餵食完畢後，勿馬上平躺。若躺下時，應將寶寶上半身放高，或右側臥。
- 餵食後，勿使寶寶情緒激動或任意搖晃。

## 8. Milk drooling and regurgitation

Milk drooling refers to small amount of milk refluxing slowly from the stomach to the mouth right after the baby drinks milk. If the amount of milk gushed is a lot and the speed is fast, it is called "Milk Regurgitation". The following guidelines should be noted.

- Do not over feed the baby.
- Feed the baby a number of times a day with small amounts to reduce pressure in the stomach.
- Let the baby rest occasionally during and after feeding in order to pass gas (See page 33 for gas release method).
- Don't hurry the baby while feeding. You should let the baby take a rest during feeding, allowing it to breath.
- The opening on the rubber nipple of the milk bottle should not be too big or too small. If it is too small, it will be difficult to suck and air will get into the baby's stomach. If it is too big, the baby could easily choke on the milk.
- Don't let the baby lie down right after feeding. When lying down, the upper body of the baby should be in a higher position or position the baby on its right side.
- After feeding, do not rock or excite the baby.

### 九、新生兒黃疸該怎麼辦？

新生兒正常出生後第一天開始有黃疸出現，4至5天達高峰，大約7-10天便漸漸消退，這是正常現象，稱為生理性黃疸。

- 若黃疸指數不高，給予充足的奶水餵食，可增加代謝速度，由大小便幫助排出。
- 出院後仍須觀察寶寶膚色、活動力及食量。

以手指輕壓額頭、鼻及臉頰後，觀察皮膚顏色，若膚色越來越黃或出生十天仍未消退，應儘速就醫。

### 9. How to manage neonatal jaundice

Physiologic jaundice refers to jaundice symptoms appearing on the newborn after the first day of birth. It will achieve climax around 4 to 5 days after birth and will gradually go disappear 7 to 10 days after birth.

- If jaundice index is not high, you can supply the baby with more milk to increase its metabolism and relieve the symptoms.
- Keep observing the baby's skin color activity and appetite after leaving the hospital.

Press the forehead, nose and cheeks with fingers gently to see whether the skin color is getting darker. If symptoms do not disappear ten days after birth, you should take the baby to a hospital as soon as possible.

### 十、新生兒的皮膚出現小紅疹，該怎麼辦？

痱子又稱為汗疹，天熱時，幾乎所有的嬰兒都會在其頸、胸、臉、皮膚皺摺處長出一些紅色小疙瘩就是汗疹。預防痱子唯一的方法是避免流汗，建議穿寬鬆吸汗的棉質衣服，勿穿過多的衣物，並保持周遭環境空氣流暢。

### 10. How to manage rashes

Miliaria, also called heat rash, is the red blotches that appear on the neck, chest, face and wrinkles when the baby is hot. The only way to prevent it from appearing is to avoid sweating. It is suggested to wear comfortable and sweat-free cotton clothes. Avoid wearing too much clothing and keep the environment ventilated.

### 十一、新生兒臀部皮膚起紅斑或發紅現象，該怎麼辦？

臀部因為大小便多次的刺激及尿片包著不透氣，或者有些嬰兒皮膚敏感，就容易有紅臀現象，其注意事項如下：

- 勤換尿片，大小便後以溫水洗淨及毛巾擦拭，並局部保持皮膚乾燥，避免過度使用沐浴乳或香皂。
- 若使用布尿布時，洗滌應用肥皂並且需經日曬消毒、乾燥。
- 儘量保持患部乾燥，避免於患處塗抹痱子粉，造成患部的刺激。當症狀未見改善時，需請醫師診治。

### 11. How to manage erythema neonatorum or redness on the backside

Due to excretion of waste and airtight diapers, babies with sensitive skin are more likely to get redness on their backsides. The following things should be noted:

- Change the baby's diaper often. Wash the baby's butt rear end with warm water and dry the baby's rear end it with a towel after the baby relieves herself. Keep the skin dry and avoid overusing shower gel or soap.
- When using a cloth diaper, use soap then dry and sterilize in sunlight.

Keep infected areas dry and do not use dusting powder that will stimulate the infected areas.

If the symptoms still persist, consult your doctor.

## 十二、小孩出現發燒現象，該怎麼辦？

## (一) 正常體溫範圍：

1. 口溫：36.4-37.2℃ (測量2-3分鐘)
2. 肛溫：37-37.8℃ (測量1-3分鐘)
3. 腋溫：35.9-36.7℃ (測量5-10分鐘)

## (二) 發燒的居家處理：

1. 多補充水份 (包括開水、奶水、果汁、運動飲料、水果等)。
2. 減少患孩衣著及被蓋，以促進體溫散熱。
3. 維持室溫涼爽。
4. 儘量保持安靜，讓患孩多休息。
5. 肛溫在38℃上可給冰枕 (但出生三個月內給冷水枕)。
6. 肛溫38.5℃以上，除給冰枕外，可按醫囑給退燒藥。
7. 肛溫39℃以上除給6、7項外再給予溫水泡澡，約20-30分鐘。  
(水溫約為30℃左右)。



小孩發燒不適

The baby feels uncomfortable due to fever

## 12. How to manage fever

## (1) Normal body temperature range:

1. Oral temperature: 36.4~37.2℃ (2 to 3 minutes before reading)
2. Anal temperature: 37~37.8℃ (1 to 3 minutes before reading)
3. Armpit temperature: 35.9~36.7℃ (5 to 10 minutes before reading)

## (2) Home care of fever:

1. Replenish the body with fluids including water, milk, juice, sports drinks and fruits.
2. Don't put too many clothes and blankets on the baby so that the fever can subside more easily.
3. Keep indoor environment cool and aired.
4. The environment should be kept quiet and the baby allowed to rest.
5. Use an ice pillow when the anal temperature is over 38℃.  
(for babies under three months, use cold water pillow)
6. In addition to an ice pillow, give the baby fever reducing medication according to the doctor's prescription when anal temperature is over 38.5℃.
7. In addition to the above two, bathe the baby in warm water at 26 to 32℃ for 20 minutes when anal temperature is above 39℃ (water temperature around 30℃).

