



衛生福利部國民健康署 編印

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守護健康

Promoting Your Health

衛生福利部 國民健康署

Health Promotion Administration,  
Ministry of Health and Welfare

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兒童健康手冊

Children's Health Booklet

【中英版】  
【Chinese/English Version】



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# 兒童健康手冊

【中英版】

【Chinese / English Version】

## Children's Health Booklet



兒童姓名 / Child's name: \_\_\_\_\_

出生日期 / Date of birth: \_\_\_\_\_

媽媽姓名 / Mother's name: \_\_\_\_\_

聯絡電話 / Phone number: \_\_\_\_\_

- 本手冊為兒童健康檢查與預防接種的重要紀錄，請永久保存。  
This handbook was published with the sponsorship of Health Promotion Administration, Ministry of Health and Welfare.
- 健康檢查、預防接種及就醫時請同時攜帶本手冊及健保卡。  
Please bring this handbook and the insurance card with you during health check-ups, preventive vaccinations and medical treatment.
- 本手冊印製經費由國民健康署菸品健康福利捐支應。  
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## 獻給父母...

在歡喜迎接寶寶誕生的此刻，獻給您這本兒童健康手冊，用來記錄寶寶從出生到上小學前的成長及健康狀況，並提供您育兒保健的重要資訊。

目前**國民健康署補助未滿7歲兒童預防保健服務**。提醒您儘速至戶政事務所為您的寶寶申報戶籍，並**儘速申辦健保卡**。如您於生產後已於醫療院所聲明寶寶依附投保對象及申請無照片健保卡，健保署將於收到戶政資料後主動寄發寶寶的健保卡給您；如您未聲明或表達，請您向寶寶所依附被保險人之投保單位申請加保及申辦健保卡手續，以保障寶寶應享有的醫療照護。**出生60日內未領健保卡者可依附父母接受兒童預防保健服務。**

請將這本手冊及寶寶的健保卡一起妥善收存，在寶寶每次打預防針或看病時隨身攜帶，提供醫護人員參考。

祝福您闔家平安健康！

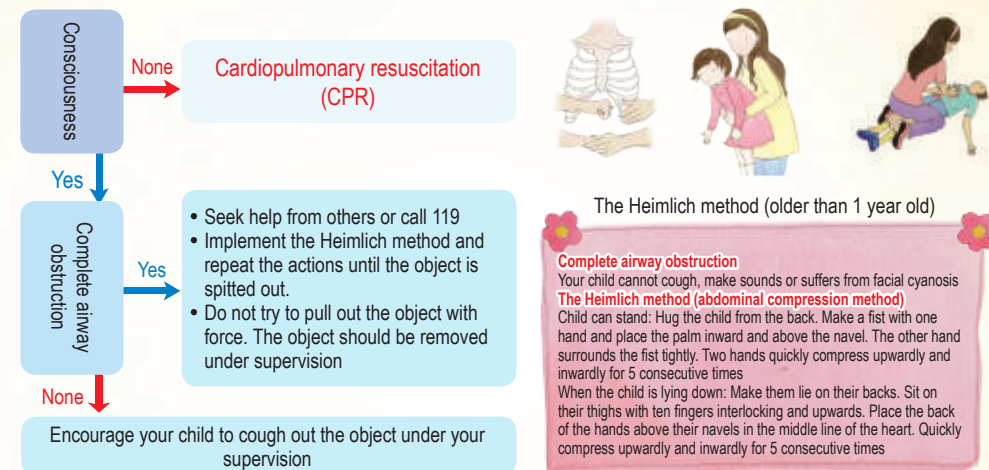
如寶寶的健保卡無法使用，請利用健保諮詢服務專線：0800-030-598或逕向健保署各分區業務組申請換卡。

## 溫馨提示好受用

- **女孩男孩都疼愛**：性別平權、消除性別歧視的時代已到來，無論是在民法、社會與政治參與上，以至於社會習俗的平等權利，都不會因為性別而不同，女孩男孩都疼愛（參閱第202頁）。
- **母乳是嬰兒最好的食物**：請以母乳哺育您的寶寶（參閱第28頁），並為寶寶提供健康、安全、無菸的成長環境（參閱第204頁）。
- **當新生寶寶回家後**：確認寶寶是否已接受新生兒先天代謝異常疾病篩檢（參閱第36頁），並參考大便辨識卡（參閱第32頁），每天觀察比對寶寶的大便顏色。此外，1歲以下寶寶應避免餵食蜂蜜，以避免肉毒桿菌中毒。
- **寶寶也需要健康檢查喔**：寶寶的成長及發育是連續進行的，請您依照寶寶的實足月（年）齡（早產兒請以矯正年齡），自行核對手冊中各年齡層的兒童發展重點。建議您善加利用兒童預防保健服務，並選擇1位兒科或家醫科醫師，固定為寶寶進行身體健康狀況之評估與發展診察，守護孩子的健康。
- **請善用兒童預防保健服務**：當寶寶出生滿1個月時，應至設有兒童預防保健服務之院所進行健康檢查。目前國民健康署提供7歲以下兒童7次預防保健服務，其時程及檢查項目請參閱第6頁。您在家中觀察到寶寶的成長狀況或育兒相關問題，都可以在看診前記錄在這本手冊（第62-126頁），提供醫護人員參考。
- **寶寶的黃卡務必永久保存**：寶寶的兒童預防保健及預防接種紀錄表（黃卡，手冊前面拉頁），請永久保存，將來孩子進入小學或出國留學時都會用得到喔！若手冊不慎遺失或毀損者，可至就近之衛生所或原檢查（接種）之醫療院所查詢補登。

## Emergency treatment (older than 1 year old)

### Choking treatment



### Cardiopulmonary resuscitation (CPR)

- 
- "Call"** your child's name to check whether the child is not responding or he is not breathing
- "Call"** others for help or **call 119**
- If you are alone with the patient, you can conduct CPR for 2 minutes before calling 119
- "C"** refers to chest compressions
- Compress the chest in the middle of the line between the two nipples with one palm or two palms
  - Compress hard: Compress the chest about 5 cm deep
  - Compress quickly: Compress 100 to 120 times per minute
  - Chest resilience: Make sure that the chest is resilient after every compression
  - No interruption: Try not to be interrupted or the interruption should not last for more than 10 seconds
- "A"** refers to open the airway - Press the forehead and lift the chin method
- "B"** refers to artificial breaths
- Mouth to mouth (hold the nose) or mouth to mouth and letting the patient breathe through the nose
  - Blow twice with each blow lasting for 1 second and the chest will move up and down
- Repeat the procedure "30 times of chest compressions and twice that of artificial breaths" alternately until the child can move or until the arrival of medical staff**

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## 預防接種時程及紀錄表

## Time schedule and record of vaccinations

支持菸品健康福利捐  
寶貝疫苗防護有資源

Sponsored by the Ministry  
of Health and Welfare.  
There are resources of  
vaccination for babies.

姓名: \_\_\_\_\_ 身份證字號: \_\_\_\_\_  
Name: \_\_\_\_\_ ID No.: \_\_\_\_\_

出生日期：民國\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日 性別：\_\_\_\_\_  
 Date of birth: \_\_\_\_\_ (Year) \_\_\_\_\_ (Month) \_\_\_\_\_ (Day) Gender: \_\_\_\_\_  
 聯絡住址：\_\_\_\_\_ 電話：\_\_\_\_\_  
 Contact address: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 戶籍地址：\_\_\_\_\_ 電話：\_\_\_\_\_  
 Permanent residence address: \_\_\_\_\_ Phone number: \_\_\_\_\_

母親姓名：\_\_\_\_\_ ☐ 低出生體重兒， \_\_\_\_\_ 公克  
Mother's name: \_\_\_\_\_ Babies born with a low birth weight, \_\_\_\_\_ g

適合接種年齡 Proper age for vaccination	疫苗 Type of vaccine	種類 Type	預約日期 Scheduled date	接種日期 Vaccination date	接種單位 Vaccination organization
出生 24 小時 內儘速接種 Inoculated within 24 hours of birth	B 型 肝 炎 免 疫 球 蛋 白 Hepatitis B immunoglobulin	一劑 1 dose	接種 年 月 日 Vaccination date Day Month Year 時間 時 分		
	B 型 肝 炎 疫 苗 Hepatitis B vaccine	第一劑 1st dose	接種 年 月 日 Vaccination date Day Month Year 時間 時 分		
出生滿 1 個月 1 month after birth	B 型 肝 炎 疫 苗 Hepatitis B vaccine	第二劑 2nd dose			
出生滿 2 個月 2 months after birth	13 價 結 合 型 肝 炎 鏈 球 菌 疫 苗 13-valent conjugate vaccine for hepatitis streptococcus	第一劑 1st dose			
	白喉破傷風非細胞性百日咳、b 型 嗜血桿菌及不活化小兒麻痺五合一 疫苗 Diphtheria, tetanus, acellular pertussis, B type Haemophilus and inactivated polio 5 in 1 vaccine				
出生滿 4 個月 4 months after birth	13 價 結 合 型 肝 炎 鏈 球 菌 疫 苗 13-valent conjugate vaccine for hepatitis streptococcus	第二劑 2nd dose			
	白喉破傷風非細胞性百日咳、b 型 嗜血桿菌及不活化小兒麻痺五合一 疫苗 Diphtheria, tetanus, acellular pertussis, B type Haemophilus and inactivated polio 5 in 1 vaccine				
※ 出生滿 5 個月 ※ 5 months after birth	卡 介 苗 BCG	一劑 1 dose			
出生滿 6 個月 6 months after birth	B 型 肝 炎 疫 苗 Hepatitis B vaccine	第三劑 3rd dose			
	白喉破傷風非細胞性百日咳、b 型 嗜血桿菌及不活化小兒麻痺五合一 疫苗 Diphtheria, tetanus, acellular pertussis, B type Haemophilus and inactivated polio 5 in 1 vaccine				
出生滿 12 個月 12 months after birth	母親為 B 肝 c 抗原陽性的寶實應抽血檢測 B 型肝炎表面抗原 (HBsAg) 及表面抗體 (anti-HBs) , 詳見第 228 頁。 Babies whose mothers are HBsAg positive should conduct blood tests of HBsAg and anti-HBs. For more information, please refer to page 229.				

※建議接種時間為出生滿5-8個月

※ Suggested age for vaccination: 5 to 8 months after birth

### 預防接種時程及紀錄表 (續)

Time schedule and record of vaccinations (continued)

適合接種年齡 Proper age for vaccination	疫苗 Type of vaccine	種類 Type	預約日期 Scheduled date	接種日期 Vaccination date	接種單位 Vaccination organization
出生滿 12 個月 12 months after birth	麻疹腮腺炎德國麻疹混合疫苗 Measles, mumps and rubella combined vaccine	第一劑 1st dose			
	水痘疫苗 Chickenpox Vaccine	一劑 1 dose			
出生滿 12 到 15 個月 12 to 15 months after birth	13 價結合型肺炎鏈球菌疫苗 13-valent conjugated pneumococcal vaccine	第三劑 3rd dose			
	A 型肝炎疫苗 (特定對象) Hepatitis A vaccine (specific subjects)	第一劑 1st dose			
出生滿 1 年 3 個月 1 year and 3 months after birth	日本腦炎疫苗 Japanese encephalitis vaccine	第一劑 1st dose			
	日本腦炎疫苗 Japanese encephalitis vaccine	隔 2 週第二劑 2nd dose after an interval of 2 weeks			
出生滿 1 年 6 個月 1 year and 6 months after birth	A 型肝炎疫苗 (特定對象) Hepatitis A vaccine (specific subjects)	隔 6 週第二劑 2nd dose after an interval of 6 weeks			
	白喉破傷風非細胞性百日咳、b 型 嗜血桿菌及不活化小兒麻痺五合一 疫苗 Diphtheria, tetanus, acellular pertussis, B type Haemophilus and inactivated polio 5 in 1 vaccine	第四劑 4th dose			
出生滿 2 年 3 個月 2 year and 3 months after birth	日本腦炎疫苗 Japanese encephalitis vaccine	第三劑 3rd dose			
滿 5 歲至入國小前 from 5 years old to the period before entering a primary school	減量破傷風白喉非細胞性百日咳及 不活化小兒麻痺混合疫苗 Reduction tetanus, diphtheria, acellular pertussis and inactivated polio mixed vaccine	一劑 1 dose			
	麻疹腮腺炎德國麻疹混合疫苗 Measles, mumps and rubella combined vaccine	第二劑 2th dose			
	日本腦炎疫苗 Japanese encephalitis vaccine	第四劑 4th dose			
國小一年級 Grade 1 in primary schools	卡介苗 (無接種紀錄且測驗陰性者 補種) BCG (those with no vaccination records and tested negative should be vaccinated)	一劑 1 dose			

\* 表列為目前由政府提供之預防接種項目，但 A 型肝炎疫苗僅提供特定對象接種（請參閱第 214 頁）。如有疑問請撥打各縣市衛生局預防接種專線或 1922 洽詢。

※ 本接種紀錄請家長務必永久保存，以備國小新生入學、出國留學及各項健康紀錄檢查之需。

\* The table illustrates various vaccination programs currently provided by the government. Hepatitis A vaccine inoculations are offered only to specific subjects (refer to page 215). If you have any questions, please call the preventive vaccination hotline in each county and city or call 1922.

※ Vaccination records should be properly stored permanently to prepare for inspections before entering a primary school, higher studies and other health check-ups.

### 預防接種時程及紀錄表（續）

Time schedule and record of vaccinations (continued)

[illegible]

※ 備註

(1) 8 歲以下幼兒初次接種流感疫苗應接種兩劑，第一、二劑間隔 4 週以上，其後每年應接種一劑。

國小學童於學校全面接種一劑。

(2) 本頁空白欄提供嬰幼兒及學幼童各項新增或自費接種疫苗登錄之需。

(3) 各項自費接種疫苗請明列疫苗名稱，以利接種資料之完整登錄與後續應接種劑別之評估。

※ Note

(1) Children under 8 years of age should receive 2 doses when inoculated with influenza vaccine for the first time with an interval of at least 4 weeks. After these 2 doses, children should be vaccinated once annually.  
One dose will be centrally vaccinated in primary school students.

(2) The blank column on this page is for added preventive vaccines or those at one's own expense for infants and young children

(3) Please record names of vaccinees at your own expense in order to facilitate a complete registration and follow up data of vaccination for future assessment.

### 預防接種時程及紀錄表（續）

Time schedule and record of vaccinations (continued)

[illegible]



新生兒篩檢紀錄表
 Neo-natal screening records

補助項目 Item	補助時程 Time schedule	建議年齡 Suggested age	檢查日期 Check-up date	採集 / 檢查院所 Collection/Check-up hospitals	結果 Results
新生兒先天性代謝異常疾病篩檢（見第36,38 頁） Screening of neo-natal congenital metabolic disorders (refer to page 37 and 39)	出生 1 個月內 Within 1 month after birth				<input type="checkbox"/> 異常 Abnormal <input type="checkbox"/> 無異常 Normal <input type="checkbox"/> 未 / 拒篩 Screening failed/rejected
新生兒聽力篩檢（見第40 頁） Neo-natal hearing screening (refer to page 41)	出生 3 個月內 Within 3 months after birth				左耳： <input type="checkbox"/> 通過 Pass Left ear: <input type="checkbox"/> 不通過 Not pass <input type="checkbox"/> 未 / 拒篩 Screening failed/rejected 右耳： <input type="checkbox"/> 通過 Pass Right ear: <input type="checkbox"/> 不通過 Not pass <input type="checkbox"/> 未 / 拒篩 Screening failed/rejected
大便卡篩檢第 2 次 ※ 2nd stool card screening※		出生滿 1 週內 Within 1 week after birth			<input type="checkbox"/> 正常 Normal <input type="checkbox"/> 不正常 Abnormal <input type="checkbox"/> 不確定或不知道 Uncertain or unknown
大便卡篩檢第 2 次 ※ 2nd stool card screening※		出生滿 1 個月接種 B 肝疫苗第 2 劑時 Receiving the 2nd dose of hepatitis B vaccine when your child turns 1 month old			<input type="checkbox"/> 正常 Normal <input type="checkbox"/> 不正常 Abnormal <input type="checkbox"/> 不確定或不知道 Uncertain or unknown
髖關節篩檢（見第42 頁） Hip screening (refer to page 43)					<input type="checkbox"/> 正常 Normal <input type="checkbox"/> 不正常 Abnormal <input type="checkbox"/> 不確定或不知道 Uncertain or unknown

※ 大便卡篩檢之重要性，請見第 32-33 頁；另請檢查院所協助將篩檢結果上傳至全國性預防接種資訊管理系統 (NIIS)，共同守護嬰兒健康（詳請洽轄區衛生局）。

※ For the importance of the stool card screening, please refer to page 32 and 33. Check-up institutions should assist in uploading the screening results to the national inoculation information system (NIIS) to co-safeguard the health of babies (for details, please contact the health bureau in your area).

兒童預防保健服務(含衛教指導)就醫憑證

Medical certificate for child preventive healthcare services (including health education)

兒童姓名：\_\_\_\_\_ 身分證字號：\_\_\_\_\_ 出生年月日：\_\_\_\_\_

次數 No. of visits	適用月 / 年齡 Applicable age	就醫序號 Sequence/Order code		就診日期 Date of visit	服務院所戳章 Medical institution stamp
		預防保健 Child preventive healthcare	衛教指導 Health education		
1	出生至 2 個月 Within 2 months after birth	11/71	01		
2	2 至 4 個月 2 to 4 months	12/72	02		
3	4 至 10 個月 4 to 10 months	13/73	03		
4	10 個月至 1 歲半 10 to 18 months	15/75	04		
5	1 歲半至 2 歲 18 months to 2 years old	16/76	05		
6	2 歲至 3 歲 2 to 3 years old	17/77	06		
7	3 歲至未滿 7 歲 3 to 7 years old	19/79	07		

- ※ 使用說明 (Instructions)：
- 請持本憑證就診，並經服務院所加蓋戳章，院所始得向國民健康署申請費用給付。
  - 未帶本憑證就診，院所無法提供兒童預防保健（含衛教指導）服務。
  - 表內序號業經服務院所加蓋戳章使用者，不得再使用同一序號（序號如有修改，依國民健康署公告為準）。
  - 兒童超過適用月 / 年齡之序號則作廢，不得再使用。
- Please carry this certificate during every visit and make sure that the institution stamps on this certificate for reimbursement application to the Health Promotion Administration (HPA).
  - The medical institution will not be able to provide child preventive healthcare services (health education) if you forget to carry this certificate during the visit.
  - Services provided for a specific order code in the table should not be repeated again (order code has been revised by HPA and henceforth new order code are to be used by the institutions)
  - Services for an order code cannot be provided, if missed during their preferred time.

兒童牙齒塗氟補助時程及記錄
 Children tooth fluoridization subsidy timetables and records

補助時程 Time schedule		日期 Date	服務項目 Service item			院所名稱牙醫師簽章 Name of hospital and signature of the doctor
			塗氟 Fluoridization	潔牙衛教 Health education of tooth cleaning	口腔檢查 Oral check-up	
6 個月—1 歲 6 months to 1 year old	第一次 1st		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
1 歲—1 歲半 1 year to 1 and a half years old	第二次 2nd		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
1 歲半—2 歲 1 and a half years to 2 years old	第三次 3rd		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
2 歲—2 歲半 2 years to 2 and a half years old	第四次 4th		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
2 歲半—3 歲 2 and a half years to 3 years old	第五次 5th		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
3 歲—3 歲半 3 years to 3 and a half years old	第六次 6th		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
3 歲半—4 歲 3 and a half years to 4 years old	第七次 7th		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
4 歲—4 歲半 4 years to 4 and a half years old	第八次 8th		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
4 歲半—5 歲 4 and a half years to 5 years old	第九次 9th		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
5 歲—5 歲半 5 years to 5 and a half years old	第十次 10th		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	
5 歲半—6 歲 5 and a half years to 6 years old	第十一次 11th		有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有 <input type="checkbox"/> Yes 無 <input type="checkbox"/> None	有齲齒 <input type="checkbox"/> With dental cavities 無齲齒 <input type="checkbox"/> Without dental cavities	

- \*衛生福利部心理及口腔健康司為了兒童口腔健康，補助未滿6歲兒童牙齒塗氟，由牙醫師每半年塗氟一次，口腔檢查及衛教，請家長多利用，不要放棄權利。
- \*口腔保健記得二要二不：
- 一要：睡前一定要刷牙，一天至少刷兩次。
- 二要：要有「氟」，包括使用含氟牙膏、每半年接受牙醫師塗氟及口腔檢查。
- 一不：不要傷害牙齒；少甜食，多漱口，絕對不要含奶瓶睡覺。
- 二不：不要以口餵食，家長們自己咀嚼過的食物不要再餵食寶寶。
- \* Mental and Oral Health Department, Ministry of Health and Welfare offers subsidy in fluoridization, oral check-ups and health education for children under 6 years old in order to promote children's oral health. The fluoridization process is conducted by dentists every 6 months. Parents should make good use of them and do not give up your rights.
- \* 2 dos and 2 don'ts in oral health care:
- 1st do: Do brush teeth before going to bed and brush them at least twice a day.
- 2nd do: Include "fluoride" in the oral care, such as using fluoride toothpaste, going to a dentist every 6 months for fluoridization and oral check-ups.
- 1st don't: Don't damage your teeth. Eat less desserts and brush your teeth more often. Never sleep with a milk bottle in the mouth.
- 2nd don't: Don't feed your baby with your mouth. Parents should not feed babies with food which has been chewed by them.



## To the parents

At the moment of the joyful birth of your baby, we dedicate the Children's Health Handbook to you. It must be used to record the baby's growth milestones and health details from birth to the period before entering an elementary school. It provides you with important information about your parental care.

At present, the Health Promotion Administration **provides children younger than 7 years old with preventive health care services**. We remind you that you should go to the Household Registration Office as soon as possible to register the birth of your baby and **apply for an insurance card**. If you have stated in your hospital the insurance which your baby is attached to and you have applied for an insurance card with no photos after delivery, the health care and insurance department will send you the baby's health insurance card after they receive information regarding your family details. If you have not stated or expressed your willingness, please apply for the health insurance and fulfill the procedures of your baby's health insurance card in related institutions in order to safeguard your baby's rights to medical care. **Those children who have not received health insurance cards within 60 days of birth can enjoy children's preventive health care services under their parents' insurance.**

Please properly preserve this handbook together with the baby's health insurance card. Bring them with you during each vaccination or medical treatment for reference by the medical staffs.

Bless your whole family with safety and health!

**If the baby's health insurance card does not work, please call the health care consulting service hotline: 0800-030-598 or apply for a re-issuance of the card with the service group in each region of the health insurance department.**

### Helpful Tips

- **We should love boys and girls equally:** The era of gender equality and eliminating gender discrimination has arrived. The civil law protects both genders equally. In terms of social and political participation as well as rights to social customs, there are no differences between the two genders. We should love boys and girls equally (refer to page 203).
- **Breast milk is the best baby food:** Please provide your baby with breast milk (refer to page 29). Provide your baby with a healthy, safe and smoke-free environment to grow (refer to page 205).
- **When the newborn comes home:** Make sure that your baby has received a neo-natal screening for congenital metabolic disorders (refer to page 37). Referring to the stool card (refer to page 33), you should observe your baby's stool and compare its color to the card everyday. Besides, babies under 1 year old should not be fed with honey to protect them from botulism.
- **Babies need health check-ups too:** Growth and development of babies are a constant process. Please check your children's developmental milestones at various ages in the handbook according to your baby's actual age (please use adjusted ages for premature babies). We recommend that you make good use of preventive health services for your baby and choose a pediatrician or general practitioner for him or her to conduct evaluation and developmental health check-ups and protect your children's health.
- **Please make good use of preventive health services for children:** When the baby turns one month old, he should be provided with health check-ups in institutions offering children's preventive health services. At present, the Health Promotion Administration provides children younger than 7 years old with 7 times preventive health care services. For specific time schedules and check-up items, please refer to page 7. When you notice growth problems or parenting related issues, please record them on this handbook before going to a hospital (page 63 to 127) for the reference of the medical staff.
- **Be sure that your baby's yellow card is permanently preserved:** Baby's preventive health care and vaccination records (a yellow card, the pullout page before the handbook pages) should be permanently preserved. It will be used in the future when your child enters a primary school or when he is going to study abroad! When the handbook is accidentally lost or damaged, you can go to the nearest clinic or the primary examination (inoculation) medical institutions and ask for a replacement.



