

终极育儿策略

吃

拾 捌 八 八 条 “ 救 命 稻 草 ”



崔鹤生 崔鹤松 著
浙江科学技术出版社

当你的孩子在成长过程中遇到困惑的时候，就请翻开《终极育儿策略》丛书。每个分册，都围绕着一个主题，帮你解决相关的一连串问题。本书中提供的99个主意，也许会成为你最后的“救命稻草”。其中蕴藏着许多父母、祖父母和朋友们的智慧和能量，并且已经有了实际成功的经验。它暗示着：当你在用其他方法都失败的时候，不妨试着找找这些“稻草”。——山穷水尽疑无路，柳暗花明又一春。

蜜雪儿·肯尼迪 (Michelle Kennedy)。四个孩子的母亲，一名记者，来自格林海德威斯康辛州瑟默的育儿专栏作家。



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蜜雪儿·肯尼迪 著

陈晓 等译



P+W

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注：本书以下内文附上原著英文，以资读者。

《吃》 简介

在和我妈妈的谈话中，她说用来改变自己带大的三个女儿的方法，就是严格地对待进餐时间。“我已经认识到，”她说，“最后当小孩要吃的时候，给他们任何食物他们都会吃。”

这是非常正确的。我总是让进餐时间宽松点，因为一年多来，我注意到晚饭不吃鸡的孩子，很可能在午饭时已经吃了两块高蛋白的黄油花生三明治，前两天他也许吃了足够的色拉，而现在只想来点苹果或葡萄干。所以不用焦虑，孩子自己会吃的。如果你统计一下他们一个月的饮食，可能有30种营养成分丰富的食物。以下小提示内容丰富，每个提示的年龄范围是灵活的，并已考虑到婴儿和小儿的个性。请注意如果孩子有饮食问题或特殊的食物过敏，就一定要先让医生检查。

Introduction In a conversation with my mother she admitted if she could change anything about the way she brought up her three girls, it would be the strict attitude at mealtimes. "I've realized," she said, "that eventually kids will get everything they need as long as they are offered good foods when they do eat."

And it's true. The one thing I have always been relaxed about is mealtime.

because over the years I have noticed that the same kid who won't eat any chicken at dinner has probably eaten two protein-rich peanut butter sandwiches for lunch. He also ate his salads for the last two days, but now only wants apples or raisins. So don't fret—kids will eat. If you add up their choices for a month, they probably amount to 30 pretty well-balanced meals. The following tips cover a variety of issues and ages. Each tip and age range is designed to be flexible, allowing for individuality in all babies and kids. Please note that if your child has a medical eating problem or any particular food allergy, then your doctor must be consulted first.



喂奶或

小食

不要放弃，在医院喂奶是很简单的一件事。你的奶水不会自己流出来，一位护士或一位指导辅乳的会诊医生会帮助你的，回家后突然遇到了很多困难事，你想喂奶，却不明白孩子为什么尖叫：你受伤了，他也饿了，你的丈夫却会告诉你他喜欢你的新外貌。啊哈！不要失望。学会喂奶是容易的，但这样的阶段对你和孩子都需要很长的时间。奶不需要消毒、冷冻、清洗(除了大量的)，有些方法是比较简便的。你需要掌握最简单的方法以至不会饿到你的孩子。但如果事情真的不像你想像的那样发展，再告诉指导辅乳的会诊医生，他会给你帮助。

breast-feeding, or the human snack bar Don't give up. It was so easy to breast-feed in the hospital: A nurse or a lactation consultant was there to help and your milk hadn't even come in yet. Then you get home, and all of a sudden you have two burning watermelons sticking out of your chest and a screaming baby who can't latch on. You hurt, he's hungry, and your husband keeps telling you he likes your new look! Adight! But don't despair. It gets easier, and it is so much better for the baby and simpler for you in the long run. Breasts don't have to be sterilized, frozen, cleaned (except in the shower!), and they are way cheaper than formula. You'll get the hang of it eventually and your baby won't starve. But if things really aren't going your way, call that lactation consultant again and tell her you need real help.

自己做

0-17个月

早些催出你自己的奶。一个很好的方法是减少每天的喂食和
平静地喂你的孩子。你可以把奶放在一个干净的杯子里，用勺子
喂孩子；或者放在瓶子里，让孩子吮吸。同样，可以早些时候做
好冰冻的奶，并存放在无菌的瓶子里或有拉链锁的包里（不要灌
得太满），这样的奶可以保质3个月。

express yourself Express your milk as often
as you can. It's the best way to relieve your
engorgement and to feed the baby. You can put
your milk in a glass cup and spoon-feed the
baby, or express it in a bottle. And you can
freeze extra breast milk for later. After pumping,
milk can be stored in sterilized bottles or in
zipper bags (not tied off the way you
see them). The milk is good for
about three months.



舒适地喂奶

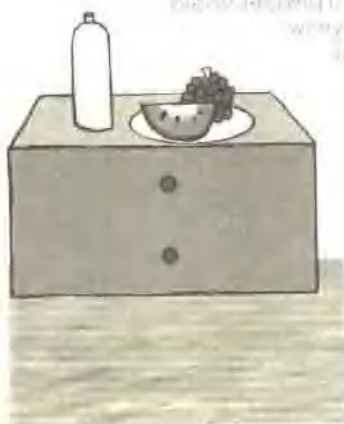
0-17个月

压力和焦虑会使你感到紧张或反应迟钝，你的孩子也会感觉不舒服。缓解你的压力和紧张——你能在这里找到方法。首先，你要确定喂奶是愉快的，并期盼一个这样的休息时间。不要担心，你不需要一个特殊的房间用来喂奶，也不需要特殊的枕头、香或者蜡烛，但是你可以使自己舒服些。首先选个合适的地点，坐在



沙发的一边，在旁边的桌子上摆一个水瓶子（在护理时口会很渴）。沙发上还要放一些干净的口水布、枕头和零食。你将需要一个枕头用来靠背或脖子（或都是），可能还需要个长软椅用来放脚。当你抱孩子时枕头是用来放松你的手臂的。确保电视机离你有一定的距离或边上有一本好的书。这是给你孩子休息和喂食的方法。

get comfortable Stress and tension make you stiff and uncomfortable. Your baby feels it. His or her won't feed. You get stressed and tense—do you see a pattern here? One of the best tips I can give you is to make sure you're comfortable. A placenta and a few minutes will take you forward to. Don't worry. You don't need a special chair to breast-feed. Nor do you need special nursing clothes or condoms. But you do need to be nice to your comfort. For the first week, and even after weeks, I advise a spot just for nursing. I'm not sure what one side of the couch. Or the bed next to the head of a water bottle (not very much wide nursing) or a chair up up up, glass, and a pillow. You will need to make it your own. It's not for all. Maybe it's better to get you feeling the good to give in the way that you're able to give.



making the table. You can't make any more food. You're not. What a great way to relax and feel like you're all the better for it.

0-17个月

护理乳罩

护理乳罩，这是为妈妈们发明的很奇妙的新玩意。这个东西很好，因为这意味着喂奶是大家都肯定的行为，像父母的相貌一样重要。但不知你是怎么选择的，还需要多少价值的装备？一些妇女因为胸部太大而除掉了乳罩，但我找到了一个优质舒服的运动乳罩。它有足够的伸缩性，经推挤也不会失去支撑或改变形状，很贴身而且有皱褶，棉布的外面有足够吸收剂和一些细小的漏洞——不像尼龙或很多具有缎子质地的护理乳罩。