第二章  
II關心寶寶的成長  
Baby's Development

每一個寶寶都有一定的成長進度，留意這些成長進度，可以了解嬰幼兒發育是不是正常。觀察寶寶身心成長發育情形，不僅是為人父母生活上一種樂趣，也可藉以了解寶寶的健康情形。

Babies develop at their own rate. Pay attention to your baby's development to ensure that your baby is developing normally. Observing the baby's physical and mental development is one of the joys of parenthood and gives you an opportunity to understand your baby's health.

假如您的寶寶在以下月齡有此現象，請帶至大醫院或發展遲緩兒童聯合評估中心請教專家：

Consult with a medical center or Evaluation Center for Early Intervention if your baby has the following symptoms at these ages:



四個月半—頭仍搖晃不穩  
4 and a half months —  
unstable head position



九個月—不會自己坐穩  
9 months —  
not able to sit up straight



一歲兩個半月—不會走或  
不會叫爸爸媽媽  
14 and a half months  
can't walk or can't say  
"daddy, mommy"



一歲十個月—不會自己走上樓梯  
22 months —  
not able to walk up steps

### 第三章 III

## 預防接種

### Immunization

預防重於治療，請攜帶兒童健康手冊，按時至各地衛生所（室）或預防接種合約醫院診所接受各項預防接種。

Prevention is more important than treatment. Take the "Children Health Book" to a local health center or contracted hospital to receive various immunization vaccinations.



#### 一、賣賣兩地跑，預防接種該如何接續？

若攜子女居住或往來於兩國之間，應先瞭解該國之預防接種項目與時程，依續完成各項預防接種；回國後可攜帶預防接種紀錄至各地衛生所（室）及縣市預防接種合約醫院診所完成補接種。

#### 二、預防接種後的反應及處理方法

接種疫苗後可能發生的局部紅腫、疼痛，通常2-3天內會消失，部分醫師建議冷敷可以降低不適，至於發燒如係在該項疫苗所列可能時間發生，可使用醫師給的退燒藥，但如高燒不退或有其他特殊症狀，則可能染患其他疾病，應儘速就醫。

#### 1. How to continue immunization if the baby is frequently traveling?

If the baby is frequently traveling between countries, you should understand the immunization program and schedule of each country in advance in order to complete each vaccination. After returning to Taiwan, you can take the immunization record book to a local health center or a contracted hospital for reservation of unfinished vaccinations.

#### 2. Reactions after Vaccination and Management

Redness, swelling, and pain may occur in vaccinated areas and usually disappears in two to three days. Some doctors suggest using ice as a form of relief. If fever occurs during the times listed below for specific vaccinations, use fever reducing medicine prescribed by your doctor. If constant high fever or other symptoms occur, the baby may be infected with another disease. In this situation, you should take the baby to the doctor as soon as possible.

接種疫苗種類	反應及處理方法
卡介苗	<ul style="list-style-type: none"> <li>注射後接種部位大多有紅色小結節，不需特別處理，若變成輕微的膿泡或潰瘍，不需要擠壓或包紮，只要保持局部清潔，約經2-3月潰瘍就會自然癒合。</li> <li>如果接種部位出現多量的膿液或發生同側腋窩淋巴腺腫大情形，可請醫師診治。</li> </ul>
B型肝炎疫苗	<ul style="list-style-type: none"> <li>通常沒有特別反應</li> </ul>
白喉、破傷風及百日咳混合疫苗	<ul style="list-style-type: none"> <li>局部紅腫、疼痛、硬塊的現象，兩天內可能會有輕度至中度之發燒、全身不適、哭鬧不安等反應，通常2-3天會恢復。</li> <li>如接種部位紅腫、硬塊不退、發生膿瘍或接種後持續高燒，則必須請醫師處理</li> </ul>
小兒麻痺口服疫苗	<ul style="list-style-type: none"> <li>通常沒有特別反應。</li> <li>口服疫苗前後半小時不要飲水或進食，以免疫苗稀釋而影響疫苗效力。</li> </ul>
麻疹疫苗	<ul style="list-style-type: none"> <li>約有5~10%於接種後5~12天，會有輕微發燒，偶而出現紅疹、鼻炎、輕微的咳嗽或柯氏斑點，可能持續2~5天。</li> </ul>

Vaccinations	Reaction and management
BCG Vaccine	<ul style="list-style-type: none"> <li>Red blotch usually happens on vaccinated area. There is no need for special treatment. If it turns into a pimple or an ulcer, keep the infected area clean. No need for squeezing or bandaging. It will heal naturally after 2 to 3 months.</li> <li>If abscess occurs or a lymph gland, in the armpit, swells, see a doctor</li> </ul>
Hepatitis B Vaccine	<ul style="list-style-type: none"> <li>Usually no special reaction.</li> </ul>
DPT Vaccine	<ul style="list-style-type: none"> <li>Redness, swelling, pain and knot appear in the vaccinated area. The baby might have a slight fever, uncomfortable reaction and irritation for two days. The symptoms will disappear in 2 to 3 days.</li> <li>If redness, swelling and knot in the vaccinated area continues, or abscess or high fever occurs, see a doctor</li> </ul>
Polio Vaccine	<ul style="list-style-type: none"> <li>Usually no special reaction.</li> <li>Do not drink or eat 30 minutes before taking the vaccine so that the vaccine is not diluted, reducing its effectiveness.</li> </ul>
Measles Vaccine	<ul style="list-style-type: none"> <li>In 5 to 12 days after vaccination, 5 to 10% of babies might have a slight fever and occasionally a rash, rhinitis, or coughing, which might last for 2 to 5</li> </ul>

## 接種疫苗種類

## 反應及處理方法

## 水痘疫苗

- 與自然感染水痘病毒一樣，疫苗的病毒可能潛伏在體內，在免疫功能低下時，病毒再活化而表現成帶狀疱疹，但其發生率與症狀都低於自然感染。

## 麻疹、腮腺炎、德國麻疹混合疫苗

- 與麻疹疫苗一樣，在接種後5~12天，偶有疹子、咳嗽、鼻炎或發燒等症狀。

## 日本腦炎疫苗

- 通常沒有特別反應。

## Vaccinations

## Reaction and management

## Chickenpox Vaccine

- Chickenpox like symptoms, the virus, within the vaccine, may incubate in the baby. When the immunization system is weak, the virus may activate again and turn into varicella-zoster. However, the incidence and symptom are lesser and milder than a natural infection.