# 寶寶出生狀況紀錄表

## Baby's Birth Condition Records

寶寶出生時間：\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日\_\_\_\_\_時\_\_\_\_\_分  
Baby's Birth Condition Records Year Month Day Hour Minute

懷孕週數：\_\_\_\_\_週 預產期：\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日  
Weeks of Pregnancy Weeks Due Date Year Month Date

生產方式：☐ 自然生產 ☐ 真空吸引 ☐ 產鉗 ☐ 剖腹產  
Delivery Method Natural Birth Vacuum Extraction Forceps C-section

Apgar分數：1分鐘 \_\_\_\_\_ 5分鐘 \_\_\_\_\_  
Apgar Points 1 minute 5 minutes

體重 \_\_\_\_\_ 公克 身長 \_\_\_\_\_ 公分  
Weight gram Height cm

頭圍 \_\_\_\_\_ 公分 胸圍 \_\_\_\_\_ 公分  
Head Circumference cm Chest circumference cm

☐ 已確認「**母親乙型鏈球菌篩檢**」結果（參閱孕婦健康手冊）

Confirmed "**Maternal beta streptococcus screening**" Results (please refer to Maternal Health Handbook)

※ 特定疾病篩檢及結果，請記錄於前面黃卡拉頁之新生兒篩檢記錄表

Please record the screenings and the results of the tests for specific diseases, in the neo-natal screening records on the previous yellow pages

寶寶出生時照片  
Baby's birth photos



寶寶出生時腳印  
Baby's birth footprints



接生醫療院所：

Baby's birth photos



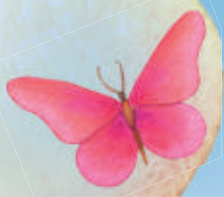


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# 兒童預防保健服務補助時程及服務項目

補助時程		建議年齡	服務項目
出生六天內	新生兒	出生六天內	<p>身體檢查：身長、體重、頭圍、營養狀態、一般外觀、頭、眼睛、耳、鼻、口腔、頸部、心臟、腹部、外生殖器及肛門、四肢（含髖關節篩檢）、皮膚及神經學檢查等。</p> <p>篩檢服務：新生兒先天性代謝異常疾病篩檢（出生滿48小時）、新生兒聽力篩檢。</p>
出生至二個月	第一次	一個月	<p>身體檢查：身長、體重、頭圍、營養狀態、一般檢查、瞳孔、對聲音之反應、唇顎裂、心雜音、疝氣、隱睾、外生殖器、髖關節篩檢。</p> <p>問診項目：餵食方法。</p> <p>發展診察：驚嚇反應、注視物體。</p>
二至四個月	第二次	二至三個月	<p>身體檢查：身長、體重、頭圍、營養狀態、一般檢查、瞳孔及固視能力、肝脾腫大、髖關節篩檢、心雜音。</p> <p>問診項目：餵食方法。</p> <p>發展診察：抬頭、手掌張開、對人微笑。</p>
四至十個月	第三次	四至九個月	<p>身體檢查：身長、體重、頭圍、營養狀態、一般檢查、眼位瞳孔及固視能力、髖關節篩檢、疝氣、隱睾、外生殖器、對聲音之反應、心雜音、口腔檢查。</p> <p>問診項目：餵食方法、副食品添加。</p> <p>發展診察：翻身、伸手拿東西、對聲音敏銳、用手拿開蓋在臉上的手帕（四至八個月）、會爬、扶站、表達“再見”、發ㄣ、ㄇ、ㄣ、ㄣ音（八至九個月）。</p> <p>*牙齒塗氟：每半年1次。</p>
十個月至一歲半	第四次	十個月至一歲半	<p>身體檢查：身長、體重、頭圍、營養狀態、一般檢查、眼位、瞳孔、疝氣、隱睾、外生殖器、對聲音反應、心雜音、口腔檢查。</p> <p>問診項目：固體食物。</p> <p>發展診察：站穩、扶走、手指拿物、聽懂簡單句子。</p> <p>*牙齒塗氟：每半年1次。</p>
一歲半至二歲	第五次	一歲半至二歲	<p>身體檢查：身長、體重、頭圍、營養狀態、一般檢查、眼位【須做斜弱視檢查之遮蓋測試】、角膜、瞳孔、對聲音反應、口腔檢查。</p> <p>問診項目：固體食物。</p> <p>發展診察：會走、手拿杯、模仿動作、說單字、瞭解口語指示、肢體表達、分享有趣東西、物品取代玩具。</p> <p>*牙齒塗氟：每半年1次。</p>
二至三歲	第六次	二至三歲	<p>身體檢查：身長、體重、營養狀態、一般檢查、眼睛檢查、心雜音、腔檢查。</p> <p>發展診察：會跑、脫鞋、拿筆亂畫、說出身體部位名稱。</p> <p>*牙齒塗氟：每半年1次。</p>
三至未滿七歲	第七次	三至未滿七歲	<p>身體檢查：身長、體重、營養狀態、一般檢查、眼睛檢查【得做亂點立體圖】、心雜音、外生殖器、口腔檢查。</p> <p>發展診察：會跳、會蹲、畫圓圈、翻書、說自己名字、瞭解口語指示、肢體表達、說話清楚、辨認形狀或顏色。</p> <p>*牙齒塗氟：每半年1次。</p> <p>※ 預防接種是否完整。</p>

\* 牙齒塗氟由牙醫師執行



# Subsidy schedule for children's preventive care and service provided

Time schedule	Suggested age	Service item	
Within 6 days of birth	New born	Physical exam:	Height, Weight, Head circumference, Nutritional status, General appearance, Head, Eyes, Ears, Nose, Mouth, Neck, Heart, Abdomen, Externalia and Anus, Limbs (including hip screening), Skin and Neurological exams, etc.
		Screening service:	Screening of neo-natal congenital metabolic dysfunctional diseases (48 hours after birth), neo-natal hearing screening.
Within 2 months of birth	First time	Physical exam:	Height, Weight, Head circumference, Nutritional status, General appearance, Pupils, Responses to sounds, Cleft Lip and Palate, cardiac murmur, Colic, Cryptorchidism, Externalia, Hip screening.
		Inquiry item:	Feeding methods.
		Developmental diagnosis and observation:	Startle reaction, object gazing.
2 to 4 months	Second time	Physical exam:	Height, Weight, Head circumference, Nutritional status, General appearance, Pupils and Fixation Vision, Hepatosplenomegaly, Hip screening, Cardiac murmur.
		Inquiry item:	Feeding methods.
		Developmental diagnosis and observation:	Head raising, Palms opening, Smiling.
4 to 10 months	Third time	Physical exam:	Height, Weight, Head circumference, Nutritional status, General appearance, Pupils and Fixation Vision, Hip screening, Colic, Cryptorchidism, Responses to sounds, Cardiac murmur, Oral exam.
		Inquiry item:	Feeding methods, introduction of solid food.
		Developmental diagnosis and observation:	Turning over, grabbing things, alert to sounds, revealing handkerchief with hands (4 to 8 months), crawling, standing with support, expressing "goodbye", pronouncing ㄅ ㄗ and ㄊ ㄋ (8 to 9 months).
		*Teeth smeared with fluoride:	once every six months.
10 to 18 months	Fourth time	Physical exam:	Height, Weight, Head circumference, Nutritional status, General appearance, Eyes location, Pupils, Colic, Cryptorchidism, Externalia, Responses to sounds, Cardiac murmur, Oral exam.
		Inquiry item:	Solid food.
		Developmental diagnosis and observation:	Standing firmly, walking with support, holding things, understanding simple sentences.
		*Teeth smeared with fluoride:	once every six months.
18 months to 2 years old	Fifth time	Physical exam:	Height, Weight, Head circumference, Nutritional status, General appearance, Eyes location (cover test to exam strabismus and amblyopia), Cornea, Pupils, Responses to sounds, Oral exam.
		Inquiry item:	Solid food.
		Developmental diagnosis and observation:	Walking, holding a glass, imitating, speaking single words, understanding oral instructions, body language, sharing interesting things, substituting toys with objects.
		*Teeth smeared with fluoride:	once every six months.
2 to 3 years old	Sixth time	Physical exam:	Height, Weight, Nutritional status, General exam, Eye exam, Cardiac murmur, Oral exam.
		Developmental diagnosis and observation:	Running, taking off shoes, drawing with pens, saying names of body parts.
		*Teeth smeared with fluoride:	once every six months.
3 to less than 7 years old	Seventh time	Physical exam:	Height, Weight, Nutritional status, General exam, Eye exam (random dots stereogram test), Cardiac murmur, Externalia, Oral exam.
		Developmental diagnosis and observation:	Jumping, squatting, drawing circles, turning pages, telling their own names, understanding oral instructions, body language, speaking clear, identifying shapes and colors.
		*Teeth smeared with fluoride:	once every six months.

※ Completion of preventive inoculation.

\* Fluoridization of teeth executed by doctors



生日

\_\_\_ / \_\_\_ / \_\_\_

出生至二個月

預定檢查日期：

\_\_\_ / \_\_\_ / \_\_\_前

十個月至一歲半

預定檢查日期：

\_\_\_ / \_\_\_ / \_\_\_前

一歲半至二歲

預定檢查日期：


\_\_\_ / \_\_\_ / \_\_\_前

## 每個孩子都是寶 預防保健不能少

在寶寶七歲內，請攜帶本手冊接受兒童預防保健服務（僅需支付掛號費）。新生兒出生60日內未領健保卡者可依附父母接受檢查。

領到兒童健康手冊時，請先填上寶寶生日，再分別加上二個月、四個月等時程，以提醒在此日期前帶寶寶接受健康檢查。





## 二至四個月

預定檢查日期：

\_\_\_ / \_\_\_ / \_\_\_前

## 四至十個月

預定檢查日期：

\_\_\_ / \_\_\_ / \_\_\_前

## 二至三歲

預定檢查日期：

\_\_\_ / \_\_\_ / \_\_\_前

## 三歲至未滿七歲

預定檢查日期：

\_\_\_ / \_\_\_ / \_\_\_前

如果寶寶生日為103年04月04日，則填入  
生日103/04/04；出生至二個月填103/06/04  
二至四個月填103/08/04；四至十個月填104/02/04  
，並依此類推。



**Birthday**

\_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Within 2 months after birth**

**Scheduled  
check-up date:**

Before \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**10 to 18 months**

**Scheduled  
check-up date:**

Before \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**18 months to 2 years old**

**Scheduled  
check-up date:**

Before \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## **Every child is precious Preventive care cannot be forgotten**

Please bring this handbook to receive the children preventive care services (you only need to pay the registration fee) within two months of the baby's birth. Within 60 days after birth, if your child has not received a health insurance card, he can be examined by relying on the insurance card of either of his parents.

After receiving the children health handbook, please fill in your baby's birthday. Then add the ages such as two months, four months, etc. to remind you of the dates when you should take your baby to receive check-ups.





**2 to 4 months**

Scheduled  
check-up date:

Before \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**4 to 10 months**

Scheduled  
check-up date:

Before \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**2 to 3 years old**

Scheduled  
check-up date:

Before \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**3 to 7 years old**

Scheduled  
check-up date:

Before \_\_\_\_ / \_\_\_\_ / \_\_\_\_

If your baby was born on Apr. 4th, 2014, then you should fill in 14/04/04 in the "birthday" blank. Fill in 14/06/04 in the blank of "within 2 months after birth". Fill in 14/08/04 in the blank of "2 to 4 months". Fill in 15/02/04 in the blank of "4 to 10 months", etc.

# 給新手爸媽的話

初為人父母是前所未有的經驗，照顧寶寶既愉悅，卻也會讓人焦慮、勞累不已。您與另一半需要相互打氣、彼此感謝，共同分擔照顧的工作。也請別忘了善待自己，讓自己可以適時放鬆一下。

## 新手媽媽小叮嚀

- 寶寶出生後，您的個人時間會變少。為了專心照顧寶寶和您自己，應該勇於向家人提出請求幫忙分擔家務，或尋求外界的協助，直到生活模式穩定下來。
- 照顧並了解自己與家人的需要。有時不妨請家人協助照顧寶寶，出去散步或游泳、與朋友聊天喝咖啡，甚至換個新髮型或買本雜誌閱讀，讓自己放鬆一下。
- 經歷懷孕和分娩之後，您需要至少9個月來調整身體，因此不建議您進行減肥。請均衡飲食，並配合運動，才有助於復原。

## 每日飲食指南



來源：衛生福利部國民健康署 (<http://www.hpa.gov.tw>)

## 新手爸爸小叮嚀

- 協調工作分配很重要，可依據夫妻雙方每天之時間規劃或擅長的工作來分攤，如洗澡、換尿布等。孩子逐漸長大，會睡不安穩！若覺得不堪負荷或影響到工作，務必與另一半討論解決方法。
- 孩子長大後，會越來越有自己的想法，不再只是黏在您身旁。您必須讓孩子感受到您的關愛，主動參與他們生活上的每件事。
- 即便忙碌了一整天，下班後仍需要用點時間陪孩子玩耍或閱讀。
- 請記得善待自己，讓自己也能喘息一下，像是參加朋友聚會或去運動。

# Words for new parents

Being new parents is an unprecedented experience. Taking care of babies will make you happy, anxious and feeling tired at the same time. You need to encourage and express your gratitude to each other, while taking care of your baby together. Do not forget to take care of yourself by relaxing from time to time.

## Reminders for new mothers

- After your baby is born, you will have less personal time. To focus on taking care of your baby and yourself, you should ask family members to shoulder the chores around the house or ask others for help until your living routine is stabilized.
- Take care of your family and know about their needs. Sometimes, you can just ask a family member to take care of the baby and during that time, you can go for a walk, go for a swim, chat with your friends and have a cup of coffee. Or you can change a hairstyle, buy a magazine and give yourself a break.
- After experiencing pregnancy and delivery, you need at least 9 months to adjust yourself. Thus, losing weight during this period is not recommended. Please eat a balanced diet and exercise regularly, which is helpful for your recovery.

## Daily diet guidelines



Source: Health Promotion Administration, Ministry of Health and Welfare (<http://www.hpa.gov.tw>)

## Reminders for new fathers

- Coordinating and assigning work is vital, which can be done according to the couple's time schedule and specially including bathing the baby and changing diapers. As your baby is growing up, you may find it hard to sleep well! When you feel exhausted or your work has already been affected, please remember to discuss it with your spouse and work it out.
- When your children have grown up, they may have their own ideas rather than just sticking around you. You need to make your children understand and feel your love and actively participate in their everyday lives.
- You need to play or read with your children even after a busy day.
- Please remember to take care of yourself, give yourself a break by taking part in your friends' party or doing some exercises.



# 爸媽的心理調適

一旦為人父母，自然而然想為您的孩子和家人做到最好。請記得您是獨特的個體，也是獨特的父母，要照顧好自己。而保持規律運動，有助於消除緊張壓力，並常保健康活力。最重要的是，在工作、家庭和自己的需求上找到平衡點。

## 保持規律運動

- 運動是生活中很重要的一部分，它能幫助您放鬆，並且讓您更有活力。
- 您可以透過親子活動來放鬆身心，並且達到運動的需求，例如：
  - 用嬰兒車載著孩子，全家一起出門散步。
  - 和家人一起去游泳。
  - 和孩子一起去公園玩耍。

## 重回工作崗位以後

- 產假或陪產假即將結束，必須重返工作崗位，您可能會面臨以下問題，讓您備感壓力甚至精疲力竭，比方說：
  - 得將孩子送到托嬰中心，或請保母照顧孩子。
  - 必須送其他學齡期的孩子上學。
  - 您需要全神貫注地工作，因此面臨工作上的壓力。
  - 需配合工作而調整孩子的作息，親子適應過程可能較辛苦。
- 孩子逐漸長大，形成新的生活模式。每1次調適都不輕鬆，這是為人父母必經的學習過程，您會習慣生活上的變動和新安排。
- 最重要的是，在工作、家庭和自己的需求上找到最佳的平衡點。

## 照顧自己和您的至親

- 為人父母需要學習務實。不要對您自己或其他人期望太高，也不要對自己和家人的付出視為理所當然。
- 相信自己的能力。您做得非常好，而且每一天都在學習新的事物。
- 定期獎賞自己。放鬆或做一些開心的事情，像是找時間去散步，和父母、另一半還是朋友享受一頓美好的晚餐。
- 沒有人是完美的，所有父母都有不足之處，不必太在意，從中記取經驗比相互指責更為重要。
- 有時候您可能不同意另一半的作法或想法，適當表達您的感受，並且與另一半共同商量解決方法。
- 請別在孩子面前吵架。
- 如果問題很難解決，請尋求外界支援。

# Parents' psychological adjustment

Of course you want to do your best for your baby and your family as soon as you become a parent. Please remember that you are unique, a unique parent. Take care of yourself. Exercising regularly helps relieve anxiety and pressure and is also beneficial for keeping yourself healthy and energetic. Most importantly, find a balance among work, family and your own demands.

## Exercise regularly

- Exercise is an important part of life which will help you relax and keep you energetic.
- You can relax through parent-child activities and thus meet the demand for exercises. For example:
  - Carry your baby in a stroller. The whole family can take a walk together.
  - Go for a swim with your family.
  - Play with your children in a park.

## After returning to work

- When the end of your maternal leave or parental leave is imminent and you have to get back to work, there are some problems that you may encounter which may leave you exhausted or pressured, such as:
  - You need to send your kids to a nursery or hire a babysitter.
  - You need to send school-age children to school.
  - You need to focus on your job. Therefore, you should expect pressure from work.
  - You need to adjust your children's daily life in accordance with your work. Parent-child adjustment process may be tiring.
- Along with your children's growth, you will form a brand new living routine. It is not easy to adjust every time. Every parent has to learn it and get used to the changes in your life and in making new arrangements.
- Most importantly, find a balance among work, family and your own demands.

## Take care of yourself as well your loved ones

- Parents need to be pragmatic. Do not expect too much from yourself or from others. Do not take your own or your family's efforts for granted.
- Trust your own abilities. You are doing great. Every day, you are learning something new.
- Reward yourself regularly. Relax or do something that makes you happy such as go for a walk, or enjoy a dinner with your parents, spouse or friends.
- Nobody is perfect, every parent has flaws. Do not care too much about it. Learning from experience is more important than blaming each other.
- Sometimes you may disagree with your spouse, express properly about how you feel and discuss the solution together.
- Do not argue in front of your kids.
- Find support when the problem is hard to solve.

# 給單親爸爸媽媽

現今社會越來越多孩子來自單親家庭。孩子面臨家庭結構的改變，常常無法適應；家長則因為必須身兼數職而分身乏術。為了照顧孩子的需求與感受，並協助您滿足自己的需要，以下建議提供您參考。

## 心理上的調適

- 保持樂觀的態度，看待每一天的驚喜和挑戰。
- 為了您的家庭著想，應好好照顧自己。均衡飲食，並得到足夠的休息、運動和睡眠。
- 留一個時間去做自己喜歡的事情，像是和朋友看電影、唱歌等社交活動。
- 不要對您的孩子感到內疚，很多家庭也有同樣遭遇，您不需要懲罰自己，或是用溺愛來彌補孩子。覺得自己有罪並不會讓生活美滿。
- 別鑽牛角尖，執著於不存在的問題。很多單親家庭的孩子都可以幸福快樂的長大，單親家庭不代表會遇到更多問題，或是需要解決更多的問題。

## 家庭生活的安排

- 尋求外界的協助，例如保母或是幼兒園，在您上班的時候，幫忙照顧孩子。
- 對孩子訂定一個合理的規則，並且堅決實行。當規則清楚且貫徹一致時，孩子會有安全感，並且萌生責任感。等到孩子能接受更大的責任時，您再擴充規則的內容，藉以培養孩子的責任感。
- 每天安排一些時間與孩子相處，例如聊天、玩耍、閱讀、看功課或陪同看電視。
- 經常讚美您的孩子，表現出真正的愛，無條件的付出，積極支持您的孩子。

## 對外尋求支援

- 與親戚朋友保持良好關係，有時他們可以幫忙照顧孩子。
- 與其他家庭建立友誼，這些朋友會分享訊息，提供協助照顧孩子的管道或方法，也會介紹可靠的保母，或本身就願意幫忙帶孩子。
- 與可信賴的親人、朋友和兒科或家醫科醫師等專業人士討論孩子的行為、生長發展與家庭的關係等問題。





## Words for single parents

Nowadays, more and more children are from single parent families. It is difficult for children to adapt themselves to the change in family structure. The single parent must perform the dual role of mom and dad at the same time which makes them tired. To consider demands both from yourself and your kids, here are some suggestions you may refer to.

### Psychological adjustment

- Be optimistic and face every day's surprises and challenges.
- For your family's sake, you should take good care of yourself. Eat a balanced diet and get adequate rest, exercise and sleep.
- Spare yourself sometime to do something you like, for example, going for a movie or singing with your friends.
- Do not feel guilty about your kids. Many families confront a similar situation like yours. You do not need to punish yourself or spoil your children to make compensation. Feeling guilty will not make your life better.
- Do not get stubborn over things that do not exist. Many children coming from a single parent family can grow up happily. A single parent family does not necessarily mean facing or dealing with more problems.

### Plan for your family life

- Ask for help, such as, finding a nanny or sending your children to a kindergarten. Your children will then be taken care of when you are off at work.
- Make rational rules with your kids and execute them accordingly. When rules are explicit and implemented consistently, your children will feel safe and learn to take responsibility. When your children are ready to take more responsibilities, you can then update your rules to nurture their sense of duty.
- Arrange some time to be together with your children, such as chatting, playing, reading, doing homework or watching TV with them.
- Compliment your children often, show them your authentic love, give them whatever you can unconditionally and support them actively.

### Ask for help

- Keep good relationships with relatives and friends. Sometimes, they can be of great help to take care of your children.
- Bond with other families. They will share information with you and provide channels or methods to take care of your kids. They will introduce reliable nannies to you or they themselves are willing to help out.
- Discuss with reliable families, friends, or professionals like pediatricians or general practitioners about issues including children's behavior, development and their relationships with family members.

## 給多胞胎爸爸媽媽

對您和家人來說，幾個小寶貝一口氣同時加入家庭生活，這是何等熱鬧開心的事。但是在實際生活中，您勢必要面臨更多的育兒工作和挑戰。

- 您可能需要更大的住家空間或較大的車子，以便容納多位家庭成員。
- 每個孩子都是獨特的，提醒您的家人或朋友，別把孩子們當作「雙胞胎」或「三胞胎」，必須視他們為獨特的個體。您可以參照下列技巧：
  - 叫孩子的時候，請呼喚他們自己的名字，不要以類似「雙胞胎」之類的稱號叫他們。
  - 和每個孩子單獨交談並且用眼神接觸。
  - 安排時間與每個孩子單獨相處，例如，輪流與每個孩子一起去購物。
  - 鼓勵每個孩子的獨特性，例如讓他們有不同的穿著樣式。

### 孕產婦關懷專線

0800-870870（0800-抱緊您抱緊您）

- 專人諮詢
- 產前諮詢
- 產後諮詢
- 親職諮詢



### 孕產婦關懷網站

<http://mammy.hpa.gov.tw/>

- 孕產知識
- 產檢管理
- 健康管理
- 媽媽日記



# Words for parents with more than one child

It is such a pleasant thing for you and your family to have babies coming in your life. But in reality, you are facing multiple work and challenges.

- You may need a more spacious house and a bigger car to contain multiple family members.
- Every child is unique. Remind your families and friends to not treat children as "twins" or "triplets". They have to be seen as unique individuals. You may refer to these tips:
  - Please call your children by their names rather than with words like "twins" or others.
  - Communicate with each child separately and maintain eye contact.
  - Arrange your schedule to spend time with your each child alone such as going for shopping with each of them alone in turns.
  - Encourage your children to develop their own personalities allowing them to dress up differently than their siblings.

## Maternal care hotline

0800-870870 (0800-We will hug you tight)

- Specialist consulting
- Pre-natal consulting
- Post-natal consulting
- Parenting consulting



## Maternal care website

<http://mammy.hpa.gov.tw/>

- Maternal knowledge
- Pre-natal check-ups management
- Health management
- Mom's diary





# 新生兒照顧錦囊

新生小寶寶的到來，對爸媽來說，人生的意義與過去大不相同，寶寶抱在懷裡，責任加重，卻也是最甜蜜的負擔。以下說明幾種照顧寶寶的入門技巧。

## 正確抱寶寶的方式



第一步：**把手放在寶寶頭下**

剛出生不久的新生兒，頭大身子小，**頸部肌肉發育不成熟**，沒有足夠力量支撐頭部重量，故家長須把一隻手輕輕地放到寶寶頭下，用手掌包住整個頭部並**托住頸部**，以支撐寶寶的頭。



第二步：**另一隻手抱寶寶臀部**

穩住頭部後，再把另一隻手放到寶寶的臀部下面，手掌包住整個臀部，力量集中在兩手手腕上。



第三步：**慢慢把寶寶的頭托起來**

慢慢地把寶寶的頭托起來，但一定要注意頸部，否則寶寶的頭會往後仰而感到不舒服。家長要用腰部和手部力量配合，讓寶寶躺在臂彎中，貼近胸口處，這時也可以較為放鬆。

- 一般來講，1-2個月的寶寶盡可能橫抱在臂彎中，3個月後就可以豎著抱起。任何時候動作要輕柔，注意保護寶寶的頸部，讓寶寶感覺舒服。
- 由於胎兒在母體內已習慣母親的心跳節律，抱著寶寶緊貼左胸，傾聽爸媽的心跳聲，當他聽到熟悉的聲音時，會有安全感，更容易適應其情境，從而使寶寶情緒平復下來。
- 抱著寶寶時，多和他說話，並有目光的交流。這種感情交流，對孩子大腦發育、精神發育，以及身體生長都有著極大的好處。

# Neo-natal care knowhow

The birth of babies makes a difference to the parent's lives. Holding your baby in your arms will make you feel responsible, it's like a sweet burden.

## Correct ways of holding your baby



1

### Step 1: Put your hand under your baby's head

Newborns tend to have bigger heads and smaller bodies, and **due to immature development of the neck muscles**, they do not have enough strength to hold the weight of their head. Thus, parents should put one of their hands under the baby's head, with the palm **holding the entire head and neck** to support them.



2

### Step 2: Hold the baby's hip with the other hand

When you have stabilized the head, put the other hand under your baby's hip, with the palm holding the whole hip. Your strength should be focused on your wrists.



3

### Step 3: Hold your baby's head up straight slowly

Hold your baby's head up straight slowly and mind the neck. Or, the baby will feel uncomfortable with its head leaning back. Parents should use strengths from waist and hands, making their babies lying in their arms and close to their chests which will make them relaxed.

- Generally, hold babies of 1 or 2 months in your arms. After they are 3 months old, they could be held straight up. Every move should be tender and soft. Remember to protect babies' neck to make them feel comfortable.
- Fetus is used to mothers' cardiac rhythm when in the womb. When holding your babies, keep them close to your left chest and let them listen to your heart beat. When they hear the familiar sound, they will feel safe. Thus, it is easier for them to adapt to new environments and make them feel calm. Talk to your baby and make eye contact when you are holding him.
- It is beneficial for the baby's brain development and mentality as well as for its growth through this emotional contact.

# 新生兒照顧錦囊

## 如何幫寶寶洗澡？

洗澡前，**先放冷水再放熱水**，並確認門窗留有通風口，水溫保持在 **38-40°C** 間。準備寶寶洗澡用品，如：寶寶專用沐浴乳、毛巾、紗布巾等，且換洗衣物與尿布應放在就近的位置以方便拿取，接著就可按下面的步驟幫寶寶洗澡了：

1. 脫掉寶寶身上衣服並以衣物或浴巾蓋在身上。
2. 沾濕毛巾或紗布巾，從寶寶內眼擦向外眼並清潔鼻孔、耳朵和臉部。
3. 用少量沐浴乳輕搓頭髮。**沖水前須用手指壓蓋住寶寶耳朵**，避免水流到耳朵裡（如下圖1）。
4. 簡單擦乾頭髮後，在寶寶身上先拍點水以適應水溫（如下圖2）。
5. 讓寶寶枕在前臂，且手要抓著寶寶的腋下及手臂，再將寶寶臀部放入澡盆中（如下圖3）。
6. 用少量寶寶專用沐浴乳塗抹身體，注意脖子、腋下、大腿、股溝處等皺褶部位，再沖水洗淨。
7. 用浴巾包好擦乾，迅速幫寶寶包尿布穿上衣服。

＊ 切記，即便水很淺也**不可獨自留寶寶在澡盆裡**。



## 寶寶哭了怎麼辦？

- 哭是寶寶向您表達需求的一種方式。
- 寶寶情緒不佳時，寶寶有能力讓自己冷靜並調整情緒，像是：吸吮自己的手、觸碰或撫摸自己的手腳、與您眼神交流或觸摸您。
- 如果寶寶整晚持續哭鬧，可能是希望您在旁陪伴，以下提供一些安撫寶寶的技巧。想改變寶寶的睡眠習慣，得花上一至兩個星期，持續努力終可成功。
  - 當寶寶哭鬧時，請留意可能的問題及其需求，並給予適度的安撫。
  - 不要劇烈搖晃寶寶。
  - 輕聲細語跟寶寶說話並撫摸寶寶的背部，來緩和情緒。
  - 如果寶寶已被安撫，勿逗留在寶寶的房間裡。
  - 如果寶寶又醒來和哭鬧，請重複以上的步驟。
  - 這段時間不要餵食、逗玩寶寶，才可以讓寶寶學習安撫自己的情緒並再次睡著。
  - 隔天別忘了讚賞寶寶的努力。



# Neo-natal care knowhow

## How to bath your baby?

Before taking a bath, **please turn on the cold pipe before the hot one**. Make sure that there is ventilation from the windows and the door. Keep the water temperature in the range of **38-40°C**. Getting the bathing goods ready for the bath, such as: baby-specific body wash, towels, cloth towels, etc. Clothes for change and diapers should be placed within reach. Then you may bath your baby according to following procedures:

1. Take off your baby's clothes and cover the baby with those clothes or bathing towels.
2. Clean your baby's eyes from inside to outside, then clean nostrils, ears and the face with wet towels or cloth towels.
3. Rub the hair with a small amount of body wash. **Cover the baby's ears with your fingers before showering with water**. Prevent water from getting into ears (See figure 1 below).
4. After drying the hair, brush the body with some drops of water to get the baby adapted to the water temperature (See figure 2 below).
5. Holding the baby with his head on the forearm. Then, put the baby's hip into the bathing tub (See figure 3 below).
6. Apply a small amount of baby-specific body wash to the baby's body. Mind the wrinkled parts like the neck, armpits, thighs, groins etc. and then wash with water.
7. Dry the body with a bathing towel and quickly help your baby wear a diaper and clothes.

★ Remember that even though water is shallow, **do not leave your baby in the tub alone**.



Cover your baby's ears with your fingers

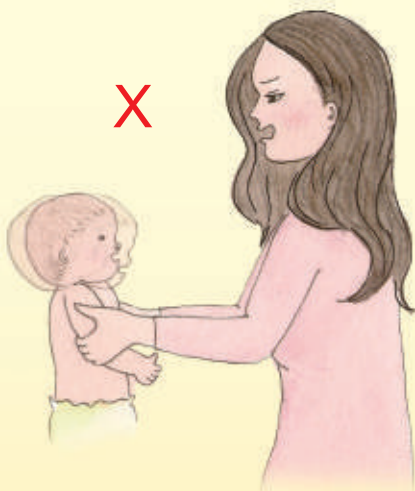
## What to do when your baby is crying?

- Babies cry in order to express their needs to you.
- When babies are not in a good mood, they are able to cool themselves down and adjust their feelings through sucking their own fingers, touching or fondling their hands and feet, keeping eye contacts with you or touching you.
- If babies cry the whole night, it is possible that they want your company. Here are some tips of comforting babies below. It takes 1 or 2 weeks to change babies' sleep habits. It will work out finally if you keep trying.
  - When babies are crying, pay attention to their possible problems and needs. Comfort them properly.
  - Do not shake your babies harshly or violently.
  - Speak tenderly with your babies and touch their backs to ease their tensions.
  - When babies are comforted, please do not linger in the room.
  - Please follow the procedures mentioned above when your baby wakes up and cries again.
  - Do not feed or play with your babies during this time. Let them learn to calm themselves down and fall asleep again.
  - Do not forget to compliment your babies' efforts the other day.

# 新生兒照顧錦囊

## 不要劇烈搖晃嬰兒

- 寶寶哭泣是和大人溝通的一種方式，需要家長耐心安撫，不可以劇烈搖晃、旋轉或將寶寶拋到床上；如果照顧者情緒無法控制，請向親友尋求協助。
- 嬰兒搖晃症候群大部分發生在2歲以下兒童，尤其是小於6個月的嬰兒。可能出現的症狀有：嗜睡、急躁不安、抽筋、意識受損、嘔吐、食慾不振及呼吸異常等。
- 一旦發生應盡速就醫，由醫護人員給予適當的治療。在就診時不要因為困窘或罪惡感不敢告知醫師，及早的診治往往有助於避免無法挽回的結果，更能減少後遺症的發生。



## 嬰兒猝死症防治評估表

以下指標請家長核對，若未符合，請儘速改善，以降低嬰兒猝死之風險。

- ☐ 每次睡眠都仰睡。
- ☐ 哺餵母乳。
- ☐ 嬰兒不與其他人同睡，建議與父母同室不同床。
- ☐ 一個月之後，可考慮在睡眠時使用奶嘴。奶嘴不可懸掛於嬰兒頸部或附著於嬰兒衣物上。
- ☐ 勿讓嬰兒趴睡在父母或照顧者身上。

### 小提示

#### 未來懷孕時應：

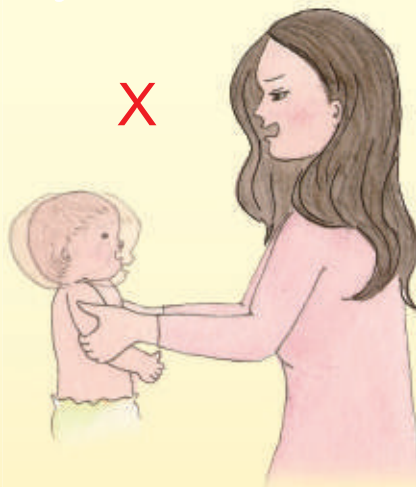
- 接受例行產前檢查
- 避免吸菸及暴露二手菸、或三手菸
- 避免喝酒與使用非法藥物



# Neo-natal care knowhow

## Do not shake your babies harshly or violently

- Babies cry to communicate with adults and they need to be comforted with patience. Do not shake your babies harshly or violently, rotate them or put them in bed. If you cannot control your emotion, ask relatives and friends for help.
- Infant shaking syndromes occur mostly in children under 2 years old, especially in those younger than 6 months. Symptoms that may occur include lethargy, anxiety, convulsion, damage of consciousness, vomiting, loss of appetite, abnormal breath, etc. Please go to a doctor as soon as possible once the symptoms are seen.
- It should be treated properly by the medical staff. Do not hide any facts from the doctors because of embarrassment or the sense of guilt. Early diagnosis and treatment are helpful to prevent irreversible results and will lower the chances of complications.



## Evaluation chart of preventing sudden infant death

Parents should check the following indicators. All possible precautions should be taken to minimize the risk of sudden infant death.

- ☐ Babies should sleep on their backs every time they sleep
- ☐ Feeding with breast milk.
- ☐ Babies should not sleep in a sofa, a chair, a cushion or an adult's bed.
- ☐ Do not let your babies sleep with others. It is recommended that parents stay in the same room but not in the same bed with their babies.
- ☐ Do not let your babies fall asleep while they are in their carriers or in their parents arms.

### Tips

**In your future pregnancy, you should:**

- Receive routine pre-natal checkups
- Avoid smoking or being exposed to smoke Second-hand smoke or third-hand smoke
- Avoid drinking alcohol and taking illegal drugs





# 新生兒照顧錦囊

## 安全睡眠環境

□ 床鋪表面必須堅實，外表可包以被單。

□ 每次睡眠都需仰睡

□ 勿讓嬰兒睡在沙發，椅子，墊子，或大人的床上。

□ 睡眠區域不可有任何鬆軟物件，包括枕頭、玩具枕具、被褥、蓋被、羊毛製品、毛毯、床單、填充玩具等軟的物件。

□ 確認無任何東西蓋住嬰兒頭部。

□ 穿著睡衣睡覺，如一件式睡衣。

□ 無菸環境，勿讓任何人在嬰兒附近吸菸。

□ 如需額外保暖措施，可穿著睡袋型的嬰兒睡衣，或以包巾包裹孩子，並將手臂露出，以取代毯子。

□ 避免環境過熱，包括穿著太多衣物與過度包裹嬰兒。無空調設備時，宜注意通風。





# Neo-natal care knowhow

## A safe sleeping environment

☐ The surface of beds ought to be hard and tough which can be covered by a bed sheet.

☐ Babies should sleep on their backs every time they sleep

☐ Babies should not sleep in a sofa, a chair, a cushion or an adult's bed.

☐ No soft object should be put in the sleeping zone, including pillows, toys, beddings, quilts, wool products, carpets, sheets, stuffed toys, etc.

☐ Be sure that there is nothing covering the baby's head.

☐ Dress them up in one-piece pajamas or such comfortable clothing.

☐ Smoke-free environments. Do not let any smoker get near to your babies.

☐ If extra measures are required to keep the babies warm, a sleeping-bag type infant pajamas can be worn. You can also surround your babies with towels instead of carpets while keeping their arms outside.

☐ High temperature is not recommended, including wearing too many clothes or wrapping the baby excessively. Please be mindful of ventilation when air conditioners are not working.



# 哺育母乳，媽媽健美，寶寶健康

母乳是嬰兒最好的營養來源，為了使媽媽和寶寶健康，母親在哺餵母乳期間盡量維持飲食均衡。母乳哺育可以增進兒童智力發展，降低腹瀉及肺炎等疾病的感染率，減少過敏性疾病及成人期心臟血管疾病的發生率。哺育母乳的媽媽產後身材恢復較快，罹患乳癌及卵巢癌的機率也較低。國民健康署建議純母乳哺育6個月，之後必須添加適當副食品，持續哺育母乳到2歲或2歲以上。

## 母乳及營養

- 在嬰兒出生後的前幾個月，採用純母乳哺育（只給母乳，不給配方奶、水、奶嘴），是對嬰兒與母親最好的做法。
- 母乳中所含的蛋白質、脂肪及醣類較易吸收消化，其免疫球蛋白、促腦細胞發育物質及不含過敏原，更是配方奶所無法取代的。6個月左右再搭配富含鐵的副食品，母乳仍可是重要的營養來源。

## 剛出生寶寶的胃容量

- 1天大的新生兒胃容量只有5cc（約龍眼大小）、第4-5天約25cc（約荔枝大小），7天大的時候也不過50cc左右（約桃子大小）。
- 足月健康新生兒的胃容量不大，所以需求量也不大，正好配合媽媽的初乳量。

## 如何哺育母乳

- 哺育母乳以**親餵為原則**，尤其前2個月。
- 如果從寶寶出生後就不分日夜的在他需要時立即餵奶，大部分媽媽都會有足夠奶水。
- 當寶寶出現明顯的尋乳動作（頭轉來轉去、張開嘴、舌頭往下前方靠近乳房），或做出吸吮自己的手等行為，就是餵奶的時機了，不要等到寶寶哭鬧才餵。
- 餵奶時，媽媽的姿勢要舒適而放鬆，讓寶寶面對著媽媽，臉、胸及腹部都緊貼著媽媽的身體。
- 寶寶的嘴巴要張得夠大，大口含住乳房，下巴貼著乳房。一開始吸吮的速度可能很快（1秒2-3次），但是當奶水開始流出，寶寶吸到奶水時，吸吮的動作會變慢（大約為1秒1次），而且會有明顯的吞嚥動作。當寶寶吃飽後，會全身放鬆，自己鬆口放開乳房。
- 如因特殊狀況需暫停哺育母乳或無法直接哺育母乳時，應該按照寶寶平常吃奶的頻率繼續將奶水擠出來，以維持奶水的分泌。
- 若無法哺育而選擇配方奶時，請尋求外界協助如孕產婦關懷專線0800-870870，以克服哺育之障礙。



# Breastfeeding makes mothers beautiful and babies healthy

Breast milk is the best source of nutrition for infants. To maintain the health of both mother and baby, mothers should eat a balanced diet during their breast feeding period. Breastfeeding can promote children's intellectual development, decrease infection rates of diseases such as diarrhea and pneumonia and decrease incidences of allergic diseases as well as adulthood cardiovascular diseases. Breastfeeding helps mothers get into shape faster and reduces the chances of breast cancer and ovarian cancer. Health Promotion Administration recommends mothers to exclusively breastfeed their infants for the first 6 months. After 6 months, the mother has to add other types of food while continuing to breastfeed until the baby is 2 years old or even older.

## Breast milk and nutrition

- During the first few months after birth, it is best for moms and babies to perform exclusive breastfeeding (breast milk only; without formula milk, water or pacifiers).
- Proteins, fats and sugars contained in breast milk are easy to be absorbed and digested. Its allergen-free contents like immunoglobulins and materials that promote the development of brain cells are all irreplaceable by infant formula milk. After 6 months, other types of food can be added. Breast milk will still be an importance source of nutrition.

## The stomach capacity of newborns

- The stomach capacity of a one day old baby is only 5cc (the size of a longan). At 4 to 5 days old, the size increases to about 25 cc (the size of a litchi). At 7 days old, the stomach holds merely 50 cc (the size of a peach).
- At 1 month old, the baby's stomach is still small, which is perfect for the amount of colostrums that mothers can produce.

## How to breastfeed

- **Breastfeeding** should be conducted by the mother, especially during the first 2 months.
- Most mothers have enough breast milk to feed the baby day and night according to the baby's needs.
- The baby shows apparent reflex of looking for the breast (the head turns back and forth with the mouth open and the tongue sticking downward and forward toward the breast), and might start sucking his / her own fingers, indicating it is time to feed the baby. Do not wait until the baby cries.
- Take a comfortable and relaxing position when you feed your babies. Let your baby face their mother with their face, chest and abdomen pressed closely against their mother.
- Babies' mouth should be open wide enough to engulf the breast with their chin pressed close against the breast. At first, babies' sucking may be very fast (2 to 3 times a second). However, when breast milk flows out and babies have managed to drink it, their sucking will slow down (approximately once every second) with obvious swallowing. When babies are full, they will be totally relaxed and will let go of the breast.
- When breastfeeding needs to be suspended under special conditions or it cannot be conducted directly, you should squeeze your breast milk out according to your babies' common feeding frequency and maintain the secretion of your breast milk.
- If you are unable to breastfeed and choose an infant formula instead, please seek help from others such as the maternal care hotline 0800-870870 to overcome barriers in feeding.

# 哺育母乳，媽媽健美，寶寶健康

## 哺餵母乳嬰兒常見生理現象

- 喝母乳的寶寶，黃疸可能持續到2-3個月才完全消退，如果寶寶大便顏色為大便卡(參閱第32頁)之1-6的不正常顏色，或者是滿月後仍有黃疸，應請教兒科醫師或家醫科醫師確定黃疸的原因。而在此同時，仍然可持續哺餵母乳。
- 喝母乳的寶寶在頭幾個月的大便通常是稀稀水水的，帶有顆粒或酸味，甚至一吃就解，這是正常現象。
- 嬰兒排便的性狀變化
  - 第1-3天：深綠，幾乎是黑色的黏便。
  - 第4-6天：顏色由深變淡，越來越黃。
  - 第6天以後：1天至少3-4次的黃色大便(量約10元銅板大小)。
  - 有些寶寶在3週大以後可能大便次數變少，變成3至4天才解1次便，甚至10到14天才解1次。

## 從寶寶的排尿情形判斷有吃飽

- 第1-3天：很少，但是每天會增加一些。
- 第4-6天：1天4-5次尿溼尿褲，每次尿量約2片乾紙尿褲的重量。
- 第6天以後：尿褲很濕且重，1天約有5-6次小便。

## 哺餵母乳的媽媽何時應該求助

若出現以下情形，可能是寶寶沒有吃到足夠奶水、或是屬於疾病的表現，應該尋求專業人員協助。

- 嬰兒含著乳房就睡著，抱開沒多久就哭。
- 出生後24到48小時仍未解大便。
- 黃疸變嚴重。
- 7天內仍未回到出生體重、或是回到出生體重後體重卻又減輕。

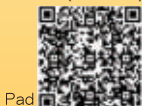
## 何時應馬上就醫

- 嬰兒只是非常快速的淺淺吸吮。
- 嬰兒含著乳房就睡著，沒有喝奶，外觀嗜睡。
- 出生3天後尿尿次數仍不多，或是尿尿顏色變成深黃色甚至橘色。
- 出生後48小時內沒有大便排出，或只有少量深綠色或黑色的胎便排出。

## 「母乳一指通」APP哺乳資訊隨身帶著走！

功能有「地圖搜尋」可以快速地搜尋到臨近的「母嬰親善醫療院所」或「公共哺集乳室」，且可一指接通諮詢電話，提供媽媽母乳聚會相關資訊。

IOS系統 (QRcode)



Pad



Phone

Android系統 (QRcode)



Pad



Phone

註：純母乳哺育的定義，是除了母乳與維生素、藥品之類液劑以外，不提供其他任何食物或飲品。

### 小提示

#### 母乳哺育支持系統相關資源

- 孕產婦關懷專線  
0800-870870  
(國語諧音:抱緊您抱緊您)
- 孕產婦關懷網站:  
<http://mammy.hpa.gov.tw/>
- 各縣市社區支持團體(聚會時間及專線詳見上述網址)

# Breastfeeding makes mothers beautiful and babies healthy

## Common physiological phenomena of babies fed with breast milk

- Jaundice in babies fed with breast milk will completely dissipate in 2 to 3 months after birth. If the color of your babies' feces falls into the 1st to 6th abnormal colors according to the stool card (refer to page 33) or the jaundice has not been eliminated after 1 month, please ask a pediatrician or a general practitioner to determine the cause of the jaundice. Meanwhile, you can continue feeding your babies with breast milk.
- During the first few months, feces of babies fed with breast milk are usually loose with particles or has a smell of sour. Babies will even excrete soon after meals. This is common.
- Changes of characteristics in infants stools
  - From day 1 to 3: dark green, almost black sticky stool.
  - From day 4 to 6: the color become lighter and yellow.
  - After 6 days: at least 3 to 4 times of excretion per day (with an amount similar to the size of an NTD 10 coin).
  - Some babies may excrete less after 3 weeks, that is to excrete once every 3 to 4 days or even once every 10 to 14 days. If babies are healthy and sound, this is normal and acceptable.

## Telling whether your babies are getting sufficient food by urination

- From day 1 to 3: a few times which will increase with each passing day.
- From day 4 to 6: wet diapers 4 to 5 times a day with an amount of 2 dry diapers' weight each time.
- After 6 days: diapers are wet and heavy with 5 to 6 times of urination every day.

## When should a breastfeeding mother ask for help

Following conditions are probably caused by insufficient feeding or diseases. Please ask for professional help when they occur.

- Infants fall asleep while sucking breasts and they burst into cries when they are put away.
- Excretions are not seen 24 to 48 hours after delivery.
- Jaundice is getting more severe.
- The weight does not go back to the birth level in 7 days. Or even though the weight does go back to the birth level, it decreases again.

## When to see a doctor as soon as possible

- Infants are usually sucking quickly and tenderly.
- Infants fall asleep while being breastfed without drinking breast milk and looks sleepy.
- A few times of urination even 3 days after birth. Or, the color of urine turns into dark yellow or even orange.
- No excretion is seen 48 hours after birth. Or, only a small amount of dark green or black meconium is excreted.

## The APP of "Breastfeeding Knowhow" provides information about breastfeeding and can be brought with you!

The app has a "map searching" function which enables a rapid search for "mother and child friendly hospitals" or "public breastfeeding rooms" nearby. It also receives counseling calls within one touch and information about breastfeeding parties.

iOS system (QRcode)



Pad



Phone

Android system (QRcode)



Pad



Phone

Note: exclusive breastfeeding means no other food or drinks are provided besides breast milk, vitamins and liquids drugs.

## Tips

### Relevant resources for breastfeeding supporting system

- Maternal care hotline 0800-870870 (sounds like "we will hug you tight" in Chinese)
- Maternal care website: <http://mammy.hpa.gov.tw/>
- Supportive groups in communities of counties and cities (times of gathering-together and hotline numbers are shown in the above website)

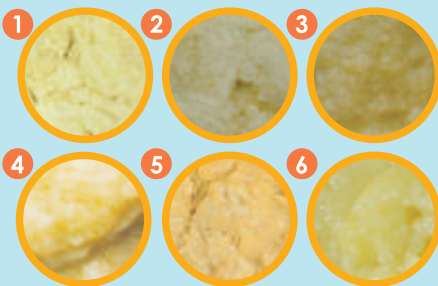


# 嬰兒大便「卡」重要

仔細評估『黃疸』及檢查『大便顏色』可提早發現寶寶是否罹患肝膽疾病。因哺餵母乳而引起的新生兒黃疸通常對寶寶無害，一般而言，黃疸會在出生後2週內消退，但若持續至出生第3-4週之後，則其中有部分嬰兒可能患有膽道閉鎖，同時他們也可能出現淡黃便、灰白便。

這些寶寶應儘量在出生後30天內尋求就醫，原則上在60天(愈早愈好)完成手術，若不治療，寶寶可能多在2歲內失去生命。家長對於寶寶有上述症狀疑慮，應讓寶寶及早接受治療，切勿拖延就醫時間，是為人父母的責任。

不正常



正常



請您在寶寶出生後，將寶寶的大便顏色和「嬰兒大便卡」比對，當發現大便顏色與不正常的1-6號最相似時，或發現寶寶大便顏色介於正常與不正常之間，為了寶寶的健康，請趕快就醫，並於24小時之內將第34頁表格填寫清楚，影印後傳真到諮詢中心，或直接來電諮詢，我們會及時給您協助！

有任何相關問題，歡迎您與我們聯繫：

諮詢電話：(02)2382-0886#12

或傳真至：(02)2388-1798

E-mail: [stoolcard@gmail.com](mailto:stoolcard@gmail.com)

『大便卡諮詢中心』



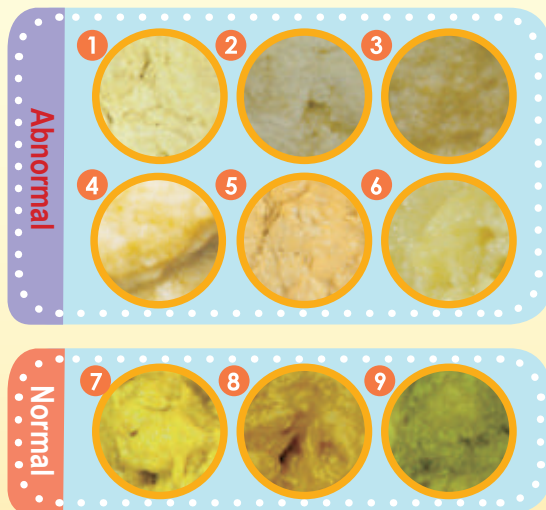
# The importance of the stool "card"

Evaluating the "jaundice" carefully and checking "the color of the stool" can help in discovering possible hepatic diseases in your babies. Neo-natal jaundice caused by breastfeeding is usually of no harm. Generally, the jaundice will dissipate within 2 weeks after birth. When the jaundice lasts for more than 3 to 4 weeks, some may be caused by biliary atresia. Those with this disease will have light yellow or gray stools.

These babies should go to see a doctor within 30 days after birth. In principle, a surgery should be done within 60 days (the earlier the better). Without treatment, babies could lose their lives before 2 years of age. Parents who get worried looking at the baby's symptoms mentioned above, should ensure that the baby receives timely treatment without delay and this is the prime responsibility of the parent.

Please compare the color of your babies' stool to the "Infant stool card" after their deliveries.

When the color appears the most similar to those in pictures 1 to 6 or it is somewhere between normal and abnormal, please go to a doctor as soon as possible for the babies' health. Fill out the chart on page 35 within 24 hours and fax it to the counseling center after printing and scanning. You can also call to consult. We will provide timely help!



If you have any questions, please contact us:

Counseling hotline: (02)2382-0886#12

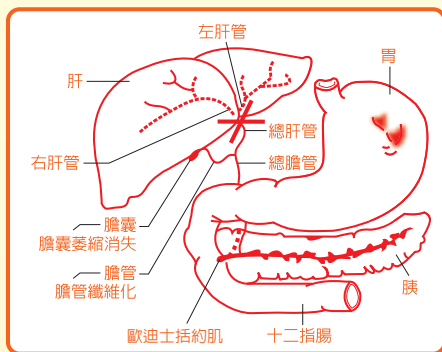
Or fax: (02)2388-1798

E-mail: [stoolcard@gmail.com](mailto:stoolcard@gmail.com)

"The stool card counseling center"

## 認識膽道閉鎖

膽道閉鎖寶寶常被誤以為是母乳性黃疸，而延誤治療。我國嬰兒比西方嬰兒好發膽道閉鎖，一般新生兒生理性黃疸相當常見，出生後第2-3天出現，第4-5天達高峰，第7-10天逐漸下降，約2週消失。哺餵母乳的嬰兒黃疸期可能比較長，但黃疸指數不致升高，若第3-4週黃疸仍延遲不退，則其中有部分嬰兒可能患有膽道閉鎖，必須請醫師診治。膽道閉鎖宜在出生45天內完成診斷，原則上在60天以內(愈早愈好)完成葛西手術，若延遲治療，手術後膽汁順利排出的機率會下降。膽汁鬱積於肝內，很容易會造成肝硬化，甚至面臨早期換肝。因此家長切莫延誤就醫及接受葛西手術的時間，以便寶寶獲得較好的預後。



寶寶出生後應仔細觀察皮膚及糞便的顏色(請於日光或白色燈光下觀察)，這在出生後60天內尤其重要。若寶寶的皮膚呈現黃疸現象，眼白變黃，就要更仔細觀察比對大便的顏色(如圖指示)。由於膽汁的顏色為黃色或綠色，若肝臟分泌的膽汁能順暢排出，和大便混合後便會呈現出黃色或綠色大便，亦即編號7-9的三種顏色，此為正常的狀況。如果膽汁滯留，糞便無膽汁混合下會呈現淡黃色或灰白色，像編號1-6號的顏色，屬於不正常狀況，此時應懷疑是否有膽道閉鎖或肝內膽汁滯留的可能。為了嬰兒的健康，應趕快就醫請教專業兒科醫師，必要時轉診至兒科消化學專科醫師，以免延誤病情。

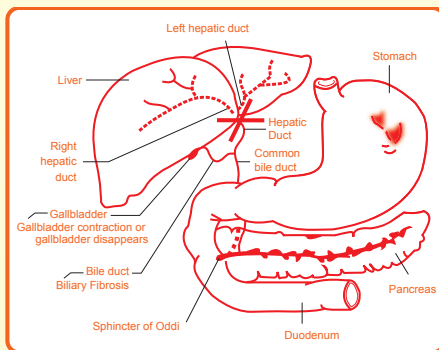
- 寶寶的異常大便顏色與編號 \_\_\_\_\_ 的大便最相似
- 發現此種顏色的大便是在 \_\_\_\_\_ 年 \_\_\_\_\_ 月 \_\_\_\_\_ 日
- 寶寶的姓名 \_\_\_\_\_ 生日 \_\_\_\_\_ 年 \_\_\_\_\_ 月 \_\_\_\_\_ 日
- 母親的姓名 \_\_\_\_\_ 電話 \_\_\_\_\_ 手機 \_\_\_\_\_
- 住址 \_\_\_\_\_
- 寶寶在 \_\_\_\_\_ 醫院 / 診所出生





# Get to know biliary atresia

Babies with biliary atresia are usually misdiagnosed as breast milk jaundice and the treatment is therefore delayed. The incidence of infant biliary atresia is higher in China than in western countries. Generally, neonatal physiological jaundice is very common, occurring on the 2nd or the 3rd day after delivery, progressing to the peak on the 4th or the 5th day, gradually being eliminated 7 to 10 days after birth and is totally dissipated after 2 weeks. Jaundice in babies fed with breast milk usually lasts longer while the jaundice index will not climb. If the jaundice is still not eliminated after 3 to 4 weeks, it could be caused by biliary atresia which must be treated by doctors. Diagnosis of biliary atresia is best done within 45 days after birth. In principle, the Kasai operation should be performed within 60 days (the earlier the better). If treatment is delayed, the chances for a successful bile excretion after surgery may decrease. When bile accumulates in the liver, it is easier to get cirrhosis or even a liver transplantation is needed in an early stage. Thus, parents should not delay the treatment and accept the time for Kasai operation in order to have better prognosis for their babies.



Colors of skin and feces should be checked carefully for newborns (please observe under the sunlight or white lamplight), especially during the first 60 days. When the baby's skin appears 'jaundice-like' with yellow sclera, closer attention needs to be paid to the color of their feces (shown in the stool card) The color of bile could be yellow or green. When bile secreted by the liver could be excreted smoothly and mixed with the stool, the color of the stool will be yellow or green, as shown in pictures of number 7 to 9, which are normal. When bile stays, the color of the stool will be light yellow or gray without being mixed with bile, as shown in pictures of number 1 to 6, which are abnormal. Biliary atresia or intrahepatic cholestasis should be then suspected. For the health of your babies, you should go to a doctor and consult a professional pediatrician as soon as possible. Your babies need to be referred to a pediatric gastroenterology specialist when necessary to prevent delayed treatment.

- ☐ The baby's abnormal stool color is most similar to the one of number \_\_\_\_\_
- ☐ The abnormal stool color was found on year \_\_\_\_\_ month \_\_\_\_\_ day \_\_\_\_\_
- ☐ Date of discovering this color of stool \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year
- ☐ The baby's name \_\_\_\_\_ Birthday \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year
- ☐ The mother's name \_\_\_\_\_ Telephone \_\_\_\_\_ Cell phone \_\_\_\_\_
- ☐ Address \_\_\_\_\_
- ☐ The baby was born in \_\_\_\_\_ hospital/clinic



# 新生兒先天性代謝異常疾病篩檢

健康的孩子，是家庭的歡樂泉源，讓孩子儘早接受新生兒篩檢及相關健康檢查非常重要。透過新生兒篩檢，可以**早期發現**症狀不明顯的先天性代謝異常疾病。如果**篩檢結果為(疑)陽性時**，並不代表寶寶已確定罹患該項疾病，請及早接受進一步檢查。若篩檢結果為無異常時，也不代表不會發病或身體健康。若寶寶已確診時，**在黃金治療期間提供妥善之診治**，可以將疾病對身體或智能的損害降到最低。

## 如何接受新生兒先天性代謝異常疾病篩檢

- 由醫療院所對**出生後48小時之新生兒**採取少許腳後跟血液，寄交國民健康署指定之新生兒篩檢中心合約實驗室進行相關檢驗。
- **尚未知道篩檢結果前，請不要讓寶寶接觸萘丸(俗稱臭丸)，也不可任意服用藥物。**
- 篩檢結果為(疑似)陽性時，原採血院所或確認檢查醫院會在最短時間內協助您的寶寶接受進一步之確認檢查。
- 篩檢的敏感度並非100%，主要是因為檢查結果會因疾病的型別(如某些疾病有晚發作型、非典型)與飲食攝取方式(如蛋白質攝取不足、特殊飲食)而有偽陰性的可能。
- 寶寶如果出現任何健康上的問題，請務必詢問您的兒科或家庭醫學科醫師。
- 篩檢結果可在採血後約2個星期得知，請洽原採血院所，或查詢\_\_\_\_\_新生兒篩檢中心衛教諮詢專線：\_\_\_\_\_網址：\_\_\_\_\_



## 葡萄糖-六-磷酸鹽脫氫酶缺乏症(G-6-PD缺乏症，俗稱蠶豆症)

- 約每100個寶寶就會有3個，是臺灣地區常見的遺傳性疾病。
- 主因是寶寶體內紅血球之葡萄糖新陳代謝發生異常。
- 患有此病症的寶寶在接觸某些藥物時，如：吃蠶豆、接觸萘丸(臭丸)、擦紫藥水，或服用磺胺劑及比林類等藥品，常容易發生急性溶血性貧血，而造成貧血、出現臉色蒼白、疲累、食慾差、嚴重的新生兒黃疸(眼白及皮膚均變黃)、茶色尿等症狀。當孩子出現以上症狀時，請務必儘快帶孩子至醫院就醫。

# Screening of Neo-natal congenital metabolic dysfunction diseases

Healthy babies are the source of happiness for families. It is very important for children to receive neo-natal screening and relevant health check-ups. Through neo-natal screening, **early detection of congenital metabolic dysfunctional diseases** with inconspicuous symptoms is possible. When **the results of the screening is (suspiciously) positive**, it does not mean that the baby is diagnosed with the disease. Further exams are required as soon as possible. When the result shows negative, it does not mean that the baby will be immune from getting the disease or is healthy. When the baby is diagnosed, please treat it properly **during the prime treatment period**, which can minimize physical and mental harms caused by the disease.

## How to receive the screening of neo-natal congenital metabolic dysfunction diseases

- Hospitals will **take blood samples from the heel within 48 hours after birth** and send them to a neo-natal screening center authorized laboratories designated by the Health Promotion Administration for further tests.
- Before knowing the results of the screening, please do not expose the baby to naphthalene balls (moth balls) and do not take any medications.**
- In case the result of the screening shows (suspiciously) positive, the original hospital from where the blood samples were taken or the hospital which confirmed the diagnosis will help to perform further tests on your baby in a short time.
- The sensitivity of the screening is not 100%. False negative cases may appear mainly due to various types of diseases (late onset or atypical types may appear in some diseases) and methods of feeding (insufficient intake of protein and special diets).
- When the problems mentioned above are seen in your baby, please consult your pediatrician or general practitioner.
- The result of the screening will come out approximately 2 weeks after blood drawing, please ask the original hospital where you took your blood sample or inquire \_\_\_\_\_ neo-natal screening center health counseling hotline: \_\_\_\_\_  
Website: \_\_\_\_\_



## Glucose-6-phosphate dehydrogenase deficiency (G-6-PD deficiency, or favism)

- About 3 cases occur in every 100 babies. It is a genetic disease commonly seen in Taiwan.
- The main cause is the glucose metabolic disorder in red blood cells.
- When babies with this disease are exposed to certain drugs, such as eating broad beans, contacting naphthalene (camphor balls), applying gentian violet or taking drugs such as sulfonamide, acute hemolysis may occur leading to symptoms including anemia, getting pale, feeling tired, bad appetite, severe neo-natal jaundice (yellow sclera and skin) and tea-colored urine. When symptoms mentioned above take place, please take your children to see a doctor as soon as possible.

# 新生兒先天性代謝異常疾病篩檢

- 平日注意避免各類引起溶血的物質，萬一發生嚴重溶血時，施予合適治療，以減少後遺症的發生及影響身高、體重及智能等各方面發展。如未及時處理會導致核黃疸、智能障礙，甚至有生命危險。
- 如果您確知寶寶患有蠶豆症時，記得提醒醫護人員，並**隨身攜帶「G-6-PD 缺乏症注意事項卡」**，早期確認寶寶健康狀況，避免接觸上述之致病因素，可減少對寶寶的傷害。

## 先天性甲狀腺低能症

- 約每3千個寶寶就有1個。
- 主因是寶寶體內缺乏甲狀腺荷爾蒙，影響腦神經及身體生長發育。
- 剛出生的寶寶幾乎無異常症狀，通常在出生後2-3個月才會慢慢出現症狀。
- 如果及早發現，在出生後1-2個月內給予甲狀腺素治療，可使寶寶有正常的身體成長及智能發展。但若到了6個月以後才治療，大部分會變成智能障礙、生長發育遲緩、身材矮小。

## 其它新生兒代謝異常篩檢項目

政府提供補助的新生兒篩檢檢查還包括以下幾項，如想更進一步的了解，可至國民健康署網站(<http://www.hpa.gov.tw>)> 健康主題> 婦幼健康> 遺傳疾病防治項下查詢。

- 先天性腎上腺增生症
- 中鏈脂肪酸去氫酶缺乏症
- 戊二酸血症第一型
- 苯酮尿症
- 異戊酸血症
- 甲基丙二酸血症
- 高胱胺酸尿症
- 楓漿尿症
- 半乳糖血症



**早期發現，早期治療，請按時接受健康檢查**



# Screening of Neo-natal congenital metabolic dysfunction diseases

- Please avoid all the things which can cause hemolysis. But in case severe hemolysis occurs, proper treatment should be taken immediately to minimize the occurrence of any complications and adverse effects on the baby's height, weight and intelligence. Delayed treatment leads to kernicterus and intellectual disability and may even be life-threatening.
- If you are aware that your baby has favism, please remember to remind the medical staff about it. **Bring the "Card of Notes of G-6-P D Deficiency" with you.** Confirm your baby's health status in an early stage and avoid exposure to pathogenic factors mentioned above to reduce harm to your baby.

## Congenital hypothyroidism

- 1 case appears in every 3000 babies.
- The main cause is a thyroid hormone deficiency in babies which further influences brain nerve and physical growth and development.
- There are basically no abnormal symptoms in newborns. Symptoms gradually occur 2 or 3 months after birth.
- When the disease is detected in an early stage, thyroxine treatment should be conducted within 1 to 2 months after birth, which will bring the babies' physical and intellectual development back to normal. When treatment is delayed (say after the baby is 6 months old), in which case most babies will have intellectual disability, growth and developmental retardation and they are usually short in height.

## Other screening of neo-natal metabolic dysfunction

Neo-natal screening exams sponsored by the government include the following diseases. For more information, please go to the website of the Health Promotion Administration (<http://www.hpa.gov.tw>) > Health Topics > Women's and Children's Health > Genetic Diseases Prevention.

- Congenital adrenal hyperplasia
- Medium-chain fatty acids dehydrogenase deficiency
- Glutaric aciduria type I
- Phenylketonuria
- Isovaleric acidemia
- Methylmalonic acidemia
- Homocystinuria
- Maple syrup urine disease
- Galactosemia



**Early detection and early treatment are important.**  
**Please receive health check-ups routinely**

# 聽力篩檢很重要

新生兒先天性聽力損失發生率，比起其他出生時篩檢的先天性代謝疾病高出10至100倍。只用肉眼觀察來看嬰兒對聲音的行為反應，無法正確診斷出聽力損失問題，必須使用聽力檢查儀器才能正確診斷出嬰兒的聽力損失。

## 早期發現聽力損失的重要

- 新生兒雙側重度感音性聽力損失發生率約為千分之1，如果再加上輕度、中度或單側性聽力損失，則發生率高達千分之3。
- 先天性聽力損失應在3個月大前診斷，且於6個月大前開始配戴聽覺輔具與接受聽能復健／創健，如此才能有正常的語言發展歷程。

## 正確診斷必須仰賴聽力檢查儀器

- 只觀察嬰幼兒對聲音的反應，而不使用聽力儀器來做檢查，只能診斷出大於60分貝之雙側中度聽力損失。
- 對6-7個月大寶寶，只利用觀察方式來看其對聲音的行為反應，也無法正確診斷出聽力損失問題，所以務必要使用儀器檢查聽力加以確診。

101年3月15日起，政府全面補助新生兒聽力篩檢，請把握時程（本國籍出生3個月內之新生兒，可接受1次篩檢補助）至醫療院所（公告於國民健康署網站<http://www.hpa.gov.tw>）接受篩檢。



# Hearing screening is very important

The incidence of neo-natal congenital hearing loss is 10 to 100 times higher than that of congenital metabolic diseases screened after birth. Observing infants' behavioral responses to sounds with the naked eyes cannot correctly diagnose hearing loss. It can only be diagnosed by hearing test equipment.

## The importance of detecting hearing loss at an early stage

- The incidence of neo-natal severe acoustic hearing loss of both ears is about 1 per thousand. It will climb up to 3 per thousand when mild, medium and one ear hearing loss are taken into consideration.
- Congenital hearing loss should be diagnosed within 3 months after birth. Babies with hearing loss should wear hearing assistance equipment and receive hearing rehabilitation / creation within 6 months after birth. These will make sure that babies have a normal language development.

## Correct diagnosis must rely on hearing test equipment

- Only medium hearing loss above 60 dB could be diagnosed by observing babies' responses to sounds without using hearing test equipment.
- For babies between 6 and 7 months, observing babies' behavioral responses to sounds alone cannot correctly diagnose hearing loss problems. Thus, hearing test equipment must be used to confirm diagnosis.

Since 15 March, 2012, the government has comprehensively sponsored neo-natal hearing screening. Please take your babies (newborns younger than 3 months old born in Taiwan can receive 1 screening sponsorship) to a hospital (the notice can be seen at the website of Health Promotion Administration <http://www.hpa.gov.tw>) and receive the screening.



# 髖關節篩檢

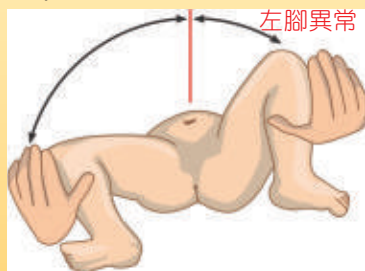
髖關節發育不良，早期沒有明顯症狀，也不會痛，因此往往被家長忽略此問題，即使專業醫師也無法保證檢查出所有的病患。它可能造成日後不良於行的病痛與後遺症，而愈早發現愈容易治療，因此父母與醫師都必須一起提高警覺。

## 什麼是發展性髖關節發育不良

- 髖關節是連接骨盆及大腿的關節；臺灣每1,000名新生兒約1-2位有髖關節發育不良問題。
- 此症在嬰兒時期會表現出關節鬆脫，長大則有髖關節脫臼、長短腿、終身跛行、退化性關節炎等長期病痛。
- 愈早發現髖關節發育不良，愈容易治療，例如，6個月大之前檢查出來，可用吊帶矯治；6個月大之後檢查出來，往往需要徒手復位及石膏固定來治療；一旦延遲至開始步行後才發現，則需開刀手術方能復位（但以上治療方式會因人而異）。
- 早期髖關節發育不良可自然復原，但是若將嬰兒束縛於過緊的包巾中，使大腿處於伸直併攏的姿勢，會阻礙此自然復原，或惡化為脫臼。將大腿處於自然的屈曲外張姿勢，則有助於髖關節的發育。

## 早期發現的重要線索

- 危險因子：髖關節發育不良的女嬰比男嬰多，常見於臀位產的嬰兒（特別是兩膝伸直的臀位產）、有家族病史、第一胎羊水過少者，以及出生就有斜頸、兩腿姿勢不對稱、膝後翻、前足內翻等肢體變形的嬰兒，有以上危險因子的嬰兒應特別注意。
- 身體徵象：若您的寶寶有**大腿外張受限**（圖1）、**長短腿**（圖2）、**髖關節動作時有聲響等現象**，請告知您的兒科或家醫科醫師，特別留意髖關節的問題。
- 髖關節發育不良轉介醫療診所，可至國民健康署網站 (<http://www.hpa.gov.tw>) / 健康主題專區 / 婦幼健康查詢。



圖一：左側大腿外張角度明顯較少，可能有髖關節發育不良。



圖二：嬰兒仰躺，同時彎曲兩側髖關節至90度，雙足離開床面，圖中左邊膝蓋高度較低，可能有髖關節發育不良。



# Hip screening

Hip dysplasia has no obvious symptoms in the early stages and causes no pain. Therefore, it is easily ignored by parents. Even professional doctors cannot be sure of detecting all cases. It may cause bad prognosis, pains and complications. The earlier the diseases are detected, the easier the treatment will be. Thus, parents and doctors must be alert.

## What is developmental hip dysplasia

- The hip joint is the one connecting the pelvis and thighs. About 1 or 2 cases of hip dysplasia will appear in every 1000 newborns in Taiwan.
- Infants and children with this disease will have joint laxity. When they grow up, they will have long-term diseases including hip dislocation, leg length discrepancy, lifelong claudication and osteoarthritis.
- The earlier the hip dysplasia is detected, the easier the treatment it will be. For example, when it is detected when babies are 6 months old, it can be treated with a hammock; when detected after 6 months old, however, it usually would be treated with manual re-set and plaster immobilization; when detection is further delayed after the babies start to walk, surgeries are needed (treatments mentioned above vary from person to person).
- Hip dysplasia at an early stage can be recovered naturally. Binding babies too tightly with towels and keeping thighs straight and close to each other will impede the natural recovery or worsen it to a dislocation. Bending thighs naturally toward the outside is, on the other hand, helpful to hip development.

## Important clues detected at an early stage

- Risk factors: Hip dysplasia occurs more often in girls than in boys and is more commonly seen in infants with breech delivery (especially those breech deliveries with two straight knees). Other risk factors include family history, oligohydramnios of the first child and babies born with deformities of the limbs such as torticollis, asymmetry of positions of both legs, knock knee and strephenopodia. Babies with risk factors mentioned above should be taken extra care of.
- Signs: **If your babies have signs including limitation of outward stretch of thighs** (Figure 1), **leg length discrepancy** (Figure 2), **noises coming out together with hip movement**, please inform your pediatrician or general practitioner and pay special attention to hip problems.
- Referral hospitals for hip dysplasia can be inquired at the website of Health Promotion Administration (<http://www.hpa.gov.tw>) / Health Topics / Women's and Children's Health.

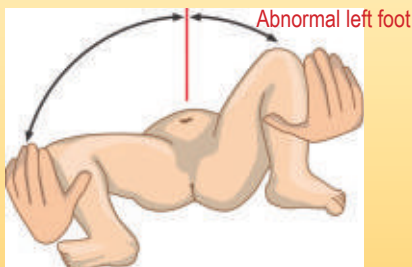


Figure 1: Outward stretching angle is obviously decreased on the left thigh which is probably due to hip dysplasia.

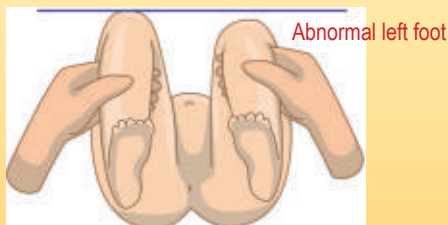


Figure 2: Lying down on its back and bending its hips to 90 degrees with the feet still touching the bed, the baby is observed to have a lower left knee, which is probably due to hip dysplasia.

# 我幸福，因為愛



## 給寶寶最貼心的禮物 哺餵母乳

衛生福利部國民健康署 提醒您

「公共場所母乳哺育條例」明定婦女於公共場所母乳哺育時，  
任何人不得禁止、驅離或妨礙，違者處六千元以上三萬元以下罰鍰。  
母乳哺育相關資訊請參閱28頁。



衛生福利部國民健康署 關心您



健康ing

I am happy  
because of love



## Breastfeeding is the most considerate gift you can give to your babies

Reminders from the Health Promotion Administration, Ministry of Health and Welfare

According to the "Ordinance of breastfeeding in public places", when a woman is breastfeeding in public places, no person shall ban, expel or impede her. Offenders would be fined from 6,000 yuan to 30,000 yuan.

About information related to breastfeeding, please refer to page 29.



Health Promotion Administration, Ministry of Health and Welfare is caring about you







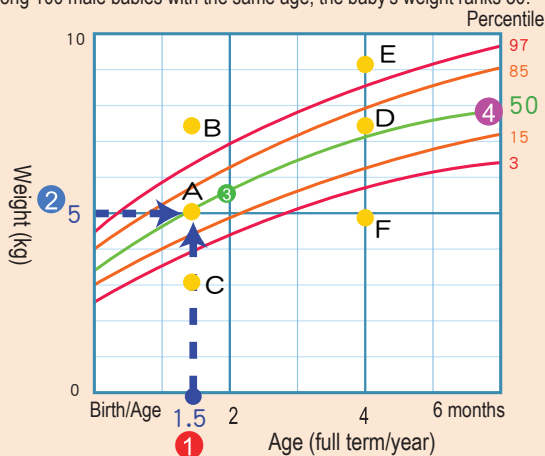
# Percentile chart of children's growth curve

The percentile chart of children's growth curve includes 3 growth indicators, namely height, weight and head circumference. It has a boy version and a girl version. In the growth curve chart, curves of 97th, 85th, 50th, 15th and 3rd percentile are shown. 100 babies with the same month (year) age will be ranked in accordance with growth indicators from the 100th to the 1st in a percentile chart.

In the growth curve chart, the height curve shows a valley in the 2 years old mainly due to different methods in measuring heights. Before 2 years old, heights are the length of the body measured with babies lying down. After 2 years old, heights are measured with children standing up.

**Take a 1.5 month old male infant with 5 kg of weight as an example:**

- ① [Age] The curve has the tendency of stretching upward at 1.5 months.
- ② [Weight] The curve has the tendency of a horizontal extension at 5 kg.
- ③ The intersection of [Age] and [Weight], namely point A.
- ④ Referring to the values of percentile curve on the right side, it is shown that the weight is [50th percentile] meaning that among 100 male babies with the same age, the baby's weight ranks 50.



(Please try and check the percentile for a 3 months old male baby with a weight of 6.5 kg! The answer is shown below)

**When a baby's growth indicators fall in the range from 3rd to 97th percentile**, it is considered to be normal. When above 97th percentile (the point B in the picture above) or below 3rd percentile (the point C in the picture above), it is considered that the indicators are too high or too low! Besides, children's growth is a consecutive process. Together with dots of single ages in the curve chart, a baby's own growth curve formed by connecting those dots should also be in line with the growth tendency (as is shown above from point A to point D). When above or below the range between the two curves (as is shown above from point A to point E or from point A to point F), please ask a doctor to evaluate and check!

Answer: the 50th percentile

- The growth curve chart for children between 0 and 5 years old is based on the standard growth curve chart for children between 0 and 5 years old adopted by WHO which has been used universally. Through multinational cooperation, the curve chart was formulated by investigating the growth states of babies fed with breast milk and growing in a healthy environment. Thus, situations where insufficient weights that are misjudged due to breastfeeding can be avoided.
- The growth curve chart for children between 5 and 7 years old is based on results of Prof. Chen Weide's research which was conducted in 2010, in line with the growth curve chart for children between 5 and 7 years old adopted by WHO and growth standards set for children from 7 to 18 years old in Taiwan. The tendency of WHO BMI rebound is also referred to.
- Test results are for reference only. If you have any questions towards growth and development, please consult a pediatrician or a general practitioner.

0 到 7 歲生長百分比

身長 / 身高 (公分)

頭圍 (公分)

體重 (公斤)

出生

1歲

2歲

3歲

4歲

5歲

2 4 6 8 10

2 4 6 8 10

2 4 6 8 10

2 4 6 8 10

2 4 6 8 10

2 4 6 8 10

出生

1歲

2歲

3歲

4歲

5歲

2 4 6 8 10

2 4 6 8 10

2 4 6 8 10

2 4 6 8 10

2 4 6 8 10

2 4 6 8 10



# 兒童生長曲線百分位圖

(男孩)



0 ~ 7 year growth percentage

Birth/Age    1 year old    2 years old    3 years old    4 years old    5 years old

2 4 6 8 10    2 4 6 8 10    2 4 6 8 10    2 4 6 8 10    2 4 6 8 10



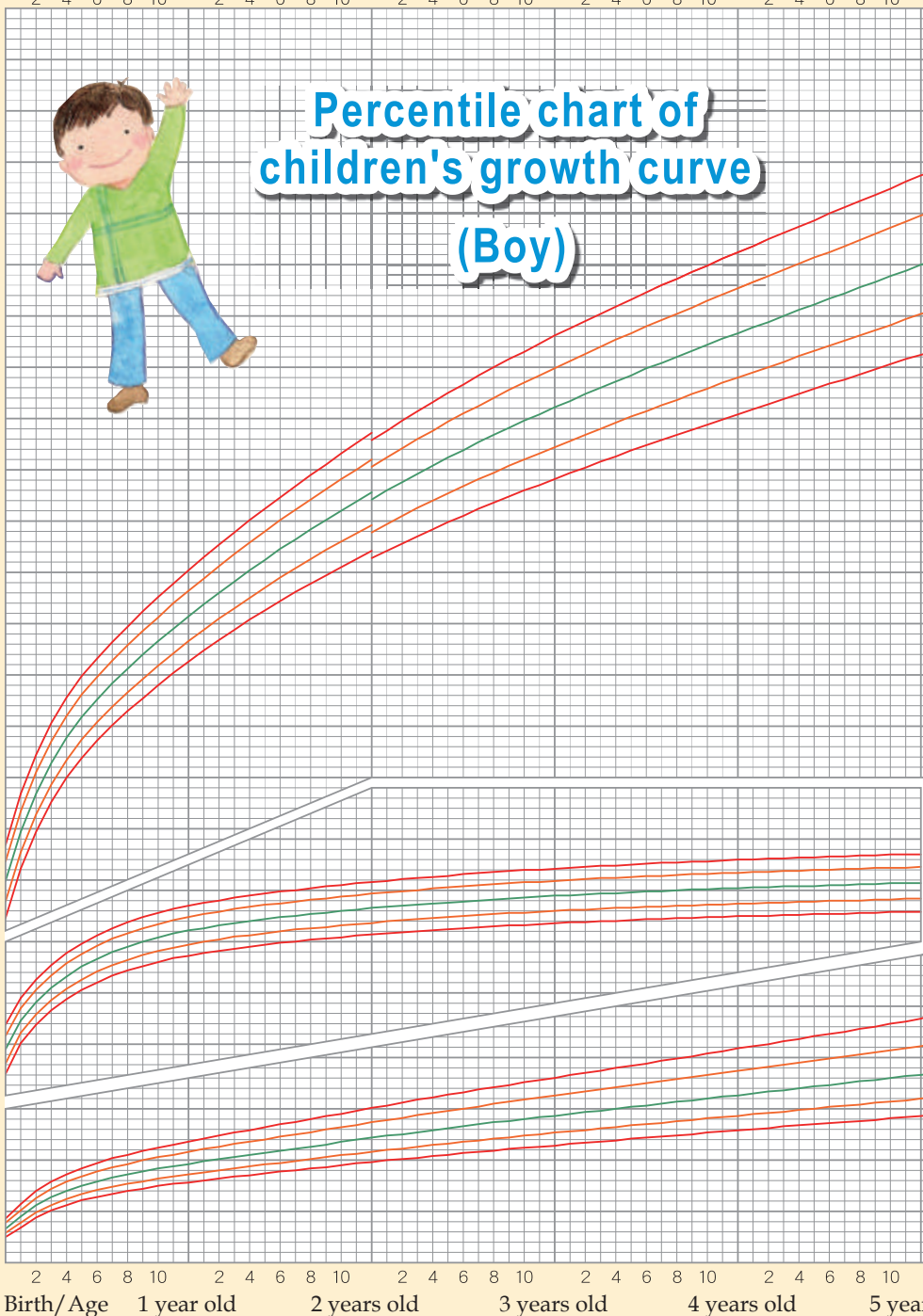
# Percentile chart of children's growth curve

(Boy)

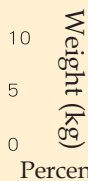
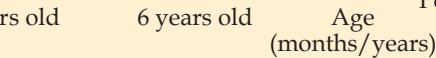
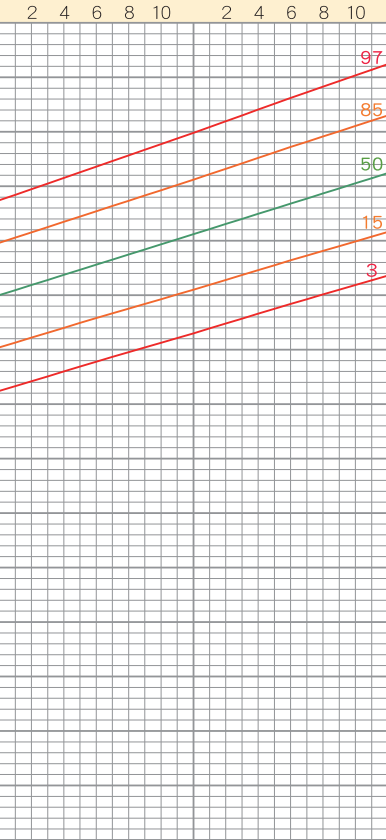
Body length/Height (cm)

Head circumference (cm)

Weight (kg)





[illegible]

0 到 7 歲生長百分比



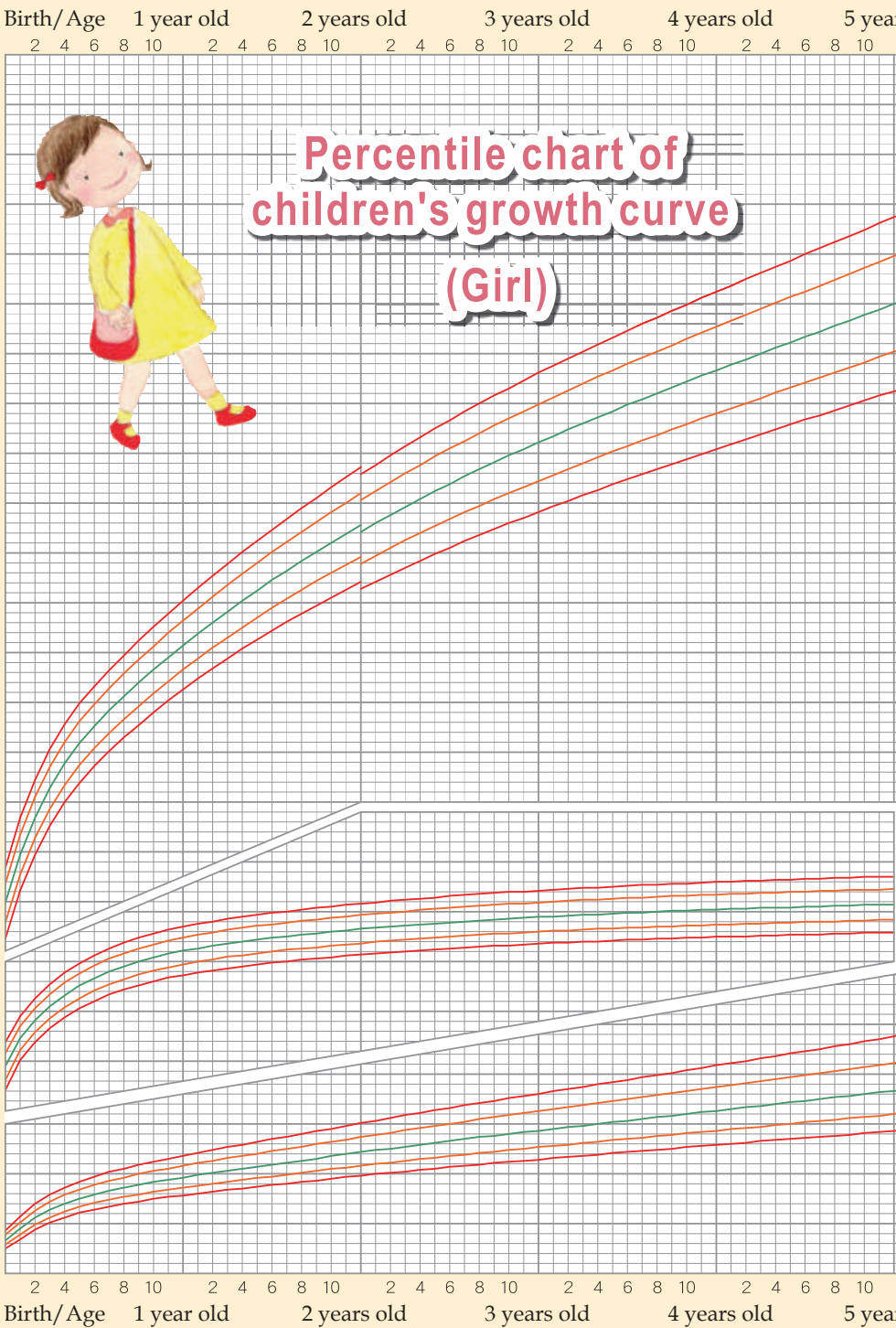


0 ~ 7 year growth percentage

Body length/Height (cm)

Head circumference (cm)

Weight (kg)







# 口腔及乳牙保健紀錄

註：由牙醫師檢查及記錄

The diagram shows two arches of primary teeth. The upper arch (上顎) has teeth numbered 1 to 5 on each side. The lower arch (下顎) has teeth numbered 6 to 10 on each side. Each tooth has a line pointing to it with the label '歲 個月' (Years Months), indicating the age and month when the tooth was checked or erupted.

## 長牙時間參考

上顎	上顎中門齒 (1)	7.5個月
	上顎側門齒 (2)	8個月
	上顎犬齒 (3)	16-20個月
	上顎第1臼齒 (4)	12-16個月
	上顎第2臼齒 (5)	20-30個月
下顎	下顎中門齒 (6)	6.5個月
	下顎側門齒 (7)	7個月
	下顎犬齒 (8)	16-20個月
	下顎第1臼齒 (9)	12-16個月
	下顎第2臼齒 (10)	20-30個月



# Records of oral health and baby teeth care

Note: checked and recorded by dentists

The diagram shows two arches of baby teeth. The top arch is labeled 'Maxilla' and the bottom arch is labeled 'Mandible'. Each tooth is numbered 1 through 10. Above each tooth is a line for recording the date of eruption, with labels 'Years' and 'Months'.

**Maxilla**

Teeth 1, 2, 3, 4, 5 on both sides.

**Mandible**

Teeth 6, 7, 8, 9, 10 on both sides.



Time table for teeth eruption

Maxilla	Maxillary central incisor (1)	7.5 months
	Maxillary lateral incisor (2)	8 months
	Maxillary canine tooth (3)	16 to 20 months
	Maxillary 1st molar (4)	12 to 16 months
	Maxillary 2nd molar (5)	20 to 30 months
Mandible	Mandibular central incisor (6)	6.5 months
	Mandibular lateral incisor (7)	7 months
	Mandibular canine tooth (8)	16 to 20 months
	Mandibular 1st molar (9)	12 to 16 months
	Mandibular 2nd molar (10)	20 to 30 months

# 「三要三不，從齒健康」

一要：睡前一定要刷牙，一天至少刷兩次。

二要：要有「氟」，包括使用含氟牙膏、每半年接受牙醫師塗氟及口腔檢查。

一不：不要傷害牙齒；少甜食，多漱口，絕對不要含奶瓶睡覺。

二不：不要以口餵食，家長們自己咀嚼過的食物不要再餵食寶寶。

年齡	兒童口腔保健注意事項
6個月-1歲	<ol style="list-style-type: none"> <li>1. 喝完母乳後，可用棉棒或紗布幫寶寶清潔牙齒、牙齦、口腔及舌頭（寶寶有吸吮反射，不會抵抗放進去的棉棒或紗布）。</li> <li>2. 在長出第1顆牙後至1歲期間，就可以開始看牙醫，並每半年口腔檢查、衛教及牙齒塗氟。</li> <li>3. 避免讓寶寶接觸到含糖飲料、添加物或果汁。</li> <li>4. 在幼兒萌發第1顆牙齒後，夜間餵奶頻率儘量減少，並且在餵食後，以紗布沾含氟牙膏薄薄一層，幫寶寶清潔牙齒，以減少齲齒的發生。</li> <li>5. 不要幫忙吹涼熱食或預先咀嚼食物，勿共用餐具。</li> <li>6. 也可將薄薄一層含氟量 1,000 ppm 的牙膏塗在刷毛上，幫3歲以下兒童潔牙。</li> <li>7. 不要讓寶寶含奶瓶睡覺。</li> </ol>
1歲-1歲半	幼兒約12個月大左右時，開始積極養成使用杯子喝水、果汁的習慣，並戒斷使用奶瓶餵奶，避免齲齒的發生。
1歲半-2歲	
2歲-2歲半	<ol style="list-style-type: none"> <li>1. 限制含糖高的食物，避免給予碳酸飲料，果汁及含糖飲料限制每天不超過125cc。</li> <li>2. 當發現2顆乳牙相鄰時，即可開始使用牙線（棒）幫幼兒潔牙及使用含氟牙膏刷牙。</li> </ol>
2歲半-3歲	由照護者使用小牙刷於用餐後幫幼兒清潔及使用含氟牙膏刷牙，務必將內、外側及咬合面刷乾淨，確實完成清潔。
3歲-3歲半	<ol style="list-style-type: none"> <li>1. 使用含氟量 1,000ppm 的牙膏，以豌豆般大小的牙膏量，幫助3-6歲兒童刷牙。</li> <li>2. 由照護者教導、監督幼兒的刷牙動作，於睡覺前，必須幫寶寶清潔牙齒。</li> <li>3. 記得每半年一次牙齒塗氟、衛教及口腔檢查，如：乳牙萌出時間、順序及咬合情況、有無齲齒、牙齦炎、上下顎骨發育是否協調、有無吸手指、吸奶嘴等情形，都會影響牙齒的萌發與排列。</li> <li>4. 恆牙第一大臼齒長出後，就要至牙醫院所接受窩溝封填服務。</li> </ol>
3歲半-4歲	
4歲-4歲半	
4歲半-5歲	
5歲-5歲半	
5歲半-6歲	



# "2 dos and 2 don'ts make teeth healthy and sound"

1st do: Do brush your teeth before bedtime and brush them at least twice a day.

2nd do: Include "fluoride" in the oral care, such as using fluoride toothpaste, going to a dentist every 6 months for fluoridization and oral check-ups.

1st don't: Don't damage your teeth. Eat less desserts and brush your teeth more often. Never sleep with a milk bottle in the mouth.

2nd don't: Don't feed your baby with your mouth. Parents should not feed babies with food which has been chewed by them.

Age	Reminders of oral health for children
From 6 months to 1 year old	<ol style="list-style-type: none"> <li>1. After Breastfeeding, cotton swab or gauze can be used to clean teeth gums, oral cavity and tongue of your baby. (your baby has sucking reaction and it will not resist a cotton swab or gauze).</li> <li>2. From the eruption of the first tooth to 1 year old, your baby can go to a dentist and receive oral check-ups, health education and oral fluoride smearing every half a year.</li> <li>3. Sugared beverages, additives and juice should be kept away from your baby.</li> <li>4. After the eruption of the first tooth, the feeding frequency at night should be decreased. Besides, clean teeth for your baby after feeding with a thin layer of fluoride toothpaste on the gauze to lower the incidence of dental cavities.</li> <li>5. Do not blow hot food to cool it down or chew food beforehand. Do not use the same tableware.</li> <li>6. Put a thin layer of toothpaste with 1,000 ppm of fluoride on the bristles of the toothbrush and help your baby under 3 years old to brush the teeth.</li> <li>7. Do not let your baby sleep with a pacifier in the mouth.</li> </ol>
From 1 to 1.5 years old	When children are about 12 months old, a habit of using glasses to drink water and juice can be formed. Feeding with milk bottles should be stopped to avoid dental cavities.
From 1.5 to 2 years old	
From 2 to 2.5 years old	<ol style="list-style-type: none"> <li>1. Limit the intake of food with a high sugar content. Limit the intake of carbonated soft drinks, fruit juices and sugary drinks to less than 125CC a day.</li> <li>2. When two adjacent baby teeth are discovered, you can start to use dental floss (stick) or fluoride toothpaste to help your baby brush teeth.</li> </ol>
From 2.5 to 3 years old	Carers can use small toothbrushes to help clean baby's teeth after dinner with fluoride toothpaste. Remember to clean the inside, the outside and the occlusal table for the baby.
From 3 to 3.5 years old	<ol style="list-style-type: none"> <li>1. Use toothpaste with 1,000 ppm of fluoride. Squeeze out toothpaste with a size similar to a pea and help your child between 3 and 6 years old in brushing the teeth.</li> <li>2. Carers should guide and watch children's moves when they brush their teeth. You have to help your baby to clean the teeth before bedtime.</li> <li>3. Remember to receive oral fluoride smearing, health education and oral check-ups at the dentist every half a year. Situations such as eruption times of baby teeth, order and occlusion of baby teeth, dental cavities, gingivitis, coordinated development of jawbones, sucking fingers and pacifiers will all influence eruption and the order of teeth.</li> <li>4. After the eruption of the first molar of permanent teeth, you should take your baby to the dentist to receive a dental sealant.</li> </ol>
From 3.5 to 4 years old	
From 4 to 4.5 years old	
From 4.5 to 5 years old	
From 5 to 5.5 years old	
From 5.5 to 6 years old	

## 我與家人的合照



## My family photos



# 出生至三個月 您會關心的事



## 給爸媽的叮嚀

- 當心情不好或連續幾天覺得好累時，記得找家人或朋友幫忙。
- 在寶寶睡覺時，嘗試也跟著一起休息或睡覺，但須在不同床鋪。
- 如果寶寶有哥哥姊姊，可以讓他們用安全的方式幫點小忙，並且也請爸媽分一點時間與大孩子單獨相處。
- 如果有人提供給您不喜歡的建議，微笑稱謝就好。
- 記得照顧好自己才有精力照顧寶寶。
- 別忘了做產後檢查。
- 如果要返回職場或校園，可以提前做規劃。
- 仔細觀察皮膚及糞便的顏色（於日光或白色燈光下觀察）。

## 如何和寶寶互動

- 可以開始每天玩跟洗澡。
- 可以溫柔地摸寶寶的頭或輕輕地搖他讓他覺得舒服。
- 喝奶睡著時，可以拍他、換尿布，或脫掉一些衣服讓他醒來繼續喝。
- 讓寶寶和您在同一個房間，在自己的小床裡仰睡，嬰兒床的床欄間隔要小於6公分，且床欄應保持拉起。
- 哭是正常的，而且寶寶在6-8週大時可能更會哭。寶寶哭時可以跟他說話、拍他、摸他、抱他，或輕輕搖他來安撫他。



寶寶出生至二個月的照片

孕產婦關懷專線：0800-870870





# Within 2 months after birth Things you care about

## Reminders for parents

- When you feel blue or tired for a few consecutive days, remember to seek help from families or friends.
- When your baby is asleep, try and get some sleep too. But do not sleep in the same bed.
- If the baby has siblings, you can ask them to give you a hand in a safe way. Parents should spend some time with elder kids alone.
- When someone offers suggestions that you do not like, just give him a smile.
- Only by taking good care of yourself can you take good care of your baby.
- Do not forget to take post-natal checkups.
- When you need to go back to work or back to school, you can plan in advance.
- Observe colors of the skin and feces carefully (under sunlight or lamplight).



Photos of the baby  
before 2 month old

## How to interact with your baby

- You can start to play together and take a bath every day.
- You can touch your baby's head gently or tenderly shake it to make it feel comfortable.
- When your baby falls asleep during the feeding, you can pat him, change the diaper or take off some clothes for the baby to wake him up and continue the feeding.
- Stay in the same room with your baby. Let the baby sleep in his own bed and on his back. Intervals of bedside rails of the baby's bed should be less than 6cm and bedside rails should be kept straight up all the time.
- Crying is normal. Babies between 6 and 8 weeks old cry more often. You can talk to your baby, pat him, touch him, hug him or shake him tenderly to comfort the baby when he cries.

Maternal care hotline: 0800-870870

# 出生至三個月 家長記錄事項

\* 請家長於寶寶接受健康檢查前，務必將下列事項填寫完整

以下是記錄於\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日（年齡\_\_\_\_\_月\_\_\_\_\_天）

1. 寶寶於出生後\_\_\_\_\_天自生產院所返家。
2. 是否已接受新生兒先天性代謝異常疾病篩檢？ ☐是，☐否
3. 是否已接受新生兒聽力篩檢？ ☐是，☐否
4. 出生至今生過病嗎？住過院嗎？請記錄在下面：  
\_\_\_\_\_
5. 餵食狀況：  
☐母乳，1天餵食約\_\_\_\_\_次。  
☐嬰兒配方奶粉，約\_\_\_\_\_小時餵奶1次，1天餵食\_\_\_\_\_次，  
每次\_\_\_\_\_C.C.，奶粉\_\_\_\_\_匙，廠牌\_\_\_\_\_  
有任何餵食問題嗎？\_\_\_\_\_
6. 大便狀況：1天解\_\_\_\_\_次或\_\_\_\_\_天解1次大便。  
顏色\_\_\_\_\_ ☐正常，☐不正常（請參閱第32頁嬰兒大便卡說明）  
形狀\_\_\_\_\_ ☐糊狀，☐水稀狀，☐條狀，☐其他\_\_\_\_\_
7. 發展狀況：
  - (1) 清醒時俯臥，是否能將頭稍微抬離床面？ ☐是，☐否
  - (2) 出現巨大聲音時，是否會驚嚇得手腳伸開或哭出來？ ☐是，☐否
  - (3) 用手電筒照射寶寶的眼睛，他是否會眨眼？ ☐是，☐否
  - (4) 在耳邊搖動鈴鐺或其他會發出聲音的東西，是否會有反應（眨眼、驚嚇、突然安靜下來、稍微轉頭等）？ ☐是，☐否
8. 請您將其他育兒方面擔心的事或想請教醫師的問題，記錄在下面：  
\_\_\_\_\_

# To 2 months after birth Parents record items

\* Parents shall fill in the following information before the baby's health check-ups

Record date \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year (Age \_\_\_\_\_ Months \_\_\_\_\_ Days)

1. The baby was discharged from the hospital \_\_\_\_\_ days after being born.
2. Has your baby received the screening for neo-natal congenital metabolic diseases? ☐ Yes, ☐ No
3. Has your baby received a neo-natal hearing test? ☐ Yes, ☐ No
4. Has your baby been sick since its birth? Has your baby been hospitalized?  
Please record below: \_\_\_\_\_
5. Feeding status:  
☐ Breastfeeding approximate feeding amount per day \_\_\_\_\_ times.  
☐ Infant formula milk powder, feeding frequency once every \_\_\_\_\_ hours,  
 Every time \_\_\_\_\_ C.C., milk powder \_\_\_\_\_ spoons,  
 Brand name \_\_\_\_\_  
 Is there any feeding problem? \_\_\_\_\_
6. Feces status: \_\_\_\_\_ times a day or once every \_\_\_\_\_ days.  
 Color \_\_\_\_\_ ☐ Normal, ☐ Abnormal  
 (please refer to the instructions on the infant stool card on page 33)  
 Shape \_\_\_\_\_ ☐ Pasty, ☐ Loose, ☐ Strip, ☐ Others \_\_\_\_\_
7. Developmental status:
  - (1) When babies are awake and lying on their backs, can they raise their heads above the bed? ☐ Yes, ☐ No
  - (2) When there is a big sound, are they scared to stretch out their limbs and cry? ☐ Yes, ☐ No
  - (3) When a torch is lit near the baby's eyes, does the baby blink? ☐ Yes, ☐ No
  - (4) When you ring a bell or make a sound by other objects around their ears, will they react (blinking, getting scared, being quiet all of a sudden, turning their heads slightly)? ☐ Yes, ☐ No
8. Please record your parenting worries and things you want to consult with the doctors below:  
 \_\_\_\_\_

# 出生至三個月 健康檢查記錄

\* 早產兒請用矯正年齡

檢查日期：\_\_\_\_年\_\_\_\_月\_\_\_\_日 年齡：\_\_\_\_歲\_\_\_\_月  
身長：\_\_\_\_公分（第\_\_\_\_百分位） 體重：\_\_\_\_公斤（第\_\_\_\_百分位）  
頭圍：\_\_\_\_公分（第\_\_\_\_百分位）  
生長評估：☐ 正常，☐ 需追蹤，☐ 需轉介\_\_\_\_\_

身體檢查：

☐ 無特殊發現

☐ 需注意或異常項目

1. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介\_\_\_\_\_
2. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介\_\_\_\_\_
3. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介\_\_\_\_\_
4. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介\_\_\_\_\_

\* 如有不明傷痕，或疑似家庭暴力、兒虐等情事，請依規定通報（參閱第192頁）

發展評估：☐ 通過 ☐ 需追蹤 ☐ 需轉介\_\_\_\_\_



建議下次健康檢查時間：

自\_\_\_\_年\_\_\_\_月

至\_\_\_\_年\_\_\_\_月

家長簽名：\_\_\_\_\_ 醫師簽名：\_\_\_\_\_

\* 本表資料將會作為衛生單位政策評估或個案追蹤健康管理時使用。

# To 2 months after birth Health checkup records

\* Please use adjusted ages for premature babies

Checkup date: \_\_\_\_ Day \_\_\_\_ Month \_\_\_\_ Year Age: \_\_\_\_ Months \_\_\_\_ Days

Height: \_\_\_\_ cm (\_\_\_\_ percentile) Weight: \_\_\_\_ kg (\_\_\_\_ percentile)

Head Circumference: \_\_\_\_ cm (\_\_\_\_ percentile)

Growth evaluation: ☐ Normal, ☐ Need follow up, ☐ need referral \_\_\_\_\_

Physical exam:

☐ No special findings

☐ Areas of attention or abnormality

1. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

2. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

3. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

4. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

\* If there are unfamiliar scars or suspected domestic violence or child abuse, please report such incidence in accordance with the regulations (refer to page 193)

Development evaluation: ☐ Pass ☐ Need follow up ☐ Need referral \_\_\_\_\_



Recommended date for next check-up:

From \_\_\_\_ Month \_\_\_\_ Year

To \_\_\_\_ Month \_\_\_\_ Year

Parent: \_\_\_\_\_ Doctor: \_\_\_\_\_



# 出生至三個月 衛教記錄表

紅框內之欄位請醫護人員協助家長於衛教指導前先行填寫，以供醫師參考。

【本方案由於品健康福利捐補助】

衛教主題	重點	家長評估			醫師指導重點	
		不清楚 未做到	清楚但 未做到	已做到		
1. 嬰兒哺餵 (參閱第28頁)	餵食 狀況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	觀察寶寶一天尿褲變濕5-8次來確定寶寶有吃飽。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	餵奶問題之原因與處理，尤其是母乳哺餵問題。	
2. 預防嬰兒 猝死 (參閱第20, 138, 204頁)	寶寶 睡姿	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	每次睡眠都應仰睡，可考慮在睡眠時使用奶嘴。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	睡眠地方(床鋪)表面須堅實。	
	睡眠 環境	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	與嬰兒同室但避免同床(含沙發或墊子)。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	嬰兒床避免有鬆軟物件。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免環境過熱。	
	家人 情形	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	保持無菸環境，避免寶寶受二手菸、三手菸的危害。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免服用會影響清醒能力的藥物或酒精性飲料。	
3. 預防事 故傷害 (參閱第186-188 頁)	嬰兒 搖晃 症	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	寶寶哭泣是和大人溝通方式，需要家長耐心安撫，不可以劇烈搖晃、旋轉或將寶寶拋到床上；如果照顧者情緒無法控制，請向親友尋求協助。	
	寶寶 外出	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	乘車應使用嬰兒用臥床置於後座且面向後方。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免使用機車或自行車搭載寶寶。	
	居家 環境 安全	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	使用嬰兒床都會將嬰兒床欄拉起或是在一般床邊使用床欄，並注意床欄間隔。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	寶寶身上或身邊勿有任何懸線，如懸掛奶嘴、項鍊、平安符、窗簾繩或玩具吊繩。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要抱著寶寶泡牛奶或拿著熱飲。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	準備寶寶洗澡水，先放冷水再放熱水。	
※ 返家後若有育兒諮詢需求，請多加運用孕產婦關懷專線0800-870870						
醫療院所名稱及代碼		衛教對象與寶寶關係：		醫師簽章： 指導日期 ____ 年 ____ 月 ____ 日		

備註：1. 本衛教指導內容由衛生福利部國民健康署及臺灣兒科醫學會共同研擬。

2. 本次衛教指導之建議年齡為1個月大，可搭配第1次兒童預防保健（補助時程為0-2個月大）執行，並請參閱兒童健康手冊內容予以衛教。

# To 2 months after birth Health education records

Red blanks should be filled in by parents under the medical guidance of the medical staff and the results of last health education must be followed which could be used as reference by doctors.

[The plan is sponsored by the Ministry of Health and Welfare]

Theme of health education	Key points	Parents evaluation			Key points of doctors' guidance	
		Not clear Not achieved	Clear but not achieved	Achieved		
1. Feeding of the baby (refer to page 29)	Feeding status	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Observe your baby. If his diapers get wet 5 to 8 times a day, he is getting adequate food.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Causes of and dealing with feeding problems, especially breastfeeding problems.	
2. Sudden infant death prevention (refer to page 21, 139, 205)	Baby's sleeping postures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Babies should sleep on their backs every time they sleep. A pacifier may be considered during the sleep.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Places of sleep (beds) must have strong surfaces.	
	Sleeping environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stay in the same room but not the same bed (including sofa or cushion) with your baby.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Soft objects should be avoided in the babies' beds.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Prevent the room from getting overheated.	
	Family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep a smoke-free environment. Protect babies from harmful second-hand smoke and third-hand smoke.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Avoid taking drugs and alcoholic beverages that would influence your consciousness.	
	Infant shaking syndrome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Babies cry to communicate with adults and they need to be comforted with patience. Do not shake your babies badly, rotate them or put them in bed. If you cannot control your emotions, ask relatives and friends for help.	
3. Accidents and injuries prevention (refer to page 187-189)	Outing with babies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Baby seats should be put at the back seat of the car and face the back when taking the baby outdoors in the car.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Avoid taking babies on motorcycles or bicycles.	
	Safety of the living environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When using an infant seat, put the bars up or use rails on one side of the cradle. Mind the gaps of the rails.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not put any suspended lines beside your babies such as hanging pacifiers, necklaces, accessories, curtain wires or toy ropes.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not prepare milk or hold hot beverages while holding your baby.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When preparing baby's bathing water, remember to turn on the cold pipe first before the hot one.	
* If you want to have further counseling, please call the maternal care hotline 0800-870870						
Name and code of hospital		Relationship between the baby and health education object:		Doctor: Guiding date ____ Day ____ Month ____ Year		

- Note: 1. This health education material is co-researched by the Health Promotion Administration, Ministry of Health and Welfare together with the Taiwan Academy of Pediatrics.  
2. The recommended age for receiving this health education is 1 month old. It is acceptable to go with the first children preventive care (0 to 2 months). Please refer to contents in the Children Health Handbook.

## 二至四個月 您會關心的事



### 給爸媽的叮嚀

- 有私人的時間。
- 與每個孩子有單獨相處的時間。
- 鼓勵另一半幫忙照顧寶寶。
- 如果有需要，選擇一個受過訓練且成熟負責的保母。
- 每天擁抱寶寶，對著寶寶唱歌與說話。
- 按摩寶寶使他容易入睡。

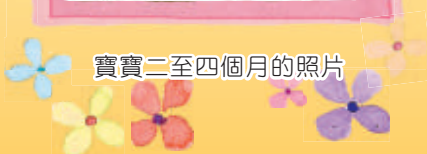
### 如何和寶寶互動

- 保持日常生活習慣，如餵食、午睡和晚上睡覺的時間需固定。
- 午睡和晚上睡覺的時間，不管寶寶是醒著或是昏昏欲睡，都放在寶寶床上。
- 降低寶寶的床墊，使他坐起來也無法越過床欄，並應隨時保持床欄立起。
- 了解寶寶的喜惡。
- 鼓勵寶寶主動玩耍，如給寶寶鏡子或鮮豔的玩具，讓他們握著。
- 當寶寶哭鬧的時候，給寶寶一個奶嘴。
- 經常與寶寶說話。



寶寶二至四個月的照片

孕產婦關懷專線：0800-870870



# To 2 months after birth Things you care about

## Reminders for parents

- Having personal times.
- Spending time alone with each and every one of your children.
- Encourage your spouse to take care of your babies.
- Choose a trained, skilled and responsible babysitter when necessary.
- Hold your babies every day. Sing and talk to them.
- Massage makes it easier for babies to fall asleep.



Photos of your baby  
when he was 2 to 4 months old

## How to interact with your baby

- Maintain the daily living habits such as feeding, afternoon naps and bedtime at night fixed and stable.
- When it is time for bed in the afternoon or at night, no matter if your baby is wide awake or feeling sleepy, put them to bed.
- Lower the cushion for your baby so that when he starts sitting straight, he still cannot surpass bedside rails. Keep bedside rails up at all times.
- Know about your baby's likes and dislikes.
- Encourage babies to play initially, for example, give them a mirror or a toy and let them hold it.
- Give your baby a pacifier when it cries.
- Talk to your baby often.

Maternal care hotline: 0800-870870

## 二至四個月 家長記錄事項

\* 請家長於寶寶接受健康檢查前，務必將下列事項填寫完整

以下是記錄於\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日（年齡\_\_\_\_\_月\_\_\_\_\_天）

1. 上次健康檢查至今，生過什麼病嗎？住過院嗎？請記錄在下面：

\_\_\_\_\_

2. 餵食狀況：

☐ 母乳，1天餵食約\_\_\_\_\_次。

☐ 嬰兒配方奶粉，約\_\_\_\_\_小時餵奶1次，1天餵食\_\_\_\_\_次，  
每次\_\_\_\_\_C.C.，奶粉\_\_\_\_\_匙，廠牌\_\_\_\_\_

有任何餵食問題嗎？\_\_\_\_\_

3. 大便狀況：\_\_\_\_\_天解1次或1天解\_\_\_\_\_次大便。

顏色\_\_\_\_\_ ☐ 正常，☐ 不正常（請參閱第32頁嬰兒大便卡說明）

形狀\_\_\_\_\_ ☐ 糊狀，☐ 水稀狀，☐ 條狀，☐ 其他\_\_\_\_\_

4. 有任何睡眠問題嗎？\_\_\_\_\_

5. 發展狀況：

(1) 俯臥時，是否能抬頭至45度？

☐是，☐否

(2) 跟寶寶說話或逗他時，他是否會微笑？

☐是，☐否

(3) 是否會注視移動的物品？

☐是，☐否

(4) 跟寶寶說話或逗他時，他是否會發出像「Y」「X」之類的  
聲音回應？

☐是，☐否

6. 日常行為：

(1) 乘車時使用平躺式汽車安全座椅，且置於後座面向後  
方嗎？

☐是，☐否

(2) 每天協助寶寶清潔口腔嗎？

☐是，☐否

(3) 住家是無菸環境嗎？

☐是，☐否

7. 請您將其他育兒方面擔心的事或想請教醫師的問題，記錄在下面：

\_\_\_\_\_



## 2 to 4 months Parents record items

\* Parents shall fill in the following information before the baby's health check-ups

Record date \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year (Age \_\_\_\_\_ Months \_\_\_\_\_ Days)

1. Has your baby been sick since the last check-up? Has your baby been hospitalized?  
Please record below:

\_\_\_\_\_

2. Feeding status:

☐ Breastfeeding approximate feeding amount per day \_\_\_\_\_ times.

☐ Infant formula milk powder, feeding frequency once every \_\_\_\_\_ hours,  
approximately \_\_\_\_\_ times of feeding a day, Every time \_\_\_\_\_ CC,  
milk powder \_\_\_\_\_ spoons, brand name \_\_\_\_\_

Is there any feeding problem? \_\_\_\_\_

3. Feces status: \_\_\_\_\_ times a day or once every \_\_\_\_\_ days.

Color \_\_\_\_\_ ☐ Normal, ☐ Abnormal

(please refer to the instructions on infant stool card on page 33)

Shape \_\_\_\_\_ ☐ Pasty, ☐ Loose, ☐ Strip, ☐ Others \_\_\_\_\_

4. Is there any sleeping problem? \_\_\_\_\_

5. Developmental status:

(1) When lying on the stomach, can the baby raise his head to 45 degrees?

☐ Yes, ☐ No

(2) When you talk to your baby or try to make him laugh, does he smile?

☐ Yes, ☐ No

(3) Does your baby pay attention to moving objects?

☐ Yes, ☐ No

(4) When you talk to your baby or try to make him laugh, will he make sounds like "Y" or "X" to respond?

☐ Yes, ☐ No

6. General behavior:

(1) Will your baby use a lying safety seat when taking a car and is the seat placed in the back facing backward?

☐ Yes, ☐ No

(2) Do you clean the baby's mouth every day?

☐ Yes, ☐ No

(3) Is your home smoke-free?

☐ Yes, ☐ No

7. Please record your parenting worries and things you want to consult with the doctors below:

\_\_\_\_\_

## 二至四個月 健康檢查記錄

\* 早產兒請用矯正年齡

檢查日期：\_\_\_\_年\_\_\_\_月\_\_\_\_日 年齡：\_\_\_\_歲\_\_\_\_月

身長：\_\_\_\_公分（第\_\_\_\_百分位） 體重：\_\_\_\_公斤（第\_\_\_\_百分位）

頭圍：\_\_\_\_公分（第\_\_\_\_百分位）

生長評估：☐ 正常，☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

身體檢查：

☐ 無特殊發現

☐ 需注意或異常項目

1. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

2. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

3. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

4. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

\* 如有不明傷痕，或疑似家庭暴力、兒虐等情事，請依規定通報（參閱第192頁）

發展評估：☐ 通過（含上次未通過的項目）

☐ 需追蹤

☐ 需轉介（請填寫「兒童發展評估轉介單」，參閱第238頁）

注意項目：☐ 動作，☐ 語言，☐ 認知，☐ 社會情緒

☐ 其他 \_\_\_\_\_



建議下次健康檢查時間：

自 \_\_\_\_\_ 年 \_\_\_\_\_ 月

至 \_\_\_\_\_ 年 \_\_\_\_\_ 月

家長簽名：\_\_\_\_\_ 醫師簽名：\_\_\_\_\_

\* 本表資料將會作為衛生單位政策評估或個案追蹤健康管理時使用。

# 2 to 4 months Health checkup records

\* Please use adjusted ages for premature babies

Checkup date: \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year Age: \_\_\_\_\_ Months \_\_\_\_\_ Days

Height: \_\_\_\_\_ cm (\_\_\_\_\_ percentile) Weight: \_\_\_\_\_ kg (\_\_\_\_\_ percentile)

Head Circumference: \_\_\_\_\_ cm (\_\_\_\_\_ percentile)

Growth evaluation: ☐ Normal, ☐ Need follow up, ☐ need referral \_\_\_\_\_

Physical exam:

☐ No special findings

☐ Areas of attention or abnormality

1. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

2. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

3. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

4. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

\* If there are unfamiliar scars or suspected domestic violence or child abuse, please report such incidence in accordance with the regulations (refer to page 193)

Development evaluation: ☐ Pass (include items failed in the last check-up)

☐ Need follow up,

☐ Need referral (please fill in the "referral chart of child development evaluation", refer to page 239)

Pay attention to: ☐ Movements, ☐ Languages, ☐ Cognition,  
☐ Social emotions ☐ Other \_\_\_\_\_



Recommended date for next check-up:

From \_\_\_\_\_ Month \_\_\_\_\_ Year

To \_\_\_\_\_ Month \_\_\_\_\_ Year

Parent: \_\_\_\_\_ Doctor: \_\_\_\_\_

## 二至四個月 衛教記錄表

紅框內之欄位請醫護人員協助家長於衛教指導前先行填寫，以供醫師參考。

【本方案由於品健康福利捐補助】

衛教主題	重點	家長評估			醫師指導重點	
		不清楚 未做到	清楚但 未做到	已做到		
1. 嬰兒哺 餵 (參閱第 28頁)	餵食 及口 腔清 潔	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	可持續哺育母乳至2歲；但6個月後即需添加副食品。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	奶量與餵食頻率，須依寶寶需求餵食。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	絕對不要含奶瓶睡覺。	
2. 預防嬰 兒猝死 (參閱第 20, 138, 204 頁)	寶寶 睡姿	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	每次睡眠都應仰睡，可考慮在睡眠時使用奶嘴。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	睡眠地方(床鋪)表面須堅實。	
	睡眠 環境	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	與嬰兒同室但避免同床(含沙發或墊子)。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	嬰兒床避免有鬆軟物件。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免環境過熱。	
	家人 情形	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	保持無菸環境，避免寶寶受二手菸、三手菸的危害。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免服用會影響清醒能力的藥物或酒精性飲料。	
3. 預防事 故傷害 (參閱第 186-188 頁)	寶寶 外出	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不可讓寶寶獨處，或將寶寶單獨留在車內。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	乘車應使用嬰兒用臥床置於後座且面向後方。	
	居家 環境 安全	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要抱著寶寶泡牛奶或拿著熱飲。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	燙傷急救五步驟『沖、脫、泡、蓋、送』。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	使用嬰兒床都會將嬰兒床欄拉起或是在一般床邊使用床欄，並注意床欄間隔。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	寶寶身上或身邊勿有任何懸線，如懸掛奶嘴、項鍊、平安符、窗簾繩或玩具吊繩。	
※ 返家後若有育兒諮詢需求，請多加運用孕產婦關懷專線 0800-870870						
醫療院所名稱及代碼		衛教對象與寶寶關係：		醫師簽章： 指導日期____年____月____日		

備註：1. 本衛教指導內容由衛生福利部國民健康署及臺灣兒科醫學會共同研擬。

2. 本次衛教指導之建議年齡為2-3個月大，可搭配第2次兒童預防保健（補助時程為2-4個月大）執行，並請參閱兒童健康手冊內容予以衛教。

# 2 to 4 months Health education records

Red blanks should be filled in by parents under the medical guidance of the medical staff and the results of last health education must be followed which could be used as reference by doctors.

[The plan is sponsored by the Ministry of Health and Welfare]

Theme of health education	Key points	Parents evaluation			Key points of doctors' guidance	
		Not clear Not achieved	Clear but not achieved	Achieved		
1. Feeding of the baby (refer to page 29)	Feeding and oral hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Breastfeeding can be continued till your baby is 2 years old. After the baby is 6 months old, the mother has to add other types of food.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Amount of milk and frequency of feeding must be in line with the baby's demand.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Never sleep with a milk bottle in the mouth.	
2. Sudden infant death prevention (refer to page 21, 139, 205)	Baby's sleeping postures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Babies should sleep on their backs every time they sleep. A pacifier may be considered during the sleep.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Places of sleep (beds) must have strong surfaces.	
	Sleeping environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stay in the same room but not the same bed (including sofa or cushion) with your baby.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Soft objects should be avoided in the babies' beds.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Prevent the room from getting overheated.	
	Family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep a smoke-free environment. Protect babies from harmful second-hand smoke and third-hand smoke.	
3. Accidents and injuries prevention (refer to page 187-189)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Avoid taking drugs and alcoholic beverages that would influence your consciousness.	
Outing with babies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not leave your baby alone or stay in the car alone.		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Baby seats should be put at the back seat of the car and face the back when taking the baby outdoors in the car.		
Safety of the living environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not prepare milk or hold hot beverages while holding your baby.		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5 steps for first-aid treatment of scalding: wash the wound, take off clothes, soak the wound, cover it and send the patient to a hospital.		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When using an infant seat, put the bars up or use rails on one side of the cradle. Mind the gaps of the rails.		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not put any suspended lines beside your babies such as hanging pacifiers, necklaces, accessories, curtain wires or toy ropes.		
	* If you want to have further counseling, please call the maternal care hotline 0800-870870					
	Name and code of hospital		Relationship between the baby and health education object:			Doctor: Guiding date ____ Day ____ Month ____ Year

Note: 1. This health education material is co-researched by the Health Promotion Administration, Ministry of Health and Welfare together with the Taiwan Academy of Pediatrics.  
2. The recommended age for receiving this health education is 2 to 3 months old. It is acceptable to go with the second children preventive care (2 to 4 months). Please refer to contents in the Children Health Handbook.



## 四至十個月 您會關心的事

### 給爸媽的叮嚀



- 需要有耐心地幫助寶寶學習獨自把食物吃完。
- 要堅持原則，禁止驚嚇或吆喝寶寶。
- 保持家裡安全，不要經常對寶寶說「不行」。只有當寶寶可能會受傷或傷害到別人的時候，才說「不行」。
- 1次給予1種新食物，不要強迫寶寶進食，可以選擇不同稠度或能引起寶寶興趣的食物給寶寶吃，建議每天準備三餐和2-3次的點心給寶寶食用。
- 汽車安全座椅需後向式並置於後座，嚴禁置於前座。
- 如有疑慮或有困難無法解決時，請尋找外界的協助。
- 常用清水或紗布幫寶寶清洗口腔。

### 如何和寶寶互動

- 為您的寶寶維持日常的生活習慣。
- 在睡前1個小時，可有溫馨的親子時間，也讓寶寶鎮定下來。
- 如果寶寶晚間醒來，在旁查看但不要把他抱起。
- 注意寶寶的行為，這階段他會探索家裡和外面的世界。
- 當把玩具拿開，寶寶會哭是很正常的，請保持冷靜。
- 給予寶寶玩球、玩具磚塊等適合該年齡層之安全玩具。
- 不要讓寶寶看電視和電腦等螢幕。
- 利用簡單的詞句，告訴寶寶您想要他做什麼。
- 每天與寶寶說話和唱歌。



寶寶四至十個月的照片

孕產婦關懷專線：0800-870870



# 4 to 10 months Things you care about

## Reminders for parents

- Help your baby learn how to eat food independently with patience.
- Stick to the principles. Do not scare or shout at your baby.
- Keep a safe environment at home. Do not say "no" to your baby frequently. Say "no" only when your baby may get hurt or hurt others.
- Give your baby 1 new kind of food each time, do not force him to eat. You can choose food with different textures or food that your baby is interested in. It is suggested to feed your baby with 3 meals and 2 to 3 times of desserts.
- Safety seats should be placed at the back seat of the car and facing backward. Do not put it at the front seat.
- If you still have questions or problems that you cannot solve, please seek help from others.
- Frequently clean your baby's mouth with clean water or gauze.



Photos of your baby  
from 4 to 10 months

## How to interact with your baby

- Keep daily routines fixed for your baby.
- You can have a nice parent-child time with your baby 1 hour before bedtime, which may calm your baby.
- When your baby wakes up at night, just check him from the side but do not hold him.
- Mind your baby's behaviors. During this period of time, he will explore the house and the outside world.
- When you put toys away, it is common that your baby will burst into tears. Please stay calm.
- Give your baby safe toys which suit its age to play with such as playing balls and toy bricks.
- Keep your baby away from screens of TVs and computers.
- Use simple words and sentences to tell your baby what you want him to do.
- Talk and sing to your baby everyday.

Maternal care hotline: 0800-870870

## 四至十個月 家長記錄事項

\* 請家長於寶寶接受健康檢查前，務必將下列事項填寫完整

以下是記錄於\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日（年齡\_\_\_\_\_月\_\_\_\_\_天）

1. 上次健康檢查至今，生過什麼病嗎？住過院嗎？請記錄在下面：

\_\_\_\_\_

2. 餵食狀況：

☐ 母乳，1天餵食約\_\_\_\_\_次。

☐ 嬰兒配方奶粉，1天餵食\_\_\_\_\_次，每次\_\_\_\_\_C.C.，奶粉\_\_\_\_\_匙，  
廠牌\_\_\_\_\_。6-10個月夜間仍餵奶嗎？☐ 是，☐ 否

☐ \_\_\_\_\_個月開始添加副食品，1天餵食\_\_\_\_\_次，

食物種類？\_\_\_\_\_

有任何餵食問題嗎？\_\_\_\_\_

3. 大便狀況：\_\_\_\_\_天解1次或1天解\_\_\_\_\_次大便。

形狀是呈☐ 水稀狀，☐ 糊狀，☐ 條狀，☐ 顆粒狀，☐ 其他\_\_\_\_\_

4. 6-10個月有任何睡眠問題嗎？\_\_\_\_\_

5. 發展狀況：（本次健康檢查年齡涵蓋較廣，有些題目可能寶寶還做不到，請照實作答即可，醫師會再加以評估。）

### 4-5個月

(1) 直著抱時，頸部已經挺直，且頭可左右自由轉動嗎？ ☐ 是，☐ 否

(2) 俯臥時，會用兩隻前臂支撐將頭抬高至90度嗎？ ☐ 是，☐ 否

(3) 手會自動張開嗎？ ☐ 是，☐ 否

(4) 會「咯咯」笑出聲嗎？ ☐ 是，☐ 否

(5) 激動或生氣的時候會叫得很大聲嗎？ ☐ 是，☐ 否

(6) 眼睛會追著移動的東西或人看嗎？ ☐ 是，☐ 否

# 4 to 10 months Parents record items

✱ Parents shall fill in the following information before the baby's health check-ups

Record date \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year (Age \_\_\_\_\_ Months \_\_\_\_\_ Days)

1. Has your baby been sick since the last check-up? Has your baby been hospitalized?  
Please record below:

\_\_\_\_\_

2. Feeding status:

☐ Breastfeeding approximate daily frequency \_\_\_\_\_ times.

☐ Infant formula milk powder, daily feeding frequency \_\_\_\_\_ times, amount of each time  
\_\_\_\_\_ C.C., amount of milk powder \_\_\_\_\_ spoons, brand name \_\_\_\_\_

Do you still feed at night when your baby is between 6 to 10 months old? \_\_\_\_\_ ☐ Yes, ☐ No

☐ In the \_\_\_\_\_ month solid food is added, daily feeding frequency \_\_\_\_\_ times,  
types of food? \_\_\_\_\_

Is there any feeding problem? \_\_\_\_\_

3. Feces status: once every \_\_\_\_\_ days or \_\_\_\_\_ times a day.

Shape ☐ Strip, ☐ Pasty, ☐ Particles, ☐ Others \_\_\_\_\_

4. Is there any sleeping problem between 6 and 10 months? \_\_\_\_\_

5. Development status: (The age range considered for the current health check-up is relatively wide and hence your baby may fail in some criteria. Please answer according to the reality and the doctors will evaluate.)

## 4 to 5 months

(1) When you hold your baby straight, is his neck straight and can he turn his head flexibly to the left and right? ☐ Yes, ☐ No

(2) When your baby lies on his stomach, can he raise his head to 90 degrees with support of his front arms? ☐ Yes, ☐ No

(3) Can your baby stretch out his hands on his own? ☐ Yes, ☐ No

(4) Can your baby giggle? ☐ Yes, ☐ No

(5) Will your baby shout loudly when he is excited or angry? ☐ Yes, ☐ No

(6) Will your baby's eyes move to follow moving objects or people? ☐ Yes, ☐ No

## 四至十個月 家長記錄事項

### 6-8個月

- (1) 將您的雙手放在寶寶腋下，稍加支撐他就能站得很挺嗎？ ☐是，☐否
- (2) 會翻身了嗎？ ☐是，☐否
- (3) 會伸出手抓取身邊的玩具嗎？ ☐是，☐否
- (4) 將手帕蓋在寶寶臉上，他會將手帕拿開嗎？ ☐是，☐否
- (5) 呼喚寶寶的名字（或小名）時，他會朝著聲音的方向轉頭嗎？ ☐是，☐否
- (6) 會發出像「ㄇY」、「ㄣY」、「ㄨY」等不具意義的聲音嗎？ ☐是，☐否

### 9-10個月

- (1) 會用雙手和雙膝著地向前爬行嗎？ ☐是，☐否
- (2) 10個月大以後的寶寶，會扶著東西站立嗎？ ☐是，☐否
- (3) 會將玩具由一手換至另一手嗎？ ☐是，☐否
- (4) 會一手各拿一個玩具相互敲打嗎？ ☐是，☐否
- (5) 叫寶寶「拍拍手」或「拜拜」（再見）時，他會做出動作嗎？ ☐是，☐否
- (6) 會發出連續的「ㄇYㄇYㄇY」或「ㄨYㄨYㄨY」之類無意義的聲音嗎？ ☐是，☐否

6. 請您將其他育兒方面擔心的事或想請教醫師的問題，記錄在下面：

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## 4 to 10 months Parents record items

### 6 to 8 months

- (1) When you put your hands under your baby's armpits, will he be able to stand straight with some support? ☐ Yes, ☐ No
- (2) Can your baby turn over? ☐ Yes, ☐ No
- (3) Can your baby grab the toys beside him? ☐ Yes, ☐ No
- (4) When you put a handkerchief covering your baby's face, is he able to move it away? ☐ Yes, ☐ No
- (5) When you call your baby's name (or nickname), will he turn his head towards the direction where the sound came? ☐ Yes, ☐ No
- (6) Can your baby make sounds which have no meaning like "Ma", "Pa" and "Da"? ☐ Yes, ☐ No

### 9 to 10 months

- (1) Can your baby crawl with two hands and two knees on the ground? ☐ Yes, ☐ No
- (2) When your baby is older than 10 months, can he stand on his own while holding onto something? ☐ Yes, ☐ No
- (3) Can your baby pass a toy from one hand to the other hand? ☐ Yes, ☐ No
- (4) Can your baby take one toy in each hand and try clapping with them? ☐ Yes, ☐ No
- (5) Can your baby make moves when you say "clap your hands" or "bye" to your baby? ☐ Yes, ☐ No
- (6) Can your baby make consecutive sounds such as "MaMaMa", "DaDaDa" or other meaningless ones? ☐ Yes, ☐ No

6. Please record your parenting worries and things you want to consult with the doctors below:

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## 四至十個月 健康檢查記錄

\* 早產兒請用矯正年齡

檢查日期：\_\_\_\_年\_\_\_\_月\_\_\_\_日 年齡：\_\_\_\_歲\_\_\_\_月  
身長：\_\_\_\_公分（第\_\_\_\_百分位） 體重：\_\_\_\_公斤（第\_\_\_\_百分位）  
頭圍：\_\_\_\_公分（第\_\_\_\_百分位）  
生長評估：☐ 正常，☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

身體檢查：

☐ 無特殊發現

☐ 需注意或異常項目

1. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
2. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
3. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
4. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

\* 如有不明傷痕，或疑似家庭暴力、兒虐等情事，請依規定通報（參閱第192頁）

發展評估：☐ 通過（含上次未通過的項目）

☐ 需追蹤

☐ 需轉介（請填寫「兒童發展評估轉介單」，參閱第238頁）

注意項目：☐ 動作，☐ 語言，☐ 認知，☐ 社會情緒

☐ 其他 \_\_\_\_\_



建議下次健康檢查時間：

自 \_\_\_\_\_ 年 \_\_\_\_\_ 月

至 \_\_\_\_\_ 年 \_\_\_\_\_ 月

家長簽名：\_\_\_\_\_ 醫師簽名：\_\_\_\_\_

\* 本表資料將會作為衛生單位政策評估或個案追蹤健康管理時使用。

# 4 to 10 months Health checkup records

\* Please use adjusted ages for premature babies

Checkup date: \_\_\_\_ Day \_\_\_\_ Month \_\_\_\_ Year Age: \_\_\_\_ Months \_\_\_\_ Days

Height: \_\_\_\_ cm (\_\_\_\_ percentile) Weight: \_\_\_\_ kg (\_\_\_\_ percentile)

Head Circumference: \_\_\_\_ cm (\_\_\_\_ percentile)

Growth evaluation: ☐ Normal, ☐ Need follow up, ☐ need referral \_\_\_\_\_

Physical exam:

☐ No special findings

☐ Areas of attention or abnormality

1. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

2. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

3. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

4. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

\* If there are unfamiliar scars or suspected domestic violence or child abuse, please report such incidence in accordance with the regulations (refer to page 193)

Development evaluation: ☐ Pass (include items failed in the last check-up)

☐ Need follow up,

☐ Need referral (please fill in the "referral chart of child development evaluation", refer to page 239)

Pay attention to: ☐ Movements, ☐ Languages, ☐ Cognition,

☐ Social emotions ☐ Other \_\_\_\_\_



Recommended date for next check-up:

From \_\_\_\_ Month \_\_\_\_ Year

To \_\_\_\_ Month \_\_\_\_ Year

Parent: \_\_\_\_\_

Doctor: \_\_\_\_\_

# 四至十個月 衛教記錄表

紅框內之欄位請醫護人員協助家長於衛教指導前先行填寫，以供醫師參考。

【本方案由於品健康福利捐補助】

衛教主題	重點	家長評估			醫師指導重點	
		不清楚 未做到	清楚但 未做到	已做到		
1. 嬰兒 哺餵 (參閱 第28, 140-154 頁)	副食 品	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	可持續哺育母乳至2歲；但6個月後即需添加副食品。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	副食品添加、補充碘營養素，可食用海帶、海菜及其注意事項。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	副食品、均衡飲食問題之原因與處理。	
2. 口腔 清潔與 乳牙照 護(參閱 第176, 178頁)	進食 習慣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	以新鮮、天然的食品為主，避免含糖飲料。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要將大人嚼過的食物餵食寶寶。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要讓寶寶邊含奶瓶邊睡覺。	
	口腔 清潔	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	開始長乳牙了，餐後及睡前使用含氟牙膏，幫寶寶潔牙。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	長乳牙後，每半年定期看牙醫及牙齒塗氟。	
3. 預防 事故 傷害 (參閱第 186-188 頁)	寶寶 外出	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	乘車使用嬰兒用臥床或座椅，置於後座且面向後方。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免使用機車或自行車搭載寶寶。	
	居家 環境 安全	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	充分了解使用學步車的危險性，並預防及避免危險發生。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	寶寶身上或身邊勿有任何懸線，如懸掛奶嘴、項鍊、平安符、窗簾繩或玩具吊繩。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	家具尖銳角或桌角使用防撞套來保護。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	使用嬰兒床都會將嬰兒床欄拉起或是在一般床邊使用床欄，並注意床欄間隔。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	家中餐桌或茶几上不要鋪桌巾。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要抱著寶寶泡牛奶或拿著熱飲。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	將細小東西、藥品或其他危險物品，放在寶寶無法拿到的地方。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要在室內或車內吸菸，避免寶寶受二手菸、三手菸的危害，且勿食檳榔，以免寶寶模仿。	
※ 返家後若有育兒諮詢需求，請多加運用孕產婦關懷專線 0800-870870						
醫療院所名稱及 代碼：		衛教對象與寶寶關係：			醫師簽章： 指導日期 _____ 年 _____ 月 _____ 日	

備註：1. 本衛教指導內容由衛生福利部國民健康署及臺灣兒科醫學會共同研擬。

2. 本次衛教指導之建議年齡為4-6個月大，可搭配第3次兒童預防保健（補助時程為4-10個月大）執行，並請參閱兒童健康手冊內容予以衛教。

# 4 to 10 months Health education records

Red blanks should be filled in by parents under the medical guidance of the medical staff and the results of last health education must be followed which could be used as reference by doctors.

[The plan is sponsored by the Ministry of Health and Welfare]

Theme of health education	Key points	Parents evaluation			Key points of doctors' guidance
		Not clear Not achieved	Clear but not achieved	Achieved	
1. Feeding of the baby (refer to page 29, 141-155)	Other types of food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Breastfeeding can be continued until your baby is 2 years old. After the baby is 6 months old, the mother has to add other types of food.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Give attention to the introduction of other types of food, iodine supplement, edible kelp and seaweed, etc.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Causes and treatment of other types of food problems and balanced diets.
2. Oral hygiene and baby teeth care (refer to page 177, 179)	Feeding habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mainly choose fresh and natural food. Avoid sugared beverages.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not feed babies with food that has been chewed by adults.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not let your baby fall asleep with a milk bottle in the mouth.
	Oral hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When baby teeth begin to erupt, use fluoride toothpaste to help your baby brush the teeth after meals and before bedtime.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	After eruption of baby teeth, go to a dentist routinely every half a year and get fluoride smearing done.
3. Accidents and injuries prevention (refer to page 187-189)	Outing with babies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Infant bed or seat should be used when taking a car, which should be placed at the back and facing backward.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Avoid taking babies on motorcycles or bicycles.
	Safety of the living environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	You need to fully understand the dangers of a baby walker. Prevent and avoid these dangers from happening.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not put any suspended lines beside your babies such as hanging pacifiers, necklaces, accessories, curtain wires or toy ropes.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sharp angles of furniture and table corners should be protected with protective jackets.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When using an infant cradle, put the bars up or use rails on one side of the cradle. Mind the gaps of the rails.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not cover the dining-table and the tea table at home with tablecloths.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not prepare milk or hold hot beverages while holding your baby.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Put the tiny stuff, drugs and other dangerous goods in places where your baby cannot reach them.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not smoke at home or in your car to prevent your baby from harmful second-hand smoke and third-hand smoke. Do not chew areca-nut to avoid being imitated by your baby.

\* If you want to have further counseling, please call the maternal care hotline 0800-870870

Name and code of hospital	Relationship between the baby and health education object:	Doctor: Guiding date ____ Day ____ Month ____ Year
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Note: 1. This health education material is co-researched by the Health Promotion Administration, Ministry of Health and Welfare together with the Taiwan Academy of Pediatrics.  
2. The recommended age for receiving this health education is 4-6 months old. It is acceptable to go with the third child preventive care (4 to 10 months). Please refer to the contents in the Children Health Handbook.



# 二手菸、三手菸的真相

不在同一個房間裡吸菸就可以。



X

即使在封閉區域，二手菸霧也會從房間傳到另一個房間。況且吸菸者身上會帶有菸的懸浮微粒，在別的房間吸完菸再回來抱小孩，頭髮、衣服、手指的菸塵還是會傳給小孩。



在家裡或車裡打開窗戶或電風扇就可以吸菸。



X

通風不能消除二手菸的危害，且打開窗口可能導致空氣回流，直接影響非吸菸者。



孩子不在家裡或車裡就可以吸菸。



X

吸菸後，三手菸會留在車子、衣服、窗簾和地毯等看不見的表面，即使吸菸發生在數個月前也是一樣，徘徊久久不散。



使用空氣清新劑或空氣過濾器就可以吸菸。



X

空氣清新劑只能掩蓋菸霧的氣味，但卻不能減少傷害，許多致癌物質的氣體仍然存在。



# Facts about second-hand smoke and third-hand smoke

Do not smoke in the room where your baby stays.



X

Even in enclosed areas, second-hand smoke can be diffused from one room to another. Suspended smoke particles will fall down on smokers. If you smoke in another room and come back to hold your baby, smoke in your hair, on your clothes and fingers will harm your kid.



When at home or inside your car, you can open windows or turn on a fan before smoking.



X

Ventilation cannot eliminate the negative effects of second-hand smoke. Air recirculation may be caused by opening windows which will directly affect non-smokers.



You can smoke when your child is not home or in the car.



X

While smoking, third-hand smoke will be left in cars, on clothes, curtains, cushions and other invisible surfaces. Smoke will linger indoors for a couple of months.



You can smoke while using an air freshener or air filters.



X

An air freshener can only cover the smell of the smoke. It will not decrease its harmful effects. There would still be many carcinogens existing.



# 十個月至一歲半 您會關心的事

## 給爸媽的叮嚀

- 設置簡單且短的規則，不要體罰或對寶寶大吼大叫。
- 要有耐心面對寶寶凌亂飲食和玩耍。要記得您的寶寶正在學習。
- 確保寶寶所在的地方安全。
- 確保每個人都關心寶寶，給予健康的食物，避免吃甜食，使用同樣的規則，維持紀律。
- 幫助寶寶上廁所，在換尿布後和飯前應洗手。
- 當寶寶表現良好時，請適時的讚美他；當表現不好時，請利用簡短且清楚的句子告知他。
- 母親為B型肝炎e抗原(HBeAg)陽性的寶寶，應於出生滿12個月大時進行B型肝炎表面抗原(HBsAg)及B型肝炎表面抗體(anti-HBs)等檢測。

## 如何和寶寶互動

- 讓寶寶學習選擇。給予兩個不錯的選擇，如香蕉或蘋果，或兩本最喜歡的書，只能其中擇一。
- 在新環境、新朋友面前，您的寶寶可能會感到焦慮不安，這是正常的，請安慰他們。
- 讓您的寶寶有機會嘗試新食品，並允許他們用嘴巴或手觸摸食物，從而學習。
- 不要期望您的寶寶會分享，他可能嘗試獨立並維護自身的利益，這時期是正常的表現，不用擔心。
- 教導寶寶不傷害其他人或動物，如不打人、不咬人。
- 教導您的寶寶如何用字彙，如用手勢搭配言語。



寶寶十個月至一歲半的照片

孕產婦關懷專線：0800-870870

# 10 to 18 months Things you should care about

## Reminders for parents

- Set simple and short rules. Do not beat or shout at your baby.
- Be patient with your baby's messy diets and playing. Remember that your baby is learning.
- Make sure that your baby stays in safe places.
- Make sure that everyone cares about the baby. Give your baby healthy food. Avoid feeding desserts to your baby. Use the same rules and maintain discipline.
- Help your baby go to the toilet. You should wash your hands after changing a diaper and before taking meals.
- When your baby performs well, please compliment him. When he does not perform well, please use simple and short sentences to tell him clearly.
- Babies whose mothers are HBsAg positive should take the HBsAg test and anti-HBs test when they are 12 months old or older.



Photos of your baby  
from 10 months to 18 months old

## How to interact with your baby

- Let babies learn to choose. Provide your baby with two good options to choose from, for example, a banana and an apple or two of his favorite books.
- When the family stays in a new environment and meets new friends, your baby will probably feel anxious and upset which is quite normal. Please comfort them.
- Give your baby chances to try new food. Allow him to touch the food with his hands or mouth so as to learn.
- Do not expect that your baby will share. He will probably try to be independent and safeguard his own rights and interests which is quite normal. You do not need to worry.
- Teach your baby not to hurt other people and animals. For example, do not fight with others or bite others.
- Teach your baby to use words and expressions, such as using gestures matched with languages.

Maternal care hotline: 0800-870870

# 十個月至一歲半 家長記錄事項

\* 請家長於寶寶接受健康檢查前，務必將下列事項填寫完整

以下是記錄於\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日（年齡\_\_\_\_\_月\_\_\_\_\_天）

1. 上次健康檢查至今，生過什麼病嗎？住過院嗎？請記錄在下面：

\_\_\_\_\_

2. 飲食狀況：

☐ 母乳，1天餵食約\_\_\_\_\_次。

☐ 奶製品（包括奶粉、鮮奶、羊奶、優酪乳等），1天總量約\_\_\_\_\_C.C.  
夜間仍吃奶嗎？☐ 是，☐ 否

☐ 固體食物，1天\_\_\_\_\_餐，食物種類 \_\_\_\_\_  
有任何飲食問題嗎？

\_\_\_\_\_

3. 大便狀況：\_\_\_\_\_天解1次或1天解\_\_\_\_\_次大便。

形狀是呈☐ 條狀，☐ 糊狀，☐ 顆粒狀，☐ 其他\_\_\_\_\_

4. 有任何睡眠問題嗎？\_\_\_\_\_

5. 發展狀況：（本次健康檢查年齡涵蓋較廣，有些題目可能寶寶還做不到，請照實作答即可，醫師會再加以評估。）

(1) 15個月大以後的寶寶，能不扶任何東西，自己行走了嗎？ ☐ 是，☐ 否

(2) 會用拇指和食指的指尖捏起小東西嗎？（例如葡萄乾、豆子） ☐ 是，☐ 否

(3) 能瞭解幾個單字的意義嗎？例如問他「狗狗呢？」、「姊姊呢？」，☐ 是，☐ 否  
會轉頭找尋標的物或人。

(4) 會說1、2個有意義的單字嗎？例如「抱抱」、「媽媽」。 ☐ 是，☐ 否

(5) 會用姿勢表達自己的需要嗎？例如用手指或拉扯大人的衣服。 ☐ 是，☐ 否

(6) 將玩具當著寶寶的面藏在手帕或床單下，他會掀開找出玩具嗎？ ☐ 是，☐ 否

6. 日常行為：

(1) 知道使用螃蟹車是不安全的嗎？ ☐ 是，☐ 否

(2) 每天協助寶寶清潔口腔嗎？ ☐ 是，☐ 否

(3) 住家是無菸環境嗎？ ☐ 是，☐ 否

7. 請您將其他育兒方面擔心的事或想請教醫師的問題，記錄在下面：

\_\_\_\_\_



# 10 to 18 months Parents record items

\* Parents shall fill in the following information before the baby's health check-ups

Record date \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year (Age \_\_\_\_\_ Months \_\_\_\_\_ Days)

1. Has your baby been sick since the last check-up? Has your baby been hospitalized?  
Please record below:  
\_\_\_\_\_
2. Feeding status:  
☐ Breastfeeding frequency \_\_\_\_\_ times a day.  
☐ Dairy products (including milk powder, fresh milk, goat milk, yogurt, etc), the total amount for a day is about \_\_\_\_\_ C.C.  
 Does your baby drink milk at night? ☐ Yes, ☐ No  
☐ Solid food, meals of a day \_\_\_\_\_ meals, types of food \_\_\_\_\_  
 Is there an eating problem? \_\_\_\_\_
3. Feces status: once every \_\_\_\_\_ days or \_\_\_\_\_ times a day.  
Shape ☐ Strip, ☐ Pasty, ☐ Particles, ☐ Others \_\_\_\_\_
4. Is there any sleeping problem? \_\_\_\_\_
5. Developmental status: (The age range considered for the current health checkup is relatively wide and hence your baby may fail in some criteria. Please answer according to the reality and doctors will evaluate.)
  - (1) When your baby is older than 15 months, can he walk independently without holding on to anything? ☐ Yes, ☐ No
  - (2) Can your baby hold small things between his thumb and the index finger? (such as raisins and beans) ☐ Yes, ☐ No
  - (3) Can your baby understand the meanings of words? For example, can he understand "Where is the puppy?" and "Where is your sister?" Can he turn his head and look for target objects or people? ☐ Yes, ☐ No
  - (4) Can your baby say one or two meaningful words? For example, "Hug", "Mom". ☐ Yes, ☐ No
  - (5) Can your baby express his needs through postures? For example, using his fingers or pulling adults' clothes. ☐ Yes, ☐ No
  - (6) When you hide toys under a handkerchief or a sheet in front of your baby, can he find those toys? ☐ Yes, ☐ No
6. General behavior:
  - (1) Do you know that using a crab car is not safe? ☐ Yes, ☐ No
  - (2) Will you help your baby clean his mouth every day? ☐ Yes, ☐ No
  - (3) Is your home smoke-free? ☐ Yes, ☐ No
7. Please record your parenting worries and things you want to consult with the doctors below:  
\_\_\_\_\_

# 十個月至一歲半 健康檢查記錄

\* 早產兒請用矯正年齡

檢查日期：\_\_\_\_年\_\_\_\_月\_\_\_\_日 年齡：\_\_\_\_歲\_\_\_\_月  
身長：\_\_\_\_公分（第\_\_\_\_百分位） 體重：\_\_\_\_公斤（第\_\_\_\_百分位）  
頭圍：\_\_\_\_公分（第\_\_\_\_百分位）  
生長評估：☐ 正常，☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

身體檢查：

☐ 無特殊發現

☐ 需注意或異常項目

1. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
2. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
3. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
4. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

\* 如有不明傷痕，或疑似家庭暴力、兒虐等情事，請依規定通報（參閱第192頁）

發展評估：☐ 通過（含上次未通過的項目）

☐ 需追蹤

☐ 需轉介（請填寫「兒童發展評估轉介單」，參閱第238頁）

注意項目：☐ 動作，☐ 語言，☐ 認知，☐ 社會情緒

☐ 其他 \_\_\_\_\_



建議下次健康檢查時間：

自 \_\_\_\_\_ 年 \_\_\_\_\_ 月

至 \_\_\_\_\_ 年 \_\_\_\_\_ 月

家長簽名：\_\_\_\_\_ 醫師簽名：\_\_\_\_\_

\* 本表資料將會作為衛生單位政策評估或個案追蹤健康管理時使用。

# 10 to 18 months Health checkup records

\* Please use adjusted ages for premature babies

Checkup date: \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year Age: \_\_\_\_\_ Months \_\_\_\_\_ Days

Height: \_\_\_\_\_ cm (\_\_\_\_\_ percentile) Weight: \_\_\_\_\_ kg (\_\_\_\_\_ percentile)

Head Circumference: \_\_\_\_\_ cm (\_\_\_\_\_ percentile)

Growth evaluation: ☐ Normal, ☐ Need follow up, ☐ need referral \_\_\_\_\_

Physical exam:

☐ No special findings

☐ Areas of attention or abnormality

1. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

2. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

3. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

4. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

\* If there are unfamiliar scars or suspected domestic violence or child abuse, please report such incidence in accordance with the regulations (refer to page 193)

Development evaluation: ☐ Pass (include items failed in the last check-up)

☐ Need follow up,

☐ Need referral (please fill in the "referral chart of child development evaluation", refer to page 239)

Pay attention to: ☐ Movements, ☐ Languages, ☐ Cognition,  
☐ Social emotions ☐ Other \_\_\_\_\_



Recommended date for next check-up:

From \_\_\_\_\_ Month \_\_\_\_\_ Year

To \_\_\_\_\_ Month \_\_\_\_\_ Year

Parent: \_\_\_\_\_ Doctor: \_\_\_\_\_

# 十個月至一歲半 衛教記錄表

紅框內之欄位請醫護人員協助家長於衛教指導前先行填寫，以供醫師參考。

【本方案由於品健康福利捐補助】

衛教主題	重點	家長評估			醫師指導重點	
		不清楚 未做到	清楚但 未做到	已做到		
1. 幼兒哺餵 (參閱第28, 140-154頁)	副食品	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	可持續哺育母乳至2歲；但6個月後即需添加副食品。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	均衡食用六大類食品，補充鐵質可食用紅色肉類、蛋黃及深色蔬菜；補充碘營養素，可食用海帶、海菜。	
	餵食習慣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	讓幼兒少量多嘗試各類食物並多變換烹煮方式。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1歲開始讓幼兒使用學習杯及湯匙，並逐漸減少奶瓶餵奶次數以準備戒斷奶瓶。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	餵食時應讓幼兒坐穩，避免追逐餵食。	
2. 口腔與視力保健 (參閱第176, 178頁)	口腔清潔	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	餐後及睡前使用含氟牙膏，幫寶寶潔牙。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	每半年定期看牙醫及牙齒塗氟。	
	視力保健	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	建議2歲以下幼兒避免觀看電視及其他螢幕(含手機及電腦)。	
3. 預防事故傷害 (參閱第186-188頁)	幼兒外出	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	幼兒活動範圍要遠離車道。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1歲以下或體重未滿10公斤的寶寶，使用嬰兒用臥床或座椅，置於後座且面向後方。	
	居家環境安全	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	與幼兒同室但避免同床(含沙發或墊子)，且幼兒床避免有鬆軟物件。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	幼兒活動時移除地板上會滑動的小地毯、或使用防滑墊並幫幼兒穿上止滑的鞋襪。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免玩具脫落之附件吸入，或口中含著食物奔跑、嬉戲。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不讓幼兒玩塑膠袋或爬入密閉箱櫃，易造成窒息。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不可讓幼兒獨處或託付給未成年者照顧。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要在室內或車內吸菸，避免幼兒受二手菸、三手菸的危害，且勿食檳榔，以免幼兒模仿。	
※ 返家後若有育兒諮詢需求，請多加運用孕產婦關懷專線0800-870870						
醫療院所名稱及代碼：		衛教對象與寶寶關係：		醫師簽章： 指導日期 年 月 日		

備註：1. 本衛教指導內容由衛生福利部國民健康署及臺灣兒科醫學會共同研擬。

2. 本次衛教指導之建議年齡為10個月至一歲半大，可搭配第4次兒童預防保健執行，並請參閱兒童健康手冊內容予以衛教。

# 10 to 18 months Health education records

Red blanks should be filled in by parents under the medical guidance of the medical staff and the results of last health education must be followed which could be used as reference by doctors.

[The plan is sponsored by the Ministry of Health and Welfare]

Theme of health education	Key points	Parents evaluation			Key points of doctors' guidance
		Not clear Not achieved	Clear but not achieved	Achieved	
1. Children's feeding (refer to page 29, 141-155)	Other types of food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Breastfeeding can be continued until your baby is 2 years old. After the baby is 6 months old, the mother has to add other types of food.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Consider 6 types of food for balanced diets. Edible red meat, yolks and dark colored vegetables can be taken for iron supplement. Edible kelp and seaweed can be taken for iodine supplement.
	Feeding habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Let your baby try more kinds of food with small intake amounts. Change cooking methods.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When your child is 1 year old, let him learn to use cups and spoons and gradually decrease the frequency of feeding with milk bottles. Be prepared to stop the use of milk bottles.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make your child sit still while taking meals. Avoid feeding while chasing your baby.
2. Oral and visual care (refer to page 177, 179)	Oral hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use fluoride toothpaste to help your baby brush his teeth after meals and before bedtime.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to a dentist routinely every half a year and receive fluoride smearing.
	Visual care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It is suggested that children under 2 years old should avoid watching TV and other screens (including cellphones and computers).
3. Accidents and injuries prevention (refer to page 187-189)	Children's outings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep your children away from traffic.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	While traveling, with babies below 1 year or 10 kg weight, an infant bed or seat should be used, which should be placed at the back and facing backward.
	Safety in the living environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stay in the same room but not in the same bed (including sofa or cushion) with your baby. Soft objects should be avoided in baby's beds.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	When your baby is active, remove movable small carpets from the floor. You can also use non-slip mats or help your baby wear non-slip shoes and socks.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Avoid attachments falling from toys. Do not let your baby run or play with food in his mouth.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not let your baby play with plastic bags or climb into closed boxes or cabinets. They can easily cause suffocation.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not leave your child alone or let minors take care of him.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not smoke at home or in your car to prevent your baby from harmful effects of second-hand smoke and third-hand smoke. Do not chew areca-nut to avoid being imitated by your baby.

\* If you want to have further counseling, please call the maternal care hotline 0800-870870

Name and code of hospital	Relationship between the baby and health education object:	Doctor: Guiding date _____ Day _____ Month _____ Year
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- Note: 1. This health education material is co-researched by the Health Promotion Administration, Ministry of Health and Welfare together with the Taiwan Academy of Pediatrics.
2. The recommended age for receiving this health education is 10 to 18 months old. It is acceptable to go with the fourth child preventive care. Please refer to the contents in the Children Health Handbook.



# 一歲半至三歲 您會關心的事

## 給爸媽的叮嚀

- 不要讓寶寶獨自在家裡或院子裡，尤其是靠近汽車的馬路上更是要看緊。
- 當寶寶抗拒您或去結交新朋友，這很正常，不用擔心。
- 每天陪伴寶寶，傾聽寶寶說話，了解他們的想法，尊重寶寶的意願。
- 幫助寶寶表達自己的感情與想法，教導他們記得自己的名字。
- 讓您的寶寶遠離爐子、滾燙的液體、火柴、打火機等危險用品，防止燙傷。
- 開始教導寶寶上廁所。

## 如何和寶寶互動

- 2歲以下幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時。看電視時需要在旁陪同並一起討論您所看到的，以引導寶寶思考。
- 您的寶寶可能會喜歡重複聽同樣的故事，可以停止一個故事讓他們學習動物的叫聲或是讓他們完成故事的其中一部份。
- 注意您的寶寶如何回應新見面的朋友或新環境的情況。
- 不要取笑寶寶的恐懼，或使別人驚嚇您的寶寶。
- 幫助您的寶寶與其他孩子玩耍，但不要期望他會共享，這是正常的行為。



寶寶一歲半至二歲的照片

孕產婦關懷專線：0800-870870

# 1.5 to 2 years old Things that you should care about

## Reminders for parents

- Do not leave your baby alone at home or in the yard. Pay a closer look at your baby when he is on the road and near cars.
- When your baby resists you and makes other new friends, it is quite normal. You do not need to worry.
- Stay with your baby every day. Listen to him and know his thoughts. Respect his willingness.
- Help your baby express his own feelings and thoughts. Teach him to remember his own name.
- Keep your baby away from hazardous objects including stoves, hot liquids, matches and lighters to prevent him from getting scalded or burned.
- Start teaching your baby how to go to the toilet.



Photos of your baby  
from 18 months to 2 years old

## How to interact with your baby

- Babies under 2 years old should not watch screens. For babies older than 2 years old, the time spent watching screens should be no more than 1 hour a day. Accompany your baby while watching TV. Discuss what you have seen to guide your baby to think.
- Your baby may like to listen to the same story over and over again. You can stop telling the story and let him learn to make sounds of animals or let him finish part of the story.
- Pay attention to your baby's responses to new friends or new environment.
- Do not laugh at your baby when he's getting scared. Do not let other people scare your baby.
- Help your baby play with other kids. Do not expect him to share with others. This is normal.

Maternal care hotline: 0800-870870

# 一歲半至三歲 家長記錄事項

※ 請家長於寶寶接受健康檢查前，務必將下列事項填寫完整

以下是記錄於\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日（年齡\_\_\_\_\_歲\_\_\_\_\_月）

1. 上次健康檢查至今，生過什麼病嗎？住過院嗎？請記錄在下面：

2. 飲食狀況：

☐ 母乳，1天餵食約\_\_\_\_\_次。

☐ 奶製品（包括奶粉、鮮奶、羊奶、優酪乳等），1天總量約\_\_\_\_\_C.C.  
夜間仍吃奶嗎？☐ 是，☐ 否

☐ 正餐（飯或麵），1天\_\_\_\_\_餐，食物種類 \_\_\_\_\_  
有任何飲食問題嗎？

3. 大便狀況：\_\_\_\_\_天解1次或1天解\_\_\_\_\_次大便。

形狀是呈☐ 條狀，☐ 糊狀，☐ 顆粒狀，☐ 其他 \_\_\_\_\_

4. 有任何睡眠問題嗎？ \_\_\_\_\_

5. 發展狀況：（本次健康檢查年齡涵蓋較廣，有些題目可能寶寶還做不到，請照實作答即可，醫師會再加以評估。）

(1) 能由大人牽手或自扶欄杆上樓嗎？

☐ 是，☐ 否

(2) 會自己爬進椅子坐好嗎？

☐ 是，☐ 否

(3) 會說5個以上有意義的單字了嗎？

☐ 是，☐ 否

(4) 會指出至少三個身體部位嗎？例如：眼睛、嘴巴、手。

☐ 是，☐ 否

(5) 會聽從簡單的口頭指令嗎？例如：「拿去給哥哥」、「去拿鞋鞋」。

☐ 是，☐ 否

(6) 會模仿大人使用家裡的用具或做家事嗎？例如：聽電話、拿梳子梳頭、拿布擦桌子。

☐ 是，☐ 否

(7) 會用肢體動作表達嗎？例如：點頭謝謝、揮手再見。

☐ 是，☐ 否

(8) 會用手去指有趣的東西，與別人分享嗎？

☐ 是，☐ 否

(9) 玩遊戲時會用相似物品取代正確的玩具嗎？例如：拿積木當汽車。

☐ 是，☐ 否

6. 日常行為：

(1) 將藥物、洗潔劑、殺蟲劑等物品放在寶寶拿不到的地方嗎？

☐ 是，☐ 否

(2) 沒有可讓幼童碰著的繩索（如窗簾繩）

☐ 是，☐ 否

(3) 住家是無菸環境嗎？

☐ 是，☐ 否

7. 請您將其他育兒方面擔心的事或想請教醫師的問題，記錄在下面：

# 1.5 to 2 Years old Parents record items

\* Parents shall fill in the following information before the baby's health check-ups

Record date \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year (Age \_\_\_\_\_ Months \_\_\_\_\_ Days)

1. Has your baby been sick since the last check-up? Has your baby been hospitalized? Please record below:

2. Feeding status:

☐ Breastfeeding frequency \_\_\_\_\_ times a day.

☐ Dairy products (including milk powder, fresh milk, goat milk, yogurt, etc.), the total amount for a day is about \_\_\_\_\_ C.C.

Does your baby drink milk at night? ☐ Yes, ☐ No

☐ Dinners (rice or noodles), frequency \_\_\_\_\_ meals a day, foodtypes \_\_\_\_\_

Is there an eating problem?

3. Feces status: once every \_\_\_\_\_ days or \_\_\_\_\_ times a day.

Shape ☐ Strip, ☐ Pasty, ☐ Particles, ☐ Others \_\_\_\_\_

4. Is there any sleeping problem?

5. Developmental status: (The age range considered for the current health checkup is relatively wide and hence your baby may fail in some criteria. Please answer according to the reality and doctors will evaluate.)

(1) Can your baby go upstairs by holding an adult's hands or rails?

☐ Yes, ☐ No

(2) Can your baby climb into a chair and sit tight on his own?

☐ Yes, ☐ No

(3) Can your baby speak 5 or more meaningful words?

☐ Yes, ☐ No

(4) Can your baby tell at least 3 body parts? For example, eyes, mouth and hands.

☐ Yes, ☐ No

(5) Can your baby obey simple oral orders? For example, "Give it to your brother", "Go and get your shoes".

☐ Yes, ☐ No

(6) Can your baby imitate adults in using equipment at home or manage chores? For example, answer phone calls, comb hair and clean the table with a cloth.

☐ Yes, ☐ No

(7) Can your baby express himself by its body language? For example, nod to express thanks, wave to say goodbye.

☐ Yes, ☐ No

(8) Can your baby point at interesting things and share with others?

☐ Yes, ☐ No

(9) Can your baby replace the right toy with similar ones when playing games? For example, replace a car with building blocks.

☐ Yes, ☐ No

6. General behavior:

(1) Will you put objects such as drugs, detergents, pesticides in places where your baby cannot reach them?

☐ Yes, ☐ No

(2) Is there any rope within your baby's reach?

☐ Yes, ☐ No

(3) Is your home smoke-free?

☐ Yes, ☐ No

7. Please record your parenting worries and things you want to consult with the doctors below:

# 一歲半至三歲 健康檢查記錄

\* 早產兒請用矯正年齡

檢查日期：\_\_\_\_年\_\_\_\_月\_\_\_\_日 年齡：\_\_\_\_歲\_\_\_\_月

身長：\_\_\_\_公分（第\_\_\_\_百分位） 體重：\_\_\_\_公斤（第\_\_\_\_百分位）

頭圍：\_\_\_\_公分（第\_\_\_\_百分位）

生長評估：☐ 正常，☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

身體檢查：

☐ 無特殊發現

☐ 需注意或異常項目

1. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

2. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

3. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

4. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

\* 如有不明傷痕，或疑似家庭暴力、兒虐等情事，請依規定通報（參閱第192頁）

發展評估：☐ 通過（含上次未通過的項目）

☐ 需追蹤

☐ 需轉介（請填寫「兒童發展評估轉介單」，參閱第238頁）

注意項目：☐ 動作，☐ 語言，☐ 認知，☐ 社會情緒

☐ 其他 \_\_\_\_\_

斜弱視檢查之遮蓋測試，經初篩：☐ 無發現異常

☐ 有發現異常

☐ 兒童無法配合測試

建議下次健康檢查時間：

自 \_\_\_\_\_ 年 \_\_\_\_\_ 月

至 \_\_\_\_\_ 年 \_\_\_\_\_ 月

家長簽名：\_\_\_\_\_ 醫師簽名：\_\_\_\_\_



\* 本表資料將會作為衛生單位政策評估或個案追蹤健康管理時使用。



# 1.5 to 2 years old Health checkup records

\* Please use adjusted ages for premature babies

Checkup date: \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year Age: \_\_\_\_\_ Months \_\_\_\_\_ Days

Height: \_\_\_\_\_ cm (\_\_\_\_\_ percentile) Weight: \_\_\_\_\_ kg (\_\_\_\_\_ percentile)

Head Circumference: \_\_\_\_\_ cm (\_\_\_\_\_ percentile)

Growth evaluation: ☐ Normal, ☐ Need follow up, ☐ need referral \_\_\_\_\_

Physical exam:

☐ No special findings

☐ Areas of attention or abnormality

1. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

2. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

3. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

4. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

\* If there are unfamiliar scars or suspected domestic violence or child abuse, please report such incidence in accordance with the regulations (refer to page 193)

Development evaluation: ☐ Pass (include items failed in the last check-up)

☐ Need follow up,

☐ Need referral (please fill in the "referral chart of child development evaluation", refer to page 239)

Pay attention to: ☐ Movements, ☐ Languages, ☐ Cognition,

☐ Social emotions ☐ Other \_\_\_\_\_

Cover test to examine strabismus and amblyopia, preliminary screen:

☐ no abnormality detected ☐ abnormalities are detected

☐ children cannot cooperate during the exams

Recommended date for next check-up:

From \_\_\_\_\_ Month \_\_\_\_\_ Year

To \_\_\_\_\_ Month \_\_\_\_\_ Year

Parent: \_\_\_\_\_ Doctor: \_\_\_\_\_



# 一歲半至三歲 衛教記錄表

紅框內之欄位請醫護人員協助家長於衛教指導前先行填寫，以供醫師參考。

【本方案由於品健康福利捐補助】

衛教主題	重點	家長評估			醫師指導重點	
		不清楚 未做到	清楚但 未做到	已做到		
1. 幼兒飲食 (參閱第 146-154 頁)	餵食 習慣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	少喝含糖飲料。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	選擇新鮮、當季的天然食物，烹煮方式以蒸、燉、煮取代煎、炸。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	讓幼兒使用學習杯及湯匙，並戒斷奶瓶餵奶；但持續乳類食品之供應。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	幫助幼兒建立均衡飲食習慣。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	用餐應固定地點，讓幼兒坐高腳椅，並與家人一起用餐。	
2. 口腔與 視力保健 (參閱第 176-180 頁)	口腔 清潔	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	餐後及睡前使用含氟牙膏，幫幼兒潔牙。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	每半年定期看診牙醫及牙齒塗氟。	
	視力 保健	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	建議2歲以下幼兒避免觀看電視及其他電子用品螢幕(含手機及電腦)。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
3. 預防事 故傷害 (參閱第 186-188 頁)	幼兒 外出	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	開車前先安置幼兒上車，行車時按下兒童安全鎖，停車後由成人協助幼兒下車。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1-4歲或體重在10公斤以上至18公斤以下的幼兒，使用幼童用座椅，並予以束縛或定位於後座。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	倒車時留意幼兒行蹤。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不可將幼兒單獨留在車內。	
	居家 環境 安全	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不讓幼兒離開視線範圍，並禁止讓幼兒獨自留在儲水容器邊、池塘邊、河邊、游泳池及游泳池邊或海邊。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	浴室或浴盆內要設置防滑設備。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	將瓦斯熱水器安裝於戶外通風處，並隨時保持室內空氣流通。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	隨時清空儲水容器，避免幼兒不慎栽入。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	藥品、清潔劑、殺蟲劑、刀剪等危險物品，置於高處或鎖在櫥櫃、抽屜內。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	禁止幼兒攀爬窗戶，以策安全。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要在室內或車內吸菸，避免幼兒受二手菸、三手菸的危害，且勿食檳榔，以免幼兒模仿。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
※ 返家後若有育兒諮詢需求，請多加運用孕產婦關懷專線0800-870870						
醫療院所名稱及代碼：		衛教對象與真實關係：			醫師簽章：	
					指導日期：____年____月____日	

備註：1. 本衛教指導內容由衛生福利部國民健康署及臺灣兒科醫學會共同研擬。

2. 本次衛教指導之建議年齡為一歲半至二歲大，可搭配第5次兒童預防保健執行，並請參閱兒童健康手冊內容予以衛教。

# 18 months to 2 years old Health education records

Red blanks should be filled in by parents under the medical guidance of the medical staff and the results of last health education must be followed which could be used as reference by doctors.

[The plan is sponsored by the Ministry of Health and Welfare]

Theme of health education	Key points	Parents evaluation			Key points of doctors' guidance
		Not clear Not achieved	Clear but not achieved	Achieved	
1. Children's diet (refer to page 147-155)	Feeding habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink less sugared beverages.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Choose seasonal food that is fresh and natural. Replace frying with steaming, stewing and boiling.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Let your child learn to use cups and spoons. Stop feeding your kid with milk bottles. Intake of dairy products should be continued.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Help your child to build a balanced eating habit.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dine in a fixed place. Let your child sit on a high chair and share dinners with the entire family.
2. Oral and visual care (refer to page 177-181)	Oral hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use fluoride toothpaste to help your child brush his teeth after meals and before bedtime.
	Visual care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to a dentist routinely every half a year and receive fluoride smearing.
3. Accidents and injuries prevention (refer to page 187-189)	Children's outings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It is suggested that children under 2 years old should avoid watching TV and screens of other electronic equipment (including cellphones and computers).
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Let your child get in the car first before starting the engine. Press the child safety lock button when driving. Help your child to get off when you stop your car.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	For children aged between 1 and 4 years old with a weight between 10 to 18 kg, a child seat should be used. Place it at the back of the car.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pay attention to your child when backing up.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not leave your child alone in a car.
	Safety in the living environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not let your child go out of your sight. It is forbidden to leave your child alone beside a tank, a pond, a river, a swimming pool, in the swimming pool or along the sea.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	There should be anti-skid measures in the bathroom and the tub.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Install the gas water heater outside the house with good ventilation. Maintain air circulation inside all the time.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep water tanks empty to avoid your child from accidentally falling into them.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hazardous objects such as drugs, detergents, pesticides, knives and scissors should be placed high or be locked in cabinets and drawers.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not let your child climb up windows. Protect his safety.
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not smoke at home or in your car to prevent your baby from harmful effects of second-hand smoke and third-hand smoke. Do not chew areca-nut to avoid being imitated by your baby.

\* If you want to have further counseling, please call the maternal care hotline 0800-870870

Name and code of hospital	Relationship between the baby and health education object:	Doctor: Guiding date ____ Day ____ Month ____ Year
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Note: 1. This health education material is co-researched by the Health Promotion Administration, Ministry of Health and Welfare together with the Taiwan Academy of Pediatrics.

2. The recommended age for receiving this health education is 18 months to 2 years old. It is acceptable to go with the fifth child preventive care. Please refer to the contents in the Children Health Handbook.

## 二歲至三歲 您會關心的事

### 給爸媽的叮嚀

- 所有的家庭成員需達成共識，有相同的家庭規則，並鼓勵孩子良好的行為。
- 要注意，您的父母可能有不同的教育方式。
- 每當孩子靠近水的地方，包括水桶、水池、上廁所，應當提高警覺，在旁注意。
- 教導您的孩子如何管理憤怒的情緒，如獨處冷靜後才說話。
- 周末假日時參觀動物園、博物館和其他地方，幫助您的孩子學習。
- 確保家裡的窗戶不被孩子推開爬出，可在窗戶外安裝鐵架或讓孩子遠離窗邊。
- 讓您的孩子遠離爐子、滾燙的液體，火柴，打火機等危險用品，防止燙傷。

### 如何和寶寶互動

- 進行戶外活動時，限制孩子在陽光下的時間，幫孩子戴上一頂帽子和擦防蚊液，做好保護措施。
- 您的孩子可能會要求讀同一本書一遍又一遍。養成孩子閱讀的習慣。
- 教導您的孩子在觸摸動物之前需要事先詢問。
- 到處都是讓孩子學習的機會，例如看到超級市場的水果招牌等都是教材。
- 讓您的孩子與其他幼兒一起玩耍，從而學習與他人相處。



孩子二至三歲的照片

孕產婦關懷專線：0800-870870

# 2 to 3 years old Things that you should care about

## Reminders for parents

- All family members should achieve a consensus to have shared rules and encourage good deeds of your child.
- Be mindful that your parents may have a different way of thinking regarding education.
- When your child is close to water, including buckets, pools, toilets, etc., you should be alert and pay attention.
- Teach your child how to manage anger, such as do not talk before calming down.
- Take your child to the zoo, a museum or other places at weekends or during a holiday to help your kid learn.
- Make sure that your kid will not open the window at home and climb outside. You can install iron rails or keep your kid away from windows.
- Keep your baby away from hazardous objects including stoves, hot liquids, matches and lighters to prevent him from getting scalded or burned.

## How to interact with your baby



Photos of your child  
from 2 to 3 years old

- When your child is playing outside, limit the time of exposure to sunlight. Help your child wear a hat and apply some mosquito repellent to protect him.
- Your child may ask you to read the same book over and over again.
- Help your child form the habit of reading.
- Teach your child to ask for permission before touching an animal.
- Learning chances are everywhere. For example, when you are in a supermarket, all fruit names will be learning materials.
- Let your child play with other children to learn to get along with others.

Maternal care hotline: 0800-870870



## 二至三歲 家長記錄事項

\* 請家長於寶寶接受健康檢查前，務必將下列事項填寫完整

以下是記錄於\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日（年齡\_\_\_\_\_歲\_\_\_\_\_月）

1. 上次健康檢查至今，生過什麼病嗎？住過院嗎？請記錄在下面：

\_\_\_\_\_

2. 飲食狀況：

☐ 奶製品（包括奶粉、鮮奶、羊奶、優酪乳等），1天總量約\_\_\_\_\_ C.C.  
用什麼喝奶？☐ 奶瓶 ☐ 杯子

☐ 正餐（飯或麵），1天\_\_\_\_\_餐，每餐量約\_\_\_\_\_碗，☐ 自己吃 ☐ 大人餵  
有任何飲食問題嗎？

\_\_\_\_\_

3. 大便狀況：\_\_\_\_\_天解1次或1天解\_\_\_\_\_次大便。

形狀是呈☐ 條狀，☐ 糊狀，☐ 顆粒狀，☐ 其他\_\_\_\_\_

4. 有任何睡眠問題嗎？\_\_\_\_\_

5. 發展狀況：（本次健康檢查年齡涵蓋較廣，有些題目可能寶寶還做不到，請照實作答即可，醫師會再加以評估。）

(1) 能由大人牽著1隻手或自己扶著欄杆下樓梯嗎？ ☐ 是，☐ 否

(2) 會雙腳離地跳躍嗎？ ☐ 是，☐ 否

(3) 會將幾塊積木或類似的方塊物體堆高嗎？ ☐ 是，☐ 否

(4) 會將兩個單字組合成短句嗎？例如「媽媽抱」、「看狗狗」。☐ 是，☐ 否

(5) 會正確指認1-2樣圖片中的東西或動物嗎？例如球、狗。☐ 是，☐ 否

(6) 會自己脫掉鞋襪嗎 ☐ 是，☐ 否

6. 日常行為：

(1) 乘車時使用汽車安全座椅置於後座嗎？ ☐ 是，☐ 否

(2) 孩子每天看電視時間不超過2小時嗎？ ☐ 是，☐ 否

(3) 住家是無菸環境嗎？ ☐ 是，☐ 否

7. 請您將其他育兒方面擔心的事或想請教醫師的問題，記錄在下面：

\_\_\_\_\_

## 2 to 3 Years old Parents record items

\* Parents shall fill in the following information before the baby's health check-ups

Record date \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year (Age \_\_\_\_\_ Months \_\_\_\_\_ Days)

1. Has your baby been sick since the last check-up? Has your baby been hospitalized?  
Please record below:  
\_\_\_\_\_
2. Feeding status:  
☐ Dairy products (including milk powder, fresh milk, goat milk, yogurt etc.), the total amount for a day is about \_\_\_\_\_ C.C.  
 What does your child drink milk from? ☐ Milk bottles ☐ Glasses  
☐ Dinners (rice or noodles), frequency \_\_\_\_\_ meals a day, the amount of each meal is about \_\_\_\_\_ bowls, ☐ eat on his own ☐ fed by adults  
 Is there an eating problem?  
 \_\_\_\_\_
3. Feces status: once every \_\_\_\_\_ days or \_\_\_\_\_ times a day.  
 Shape ☐ Strip, ☐ Pasty, ☐ Particles, ☐ Others \_\_\_\_\_
4. Is there any sleeping problem? \_\_\_\_\_
5. Developmental status: (The age range considered for the current health checkup is relatively wide and hence your baby may fail in some criteria. Please answer according to the reality and doctors will evaluate.)
  - (1) Can your baby go downstairs by holding 1 hand of an adult or on his own holding the rails? ☐ Yes, ☐ No
  - (2) Can your baby jump with two feet off the ground? ☐ Yes, ☐ No
  - (3) Can your baby use a few building blocks or similar stuff to build something tall? ☐ Yes, ☐ No
  - (4) Can your baby put two words together and form a short sentence? For example, "Hug, Mom", "Look dog". ☐ Yes, ☐ No
  - (5) Can your baby correctly tell 1 or 2 objects or animals in a picture? Such as balls and dogs. ☐ Yes, ☐ No
  - (6) Can your baby take off his own shoes and socks? ☐ Yes, ☐ No
6. General behavior:
  - (1) Will you use a safety seat and put it behind the front seat of the car when driving? ☐ Yes, ☐ No
  - (2) Is the time that your child spent watching TV no more than 2 hours a day? ☐ Yes, ☐ No
  - (3) Is your home smoke-free? ☐ Yes, ☐ No
7. Please record your parenting worries and things you want to consult with the doctors below:  
 \_\_\_\_\_

## 二至三歲 健康檢查記錄

檢查日期：\_\_\_\_年\_\_\_\_月\_\_\_\_日 年齡：\_\_\_\_歲\_\_\_\_月  
身長：\_\_\_\_公分（第\_\_\_\_百分位） 體重：\_\_\_\_公斤（第\_\_\_\_百分位）  
頭圍：\_\_\_\_公分（第\_\_\_\_百分位）  
生長評估：☐ 正常，☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

身體檢查：

☐ 無特殊發現

☐ 需注意或異常項目

1. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
2. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
3. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
4. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

\* 如有不明傷痕，或疑似家庭暴力、兒虐等情事，請依規定通報（參閱第192頁）

發展評估：☐ 通過（含上次未通過的項目）

☐ 需追蹤

☐ 需轉介（請填寫「兒童發展評估轉介單」，參閱第238頁）

注意項目：☐ 動作，☐ 語言，☐ 認知，☐ 社會情緒

☐ 其他 \_\_\_\_\_



建議下次健康檢查時間：

自 \_\_\_\_\_ 年 \_\_\_\_\_ 月

至 \_\_\_\_\_ 年 \_\_\_\_\_ 月

家長簽名：\_\_\_\_\_ 醫師簽名：\_\_\_\_\_

\* 本表資料將會作為衛生單位政策評估或個案追蹤健康管理時使用。

# 2 to 3 years old Health checkup records

Checkup date: \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year Age: \_\_\_\_\_ Months \_\_\_\_\_ Days

Height: \_\_\_\_\_ cm (\_\_\_\_\_ percentile) Weight: \_\_\_\_\_ kg (\_\_\_\_\_ percentile)

Head Circumference: \_\_\_\_\_ cm (\_\_\_\_\_ percentile)

Growth evaluation: ☐ Normal, ☐ Need follow up, ☐ need referral \_\_\_\_\_

Physical exam:

☐ No special findings

☐ Areas of attention or abnormality

1. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

2. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

3. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

4. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

\* If there are unfamiliar scars or suspected domestic violence or child abuse, please report such incidence in accordance with the regulations (refer to page 193)

Development evaluation: ☐ Pass (include items failed in the last check-up)

☐ Need follow up,

☐ Need referral (please fill in the "referral chart of child development evaluation", refer to page 239)

Pay attention to: ☐ Movements, ☐ Languages, ☐ Cognition,  
☐ Social emotions ☐ Other \_\_\_\_\_



Recommended date for next check-up:

From \_\_\_\_\_ Month \_\_\_\_\_ Year

To \_\_\_\_\_ Month \_\_\_\_\_ Year

Parent: \_\_\_\_\_ Doctor: \_\_\_\_\_

## 二歲至三歲 衛教記錄表

紅框內之欄位請醫護人員協助家長於衛教指導前先行填寫，以供醫師參考。

【本方案由於品健康福利捐補助】

衛教主題	重點	家長評估			醫師指導重點	
		不清楚 未做到	清楚但 未做到	已做到		
1. 幼兒飲食 (參閱第146-154頁)	飲食習慣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	少喝含糖飲料。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免以食物作為幼兒行為表現的獎勵品。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	餐前2小時內不宜提供點心。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	規定合理用餐時間(一般為30分鐘)。	
	用餐環境	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	用餐應固定地點，讓幼兒坐高腳椅，並與家人一起用餐。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	用餐時不要看電視，並固定在餐桌上用餐。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	維持進餐愉悅氣氛，讓幼兒參與餐桌談話。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	非用餐時間，應讓兒童在安全範圍內，安排兒童從事中等費力的身體活動，增加親子體能活動，養成動態生活習慣。	
2. 口腔與視力保健 (參閱第176-180頁)	口腔清潔	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	餐後及睡前使用含氟牙膏，幫幼兒潔牙，兩顆牙齒的臨界面，需使用牙齒清潔。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	每半年定期看診牙醫及牙齒塗氟。	
	視力保健	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免讓幼兒看電視及其他螢幕，每天看螢幕時間不超過1-2小時。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	用眼30分鐘，休息10分鐘，並避免長時間近距離用眼。	
3. 預防事故傷害 (參閱第186-188頁)	幼兒外出	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	教導幼兒有關馬路行人安全常識，但仍隨時有成人旁監督。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	乘車時勿將頭、手等身體部位露出窗外。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1-4歲或體重在10公斤以上至18公斤以下的幼兒，使用幼童用座椅，並予以束縛或定位於後座。	
	居家環境安全	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	藥品、清潔劑、殺蟲劑、刀剪等危險物品，置於高處或鎖在櫥櫃、抽屜內。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要在室內或車內吸菸，避免幼兒受二手菸、三手菸的危害，且勿食檳榔，以免幼兒模仿。	
※ 返家後若有育兒諮詢需求，請多加運用孕產婦關懷專線0800-870870						
醫療院所名稱及代碼：		衛教對象與寶寶關係：		醫師簽章： 指導日期_____年_____月_____日		

備註：1. 本衛教指導內容由衛生福利部國民健康署及臺灣兒科醫學會共同研擬。

2. 本次衛教指導之建議年齡為二至三歲，可搭配第6次兒童預防保健執行，並請參閱兒童健康手冊內容予以衛教。



# 2 to 3 years old Health education records

Red blanks should be filled in by parents under the medical guidance of the medical staff and the results of last health education must be followed which could be used as reference by doctors.

[The plan is sponsored by the Ministry of Health and Welfare]

Theme of health education	Key points	Parents evaluation			Key points of doctors' guidance	
		Not clear Not achieved	Clear but not achieved	Achieved		
1. Children's diet (refer to page 147-155)	Feeding habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink less sugared beverages.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not encourage or compliment your child with food when he performs well.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not provide desserts within 2 hours before dinner.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Set a proper time range for dining (generally 30 minutes).	
	Eating environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dine in a fixed place. Let your child sit on a high chair and share dinners with the entire family.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not watch TV while eating. Eat at a dinner table.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintain a pleasant atmosphere when eating. Let your child participate in dinner conversations.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep your child safe at non-meal time. Arrange your child to take part in medium-level physical activities and arrange for parent-child exercises more often. Form a dynamic living habit.	
2. Oral and visual care (refer to page 177-181)	Oral hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use fluoride toothpaste to help your child brush his teeth after meals and before bedtime. Use dental floss to clean surfaces between two adjacent teeth.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to a dentist routinely every half a year and receive fluoride smearing.	
	Visual care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not let your child watch TV or other screens for too long. The time spent on watching screens should be no more than 1 or 2 hours a day.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have a 10-minute rest after using the eyes for 30 minutes. Avoid looking at near distances for a long time.	
3. Accidents and injuries prevention (refer to page 187-189)	Children's outings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teach your child common knowledge about crossing roads safely. An adult should always be there to supervise.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not put your body parts including head and hands outside the window when riding in a car.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	For children aged between 1 and 4 years old with a weight between 10 to 18 kg, a child seat should be used. Place it at the back of the car.	
	Safety in the living environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hazardous objects such as drugs, detergents, pesticides, knives and scissors should be placed high or be locked in cabinets and drawers.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not smoke at home or in your car to prevent your baby from harmful effects of second-hand smoke and third-hand smoke. Do not chew areca-nut to avoid being imitated by your baby.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
* If you want to have further counseling, please call the maternal care hotline 0800-870870						
Name and code of hospital		Relationship between the baby and health education object:			Doctor: Guiding date ____ Day ____ Month ____ Year	

Note: 1. This health education material is co-researched by the Health Promotion Administration, Ministry of Health and Welfare together with the Taiwan Academy of Pediatrics.

2. The recommended age for receiving this health education is 2 to 3 years old. It is acceptable to go with the sixth child preventive care. Please refer to the contents in the Children Health Handbook.

# 三歲至七歲 您會關心的事

## 給爸媽的叮嚀

- 尊重您的孩子並傾聽您孩子的需求。
- 教導您的孩子甚麼是對的，甚麼是錯的。
- 幫助您的孩子為自己做事情。
- 讓孩子養成吃早餐的習慣，三餐正常，避免孩子食用營養價值低的食物，如糖果、汽水類等。
- 與老師保持良好溝通，若您覺得孩子做得不是很好，可請老師幫忙評估；如果您認為孩子需要額外的幫助或輔導，可與老師討論。
- 教導您的孩子學會保護自己，不隨便和陌生人交談，遇到甚麼事情一定要告訴父母。
- 傾聽孩子每天在學校發生的事情，不管事情是好的還是壞的。
- 做一個好榜樣。

## 如何和寶寶互動

- 幫助您的孩子處理憤怒，如憤怒的時候可走開或到別的地方去玩。
- 孩子開始需要上學，上課前帶孩子去看學校認識環境和跟老師打招呼。
- 陪伴孩子念書。可以帶孩子到圖書館，讓他們選擇自己想要看的書籍。
- 給予您的孩子做家務，並期望他們完成工作。
- 常常擁抱與讚美您的孩子，如他有良好的行為和在學校表現良好時。
- 教導您的孩子遠離危險地方，如火爐、水池旁。
- 教導您的孩子不要讓陌生人碰觸身體或私處。



孩子三至七歲的照片

孕產婦關懷專線：0800-870870

# 3 to 4 years old Things that you should care about

## Reminders for parents

- Respect your child and listen to his needs.
- