

GOOD NUTRITION

營養

Good nutrition, enough liquids, and relaxation help assure a full supply of milk.

The milk flow will be greater if both breasts are well nursed by a hungry infant---about ten minutes at each breast at each feeding.

Mothers will want to begin the next feeding at the breast where the last feeding was completed.

For inquiries: Chung Shan Hospital

Tel: (02) 2708-1166

OBS ward Ext.: 2000 or 2500

Nursery Ext.: 2220 or 2222

95.06 制、112.05 修



中山醫療社團法人
中山醫院
Chung Shan Hospital

GOOD

NUTRITION

營養

**Modern Medicine
Traditional Care**