## MMR Vaccine

- Similar to the reaction of a measles vaccination, rash, coughing, rhinitis or fever may occur 5 to 12 days after vaccination.

## Japanese encephalitis vaccine

- Usually no special reaction.

## 三、預防接種紀錄保存與補發

寶寶接種紀錄丟了，可向原接種單位或戶籍所在地衛生所洽詢辦理補發。請妥善永久保存，於日後入學時，必須繳交該紀錄影本，以提供校方及衛生單位相關健康查詢之需。另外出國就學、工作或移民等，各國亦多要求檢查該接種證明。

- 預防接種時程及紀錄表
- Immunization Schedule and Record



## 3. Retain and Reissue Immunization Record

If the immunization record is lost, you can apply for a new record from the institute responsible for the vaccination or health center of your residence / registration area. Please retain the record because a copy needs to be handed to the school in the future for related checks by the school and public health authorities. In cases of study abroad, work abroad or immigration, governments of foreign countries will request to view the immunization record.

## 第四章 IV

# 寶寶的飲食

## Diet

### 一、母乳

#### (一) 哺餵母乳對寶寶的好處

##### 1. 最營養也最合乎嬰兒的需要：

母乳好消化、不過敏，是最理想的嬰兒食品，母乳中所含的營養，無論在質或量方面都比配方奶更適合嬰兒的需要。

##### 2. 最安全、最衛生經濟：

餵母乳可免沖泡消毒的麻煩，嬰兒容易消化吸收，又可避免腸胃不適。

##### 3. 增強抵抗力：

母親於產後最早分泌的量少微黃的乳汁稱為初乳，含有豐富營養和抗體，增強嬰兒對疾病的抵抗力。

##### 4. 增進母子感情：

寶寶在母親懷抱中，得到溫暖與滿足的感覺，感受到母愛的溫暖，有利於嬰兒情緒的穩定和心理健全的發展。

##### 5. 幫助發育：

寶寶吸吮母乳可增加口腔運動，使寶寶對語言發育有很好的影響，同時可防止口腔變形或齒列不正的機會。

### 1. Breast Milk

#### (1) Advantages of Breast Feeding for the Baby

##### 1. Meets the baby's needs as a balanced nutrition:

Breast milk, the most ideal baby food, is easily digested and will not cause allergies. The nutrition in breast milk is most suitable for a baby's needs and is far better than formula milk.

##### 2. Is safe, healthy and economical:

There will be no need for sterilization when breast feeding. Breast milk is easily digestible and will not cause stomach upsets.

##### 3. Increases immunity:

The first bit of breast milk after giving birth is high in nutrition and anti-bodies, important in building up the baby's immunity to disease.

##### 4. Enhances the emotional bond between mother and baby:

The baby feels warm and safe in the mother's arm. The mother's affections will help the baby's mental development and emotional stability.

##### 5. Helps growth:

Baby's suckling breast milk can increase oral movement, imposing positive influence on the baby's development in language ability. It can also prevent oral deformation or malocclusion.



## (二) 哺餵母乳對媽媽的好處

### 1. 促進產婦產後身體的復原：

寶寶的吸吮過程反射性地促進媽媽催產素的分泌，促進媽媽產後子宮收縮，能使產後子宮早日恢復，從而減少產後併發症。

### 2. 媽媽更健康：

哺餵母乳可減少母親罹患乳癌及卵巢癌的機會。

### 3. 快速恢復產前體重：

有利消耗懷孕時體內堆積的脂肪，使媽媽更快恢復產前體重。

### 4. 自然避孕：

哺餵母乳可延緩排卵和月經的到來，延長產後無月經的期間，達到產後避孕的目的。

## (三) 促進乳汁分泌的方法

### 1. 生產後儘早哺餵母乳：

在產後兩小時之內就開始餵奶，寶寶吸吮乳頭，可刺激乳汁分泌。

### 2. 只餵母乳：

避免給寶寶配方奶及其他飲料，否則寶寶可能不易有餓的感覺而減少吃奶的頻率，奶量自然會減少。

### 3. 勤於餵奶：

寶寶餓了就可餵奶。餵得愈多，奶量會愈豐沛。一般產後剛開始餵母乳時可能1.5到2小時就得餵一次奶。

### 4. 運用正確的吸吮方式及餵奶姿勢，餵奶前按摩乳房。

### 5. 多喝牛奶、湯水或多吃發奶食物：如豬腳花生、麻油牡蠣，或各種魚湯等。

### 6. 多攝取水份：開水、湯類皆可。

### 7. 足夠的休息：疲倦和壓力會減少乳汁的分泌。

## (2) Advantages of breast feeding for the Mother

### 1. Helping in the recovery after giving birth:

Baby's sucking stimulates secretion of oxytocin, which can facilitate the contraction of the uterus, helping the recovery of the uterus and reducing complications.

### 2. Making the Mother healthier:

Breast feeding can reduce the possibility of breast and ovarian cancer.

### 3. Losing weight:

Breast feeding can burn body fat, helping the mother to recover her figure.

### 4. Natural contraception:

Breast feeding can prevent ovulation and delay menstruation, thus acting as a form of contraception after giving birth.

## (3) How to induce Breast Milk

### 1. Start breast feeding as soon as possible:

Start breast feeding within two hours after giving birth. The baby sucking on the nipples can stimulate milk secretion.

### 2. Feed breast milk only:

Avoid feeding baby formula and other drinks because it will make the baby full and reduce the frequency of breast feeding, resulting in less secretion of breast milk.

### 3. Breast feed more often:

Feed the baby when hungry. The more often you feed, the more breast milk you will secrete. In general, the mother should breast feed every 1.5 to 2 hours after delivery.

### 4. Use correct feeding position. Massage breast before feeding.

### 5. Drink more milk, soup or consume food that stimulates milk secretion: Such as pigs trotters with peanuts, oysters in sesame oil or any type of fish soup.

### 6. Drink more liquids, including soup.

### 7. Get plenty of rest: Fatigue and stress will reduce secretion of breast milk.

## (四) 哺餵母乳的注意事項

- 餵食前應先洗淨雙手。
- 體位舒適：可採取不同姿勢，重要的是媽媽須要心情愉快、體位舒適和全身肌肉鬆弛，有益於乳汁排出。
- 母親與寶寶必須緊密相貼，而抱寶寶的姿勢，無論嬰兒抱在哪一邊，嬰兒的腹部與母親腹部應相貼，頭與雙肩朝向乳房，嘴處於乳頭相同水平位置，嬰兒頭部不被扭轉或彎曲，頭與身體成一直線。
- 檢查寶寶已正確含住乳房：寶寶口中含入乳暈，嘴張得很大，下嘴唇外翻，下巴有接觸到乳房，慢而深地吸吮，可以看見寶寶有吞嚥的動作。

常見的舒適哺餵姿勢：  
Suitable feeding positions:

- 坐姿〈橄欖球式〉
- Sitting



- 坐姿〈搖籃式〉
- Sitting cross-legged



- 側躺
- Lying on one side



- 斜倚
- Reclining



- 側躺
- Lying on one side with a pillow under the baby

## (4) Tips for Breast Feeding

- Wash your hands before feeding.
- Get in a comfortable position: The mother can be in different positions. Most importantly, the mother should be in a good mood, comfortable position and relaxed so that milk can flow more easily.
- Hold the baby firmly: When holding the baby, no matter which side the baby is on, the front of the baby should be as close to the mother as possible with head and shoulders facing the breast. Its mouth should be at the same level as the nipple so that its head is in line with the body and is not bent or twisted.
- Check to see the baby is sucking the breast correctly: Baby's mouth is open wide. Chin is tucked closely into the breast with nose free allowing baby to breathe. More of the lower part of the areola is in the baby's mouth than the upper part. Bottom lip is curled back.

## 二、配方奶 2. Formula Milk

## (一) 正確的沖泡及餵奶方法 (1) Preparation and bottle-feeding



1

先加冷開水再加熱開水  
Put cold water in first and then add warm water into the bottle.



2

按照奶粉罐上說明，將奶粉加入，幾「平」匙奶粉+幾CC開水。  
Put milk powder into the bottle according to the instructions on the packaging. Please note that the amount of powder used should be a level spoon and the amount of water used is correct.



3

充分搖勻後滴幾滴奶水在手腕內側測試溫度適合與否，再抱著餵奶。  
After shaking well, test the temperature of the milk by shaking droplets of milk on your wrist before picking up the baby for feeding.



4

餵完，拍拍寶寶背部排氣以防吐奶。  
After feeding, pat the baby's back to prevent it from bringing the milk up.

**注意：**奶粉泡得太稀可能造成寶寶營養不良，太濃則可能腹瀉或便秘。  
**Note:** If the milk is too watery, the baby will not get enough nutrition. If the milk is too thick (too much powder is used), the baby may get diarrhea or constipation.

## (二) 奶瓶消毒 (2) Sanitizing the bottles

殘留在奶瓶的牛奶易使細菌繁殖，清潔並消毒奶瓶可減少寶寶腹瀉的機會。

1. 準備6-8支奶瓶
2. 每支餵完後馬上清洗置於一旁
3. 集中消毒，每天一次
4. 消毒方法有水煮及蒸汽消毒（下列介紹水煮方法）

Milk left in the bottle is a breeding ground for bacteria. Cleaning and sanitizing the bottle will reduce the chances of the baby becoming ill.

1. Prepare 6 to 8 bottles.
2. Wash the bottles right after feeding and put them aside.
3. Sanitize all bottles together, once a day.
4. The sterilization methods include boiling and steam sterilization. (The boiling method is introduced below)

- 1 玻璃奶瓶需與冷水同時放入鍋中加熱，且水需蓋過奶瓶。



- 2 壓克力奶瓶及奶嘴，則在鍋中水煮開後，再放入鍋中加熱。  
Acrylic bottles and bottle tops should be placed into the pot when the water is boiling.

- 3 水沸後，繼續煮5-10分鐘後，才算消毒完全。  
Boil for 5 to 10 minutes for complete sterilization.

- 4 將奶瓶取出瀝乾水分，套好瓶蓋備用。



**(三) 排氣三大基本法****(3) Three Basic guidelines for Burping the Baby**

讓寶寶側靠在媽媽肩上，媽媽肩膀上放一塊小布巾，以防寶寶排氣溢奶時弄濕衣服。一手托住寶寶屁股，另一手則弓手掌幫寶寶拍背。必須注意將寶寶的臉側放，避免造成寶寶窒息。

A small towel is placed on the mother's shoulder to prevent the baby's drool from getting on the clothes. The baby then leans against the mother's shoulder with its head on the towel. Use one hand to support the baby's bottom and the other to pat the back with the palm arched. The baby's face should face one side to prevent suffocation.

1



2

手托住寶寶的下巴及前胸，讓寶寶成垂直坐姿，另一手將手掌弓著拍背。

With the baby sitting upright, use one hand to support the baby's chin and chest and the other hand to pat the baby's back with the palm arched.

托住寶寶路肢窩，另一手弓著手掌替寶寶拍背。

Use one hand to support the baby's armpit and the other to pat the baby's back with the palm arched.

3

**三、添加奶類以外的食物－副食品****(一) 寶寶需要吃副食品嗎？**

副食品可補充母乳或配方奶營養的不足，並且可訓練咀嚼和吞嚥能力作為斷奶的準備。

**(二) 這麼小會吞嗎？**

小孩三個月大就漸會吞嚥軟質食物，所以四~六個月之間可以開始練習吃副食品，餵食時將食物輕置於舌頭中間。（有家族過敏性疾病或餵食母乳的寶寶，可以等到六個月後再開始）

**(三) 添加副食品之原則**

添加副食品應注意：

- 注意大便及皮膚的狀況
- 食物新鮮、器具清潔
- 少量開始、逐漸增加
- 每次只添加一種新的食物
- 勿強迫餵食

**3. Additional Supplements****(1) Does a baby need supplements?**

Supplements can replenish insufficient nutrition of breast or formula milk and help prepare the baby for chewing and weaning onto solid foods.

**(2) Can such a small baby swallow?**

The baby can swallow soft foods from 3-months of age. Therefore, you can feed the baby with supplements from 4 to 6-months of age. Place the food in the middle of the tongue when feeding. (Babies who have hereditary allergic disease or are fed with breast milk should not begin until six months later)

**(3) The guidelines for giving supplements**

Please note:

- Take note of the baby's feces and skin condition
- Use clean utensils and ensure food is fresh
- Start from a small amount of supplement and increase gradually
- Only add one kind of new supplement each time
- Do not force the baby to eat

## (四) 添加哪一類副食品？

## (4) What kind of supplements is necessary for a baby?

## 四-六個月 4 to 6 months

- ▶ 果汁、菜水：如柳丁汁、西瓜汁、蔬菜湯
- 洗淨水果將果汁擠出，對等量開水。
- 將菜葉洗淨切碎，置入等量沸水中煮熟冷卻倒出。
- 每天一茶匙逐漸增加。



- ▶ Fruit and vegetable juice such as orange juice, watermelon juice and vegetable juice.

- Wash the fruit and squeeze the juice. Add an equivalent amount of water.
- Clean the vegetable and cut into small pieces. Add it to an equivalent amount of water and boil. Wait until it has cooled down and then pour it into another container.
- Start with one teaspoon and increase gradually.

## 四-六個月 4 to 6 months

- ▶ 果泥類：例如蘋果泥、木瓜泥、香蕉泥

- 洗淨水果切開以湯匙輕輕刮取成泥狀。
- 開始時給予一茶匙，以後慢慢增加。



- ▶ Mashed Fruits : apple, papaya and banana.

- After washing and cutting the fruit, use a spoon to remove the fruit pulp.
- Start with one teaspoon and increase gradually.

## 四-六個月 4 to 6 months

- ▶ 蔬菜泥類：例如胡蘿藳泥、馬鈴薯泥、莧菜泥。

- 洗淨去皮切塊狀入鍋蒸或煮。趁熱壓成泥。
- 開始時給予一茶匙，以後慢慢增加。



- ▶ Mashed vegetables: Carrot, potato, and amaranth

- Peel and cut it into small piece after washing and then boil or steam it. While it's still hot, squeeze it to form a sauce.
- Start with one teaspoon and increase gradually.

## 四-六個月 4 to 6 months

- ▶ 穀類食物：如米糊、麥糊。

- 稀飯煮爛或麥粉與牛奶混合餵食（由罐內量匙1/4開始加起）。
- 可直接與溫開水調成糊狀餵食（由一茶匙加起）
- 開始時給予一茶匙，以後慢慢增加。
- 可先餵米糊（較易消化），適應後再餵麥糊。



- ▶ Mashed grains: rice and wheat

- Well-boiled rice porridge or a mixture of wheat powder and milk (start with 1/4 measure spoon).
- Add warm water to make mashed wheat (start with one teaspoon).
- Start with one teaspoon and increase gradually.
- It is recommended to start with mashed rice as it can be digested more easily. After the baby gets used to it, substitute it with mashed wheat.

## 七-九個月 7 to 9 months

## ▶ 蛋黃泥

- 雞蛋用水煮至全熟，取出蛋黃加入少量開水調成糊狀。
- 每天餵一次。開始由1/8個逐量增加。



## ▶ Yolk paste

- Hard boil an egg. Place the yolk in some water to make a yolk paste.
- Feed once a day. Start with 1/8 piece and increase gradually.

## 七-九個月 7 to 9 months

## ▶ 粥類、麵類（可摻入瘦肉湯、魚、蔬菜、豆腐等配料）。

- 將細麵或粥煮爛，依寶寶需求加入上項任一配料即可。
- 粥或麵要煮爛（呈半固體），且勿太稠。
- 煮熟魚肉要弄碎，並將魚刺剔除乾淨。
- 蔬菜梗應去除，葉要切碎，以免噎到。
- 摻入之配料勿太多、太雜。



## ▶ Porridge and noodle (it is acceptable to use a meat soup, fish, vegetable and tofu)

- Cook thin noodle or porridge and add one of the above food items.
- Noodle or porridge should be well cooked to a semi-solid state. Do not make it too dense.
- Fish should be mashed with small bones removed.
- Vegetable stems should be removed and leaves should be cut into small pieces to prevent choking.
- Additional supplements should not be too many or complex.

## 十-十二個月 10 to 12 months

## ▶ 除參照7至9個月食物另可摻入碎肉、吻仔魚等柔軟細碎之固體食物。亦可用排骨湯煮麵、粥。例如吻仔魚粥、排骨湯麵、餛飩湯、蘿蔔糕、蛋糕、雞蓉玉米湯。

- 碎肉要弄得細碎。
- 吻仔魚如欲炒香，須揉碎再餵食。
- 排骨湯之浮油要去除（可先冷藏，再刮除浮油）。
- 蔬菜洗淨，梗應去除，葉要切碎，以免噎到，煮熟後撈出。



## ▶ In addition to the food for from 7 to 9 month old babies listed above, softsolid foods, such as minced meat and larva fish can be added. Noodle and rice cooked in spare rib soup are also good choices, such as fish porridge, spare rib noodle soup, wonton soup, radish patties, cake and chicken corn soup.

- Meat needs to be minced into very small pieces.
- Fish needs to be fried and minced before feeding.
- The oil in spare rib soup needs to be removed. (It's easier to remove the fat if you put the soup in the refrigerator first.)
- Vegetable stems needs to be removed and the leaves cut in to small pieces to prevent choking. Take vegetables out of the water after it's cooked.

## 十-十二個月 10 to 12 months

## ▶ 蒸全蛋

- 將全蛋在碗中打勻，加水八分滿及少許鹽拌勻，置鍋中小火蒸約20-25分鐘。



## ▶ Steamed egg

- Beat an egg and add water and salt for taste. Steam in a pot in low hear for 20 to 25 minutes.

## 一至二歲以上 One to above two years

## ▶ 每天每日飲食參考表

牛奶2杯 (每杯240 c.c.) 稀飯2碗  
 肉或魚類 1兩 蛋1個  
 蔬菜1碟 (約2兩) 水果1份

## ▶ 可均衡調配攝取各類較柔軟的固體食物。

例如蛋包飯、什錦炒麵、排骨糙米粥、三色燴飯、肉燥河粉、三色卷等。

- 餵食時應與孩子面對面，讓孩子坐椅子上，不要跑來跑去。
- 每次進食適當時間為三十分鐘，沒吃完應收起。
- 兩餐之間勿給零食，用餐前不給飲料，以免影響食慾。
- 應培養孩子獨立進食的習慣。

## ▶ Daily diet reference

Milk 2 glasses (240 c.c. each) Porridge 2 bowls  
 Meat or fish 40 g Egg 1  
 Vegetable 1 dish (around 80 g) Fruit 1 portion

## ▶ The baby will be able to digest various kinds of soft solid foods, such as rice omelet, fried noodles, rice porridge with spare ribs, rice with 3 ingredients, rice noodles with minced meat, and rice rolls.

- The baby should sit facing the mother. The baby should sit on a chair instead of running around.
- The appropriate dining time is around 30 minutes. Leftovers should be cleaned up.
- The baby should not eat snacks between meals. Don't let the baby drink before a meal so as not to affect its appetite.
- Teach the baby to eat by itself.



## 四、斷奶 4. Weaning

如果您已經開始為寶寶添加副食品，便是準備斷奶了。(但哺餵母乳者則可持續哺餵到寶寶兩歲或兩歲以上)

If you have started adding supplements to the baby's diet, it means the baby is ready for weaning. (Baby who drinks breast milk can last it continue to do so until or they are above over two-years of age.)

(一) 若是喝牛奶的寶寶，六個月以後開始訓練寶寶用杯子，為日後戒斷奶瓶做準備。

(1) Baby who drinks formula milk can be trained to drink milk with a cup for the preparation of weaning the baby from quitting bottle-feeding feeding in the future.



(二) 一般可在一歲左右完成，可添加菜肉泥稀飯由1湯匙逐漸增加為一碗，一天兩次，以母乳或牛奶當點心便完成斷奶了。

(2) Wean the baby off finish bottle-feeding by around twelve months of age. Use rice porridge with mashed vegetables and minced meat as the main diet, gradually increasing from 1 spoon to 1 bowl, with breast milk or milk as a snack. This will make it easier to wean the baby.

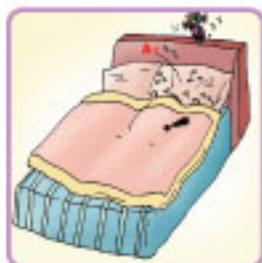
## 第五章

## V

## 事故傷害預防

## Preventing accidents

## 一、6個月以下 1. Babies less than 6 months of age



- 注意環境安全
- Pay attention to environment safety



- 注意欄杆安全
- Pay attention to railing safety



- 預防被幼兒所傷
- Prevent harm from other children

## 二、6-12個月 2. Babies between 6 and 12 months



- 預防跌落
- Prevent from falling



- 注意危險物品放置
- Pay attention to storage of dangerous items



- 禁止進入廚房
- Do not allow entry into the kitchen



- 預防燙傷
- Prevent from burns and scalds



- 選擇安全玩具
- Choose safe toys

## 三、1-2歲 3. Babies between 1 and 2 years

1-2歲除以上各項外，並應注意：

For babies between 1 and 2 years, in addition to above, please also note the following:



- 勿讓小孩獨處
- Don't leave the baby un-attended



- 預防車輛傷害
- Prevent from vehicular accidents

第六章  
VI

## 牙齒保健

## Dental Care

6個月左右開始長出乳牙，約二歲半時20顆乳牙全長齊  
Baby teeth will start growing from 6 months of age.  
Around two and a half years old, there will be 20 teeth.

## 一、蛀牙的後果 1. Dental cavities



1 發炎疼痛，煩躁不安  
The baby will feel pain and irritation due to infection.

2 疼痛影響食慾  
The pain will affect appetite.



3 恆牙咬合不正  
Have problems chewing or biting when adult teeth come through.

4 口齒不清  
Speech is not clear



## 二、如何預防蛀牙？ 2. How to prevent dental cavities?



吃東西後餵開水  
Drink water after eating.



每天至少清潔牙齒一次  
Brush teeth at least once a day.

勿含著奶瓶喝配方奶、果汁睡著  
Do not fall asleep while drinking milk or juice from a bottle.



一歲以後少吃黏性甜食  
After 1 year of age, do not give baby too many sweets.



一歲半以後每半年檢查一次牙齒  
After 1 and a half years of age, visit a dentist every half year.

1歲以前可用紗布清洗口腔  
Use gauze to clean mouth before 1 year old.  
1歲以後開始用小牙刷刷牙。  
Use small tooth brush after 1 year old.

第七章  
VII大小便訓練  
Toilet Training

## 一、開始訓練的時間 1. Time to start train

1歲以後，且

1. 可以站立
2. 大便時間有規律，且能發出聲音或特殊表情。

A baby over 1 year of age who

1. Is able to stand up.
2. Is regular and is able to make specific sounds and expressions when excreting.

## 二、訓練的方法 2. Training methods

- (一) 讓小孩儘量在輕鬆的心情下完成，如有失誤勿予責罵。
- (二) 訓練時勿給予食物或玩具，以免分散注意力。

- (1) Allow the baby to finish at its own pace in relaxing mood. If the baby does something wrong, do not scold or punish it.
- (2) During the toilet training, do not give it any food or toys. Doing so may distract it from learning.



固定地點及合適便盆  
Fixed location and comfortable toilet



成功時予以稱讚、鼓勵  
Give praise and encouragement

## 三、完成訓練的時間 3. Time to complete training

- (一) 大便訓練在1至2歲左右可完成。
  - (二) 小便訓練在2-3歲時，可完成。
- (1) Training of bowel movement can be completed by 1 to 2 year of age.
  - (2) Urinating training can be completed by 2 to 3 years of age.

第八章  
VIII

## 兒童預防保健服務

## Health Checks for children

兒童預防保健服務，是全民健康保險專為未滿七歲以下兒童設計，共九次的免費健康檢查服務。

Health check for children is a service designed for children under 7 years of age, consisting of nine free health checks provided by the National Health Insurance.

## 一、檢查時程

出生未滿一歲給付四次，每次間隔二至三個月；一歲以上至未滿兩歲給付兩次、兩歲以上至未滿三歲給付乙次；三歲以上至未滿四歲給付乙次、四歲以上至未滿七歲給付乙次。

## 二、提供之健康檢查項目

**身體檢查：**病史查詢、身高、體重、聽力、視力、口腔檢查、生長發育評估等。

**健康諮詢：**預防接種史查詢、營養、事故傷害預防及口腔保健。

## 1. Schedule

Four free health checks for babies under the age of one, with intervals of two to three months. Two free health checks for babies between one and two years. One free health check for babies between the age of two and three. One free health check for babies between the age of three and four. One free health check for children between the age of four and seven.

## 2. Health checking items provided

**Physical check:** Disease history, height, weight, hearing, vision, oral checks and growth evaluation.

**Health consultation:** Immunization record check, nutrition, prevention from accidents and dental care.

## 三、那些特約醫療院所，可以受理兒童預防保健服務？

如果您要帶家中的寶寶接受兒童預防保健服務，可前往聘有家醫科或小兒科專科醫師的健保特約醫院、診所及衛生所，即可受理本項服務。

## 3. Which contracted hospitals or medical institutes provide health check services for children

If you want to make a reservation for a health check service, you can go to a contracted hospital, the department of family medicine clinics, department of pediatrics and local health centers.

## 四、寶寶檢查前要準備什麼？

- (一) 請持寶寶之「兒童健康手冊」及健保IC卡前往辦理本服務的健保特約院所接受檢查，接受本服務時不用繳交部分負擔。
- (二) 接受免費兒童健康檢查前，請家長事先填好「兒童健康手冊」中「生長紀錄表」及「家長紀錄欄」的各項問答，以建立寶寶的健康紀錄與生長發育資料，供醫護人員參考。

## 4. Preparing for a health check

- (1) Please bring the "Children Health Book" and National Insurance IC Card to hospitals providing this service. The service is free of charge. Only the registration fee is required.
- (2) Before the health check, fill in the "Growth Record" and "Parent's Column" in the "Children Health Book" to set up the baby's health record and growth data for the medical staff's reference.



● 兒童健康手冊  
● Children Health Book



● 健保IC卡  
● National Insurance IC Card

第九章  
IX

## 篩 檢

## Screening

## 一、新生兒先天性代謝異常疾病篩檢

## (一) 目的

許多先天性代謝異常疾病，在嬰兒期症狀表現不明顯，因此必須藉助新生兒先天性代謝異常疾病篩檢（簡稱新生兒篩檢）來作早期發現早期治療，以免造成兒童生長發育遲滯或終身智能及身體障礙。

## (二) 檢驗時間

新生兒出生後二至三天或進食廿四小時之後，由醫療人員採取少量足跟血，檢驗是否有「先天代謝異常疾病」。

## (三) 目前政府補助新生兒先天性代謝異常篩檢五種疾病

1. 先天性甲狀腺低功能症
2. 半乳糖血症
3. 苯酮尿症
4. 高胱氨酸尿症
5. 葡萄糖-6-磷酸鹽去氫酶缺乏症 G-6-P-D (俗稱蠶豆症)

## (四) 檢驗結果

您可詢問原接生院所有關寶寶的篩檢結果，或利用新生兒篩檢中心之網路、電話語音查詢。

若寶寶篩檢結果為疑似異常，新生兒篩檢中心會轉知接生院所，儘速以電話通知家長，帶您的寶寶接受進一步檢查。

## 1.Screenings on newborns related to abnormal congenital metabolism

## (1) Objective

Many symptoms of Congenital metabolic disorders are not obvious during infant period. It is necessary to screen newborns for the possibility of disease and to cure them early in order to prevent growth retardation or permanent mental retardation and physical disability.

## (2) Screening schedule

Medical staff takes a small amount of blood from the newborn around 2 to 3 days after birth or 24 hours after eating to examine whether it has Congenital metabolic disorders.

## (3) Currently, the government subsidizes screenings on newborns for five diseases related to abnormal congenital metabolism.

1. Congenital Hypothyroidism
2. Phenylketonuria
3. Homocystinuria
4. Galactosemia
5. Glucose-6-phosphate dehydrogenase deficiency ( G-6-P-D )

## (4) Screening Results

You can get the screening results from the hospital where the baby was born, or from the Internet, or from and the auto-answering telephone system of the Newborn Screening Center. If the results are abnormal, the Newborn Screening Center will ask the hospital where the baby was born to notify the parents; if you're informed, you should bring your baby in for examination.

## 二、膽汁滯流症篩檢

透過「嬰兒大便顏色識別卡」，仔細比對觀察嬰兒大便，可以早期發現膽道閉鎖症儘早就醫。膽道閉鎖宜在出生50天內完成診斷，60天以內（愈早愈好）完成手術，否則膽汁滯留在肝內，很容易造成肝硬化，不及時治療，多在2歲內會死亡。

- (一) 嬰兒好發膽汁滯流症及新生兒黃疸，若黃疸延遲至第3-4週之後，有部份嬰兒可能患有膽汁滯流症。
- (二) 膽汁滯流症症狀：皮膚會呈現黃疸、眼白變黃及大便常會變成淡黃色或灰白色（表示膽汁排泄減少或完全消失）。

## 2. Cholestasis screening

Keep a record of the baby's feces using the "Color of Baby's Defecation Card". An early diagnosis of biliary atresia very important because an operation performed before 60 days of age can achieve a better outcome. If bile accumulates in the liver, it can cause cirrhosis. The baby usually survive less than two years if no appropriate treatment is carried out in time.

- (1) If neonatal jaundice lasts for 3 to 4 weeks, it is then possible that this baby may have cholestasis caused by liver diseases or biliary atresia.
- (2) Symptoms of cholestasis: skin color will be yellow, white part of eyes becomes yellow and feces become light yellow or gray-white (This means that the excretion of bile is reduced or non-existent).

仔細觀察嬰兒大便顏色，可早期診斷膽汁滯流症  
Cholestasis can be diagnosed early by observing the color of the baby's feces.

## 三、何種方式可早期協助膽汁滯流症篩檢？

- 若膽汁順利排出，大便呈現黃色或綠色，亦即編號4到6號顏色（如圖），此為正常狀況。
- 若膽汁遭到阻塞或滯留，則大便顏色呈現淡黃或灰白色表示膽汁排泄減少或完全消失，亦即編號1到3號顏色（如圖），此為不正常狀況，必須儘早就醫治療，請教專業兒科醫師或轉診至兒科消化專科醫師。

## 3. How to screen for cholestasis in the early stages?

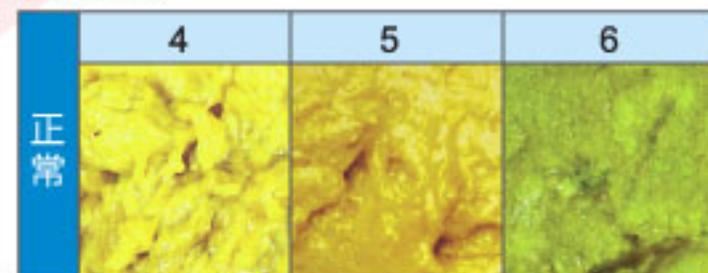
- If the feces is yellow or green, it means that bile is present. Pictures No.4 to 6 are normal.
- If the feces is a light yellow or grey-white, it means that bile remains in the system. Pictures No.1 to 3 are abnormal. In this case, you should take the baby to the doctor as soon as possible. Parents should aware of this because it might be biliary atresia or cholestasis and should consult a doctor immediately.

嬰兒大便顏色識別卡  
Infant Stool Color Card

### ● Abnormal



### ● Normal



- 若您的選項是1-3，請24小時之內立即將此頁表格影印傳真給大便卡諮詢中心，我們會給您幫忙與協助。

傳真：02-2388-1798 電話：02-2382-0886

寶寶的異常大便顏色與編號\_\_\_\_\_的大便最相似

發現此種顏色的大便是在\_\_\_\_年\_\_\_\_月\_\_\_\_日

寶寶的姓名\_\_\_\_\_生日\_\_\_\_年\_\_\_\_月\_\_\_\_日

母親的姓名\_\_\_\_\_電話\_\_\_\_\_

住址\_\_\_\_\_

寶寶在\_\_\_\_\_醫院/診所出生

- If your answer for feces color is No.1 to No.3, please copy this form and fax it to Excretion Card Consulting Center. We will provide you with assistance.

Fax: 02-2388-1798 Tel: 02-2382-0886

The color of the baby's feces is similar to No. \_\_\_\_.

Abnormal feces occurred on \_\_\_\_date\_\_\_\_month\_\_\_\_year\_\_\_\_.

Name of baby:\_\_\_\_\_ Birthday:\_\_\_\_\_

Name of Mother:\_\_\_\_\_ Tel:\_\_\_\_\_

Address:\_\_\_\_\_

Place of birth:\_\_\_\_\_

## 第十章 X

## 服務處所

## Services distribution

- 婦產科醫療院所**：可提供產前檢查、生產、產後檢查、家庭計畫、產前遺傳診斷、新生兒先天代謝疾病篩檢、優生健康檢查及遺傳諮詢等服務。
- 小兒科醫療院所**：可提供兒童預防保健檢查、生長發育、預防接種及諮詢服務。

以上服務處所，可向各地區衛生局、衛生所洽詢，請善加利用。

- Obstetrics and Gynecology Medical Institutes**: Provide services of prenatal check, delivery, postnatal check, family planning, prenatal genetic diagnosis, newborn screening, birth health check and genetic consulting.
- Pediatrics Medical Institutes**: Provide child health check services, growth consultation, immunization and other consultations.  
For details on the above services, contact the local health bureau and health center.

For details on the above services, contact the local health bureau and health center.

各縣市衛生局專線服務電話，如下：

單位	聯絡電話	傳真電話
台北市政府衛生局	(02) 27287079	(02) 27205260
高雄市政府衛生局	(07) 7128939	(07) 7243588
基隆市衛生局	(02) 24261133	(02) 24282255
新竹市衛生局	(03) 5256504	(03) 5222572
台中市衛生局	(04) 23801180	(04) 23801124
嘉義市衛生局	(05) 2338252	(05) 2341185
台南市衛生局	(06) 2673880	(06) 2698029
宜蘭縣政府衛生局	(03) 9367855	(03) 9367855
台北縣政府衛生局	(02) 22577155	(02) 22585006
桃園縣衛生局	(03) 3378854	(03) 3321073
新竹縣衛生局	(03) 5518164	(03) 5512743
苗栗縣衛生局	(037) 336735	(037) 360649
台中縣衛生局	(04) 25261814	(04) 25263401
彰化縣衛生局	(04) 7119095	(04) 7121309
南投縣政府衛生局	(049) 2231624	(049) 2202628
嘉義縣衛生局	(05) 3620602	(05) 3621188
雲林縣衛生局	(05) 5325220	(05) 5345633
台南縣衛生局	(06) 6352633	(06) 6321251
高雄縣政府衛生局	(07) 7334881	(07) 7334863
屏東縣衛生局	(08) 7372507	(08) 7382389
台東縣衛生局	(089) 329171	(089) 310334
花蓮縣衛生局	(03) 8230791	(03) 8230169
澎湖縣衛生局	(06) 9272162	(06) 9261557
金門縣衛生局	(082) 330697轉123	(082) 336021
連江縣衛生局	(0836) 22095	(0836) 25024

Service hotline of all health bureau are as follows:

Agency	Telephone Number	Fax Number
Taipei City Health Bureau	(02) 27287079	(02) 27205260
Kaoshiung Health Bureau	(07) 7128939	(07) 7243588
Keelung City Health Bureau	(02) 24261133	(02) 24282255
Hsinchiu City Health Bureau	(03) 5256504	(03) 5222572
Taichung City Health Bureau	(04) 23801180	(04) 23801124
Chai-I City Health Bureau	(05) 2338252	(05) 2341185
Tainan City Health Bureau	(06) 2673880	(06) 2698029
Ilan County Health Bureau	(03) 9367855	(03) 9367855
Taipei County Health Bureau	(02) 22577155	(02) 22585006
Taoyuan County Health Bureau	(03) 3378854	(03) 3321073
Hsinchiu County Health Bureau	(03) 5518164	(03) 5512743
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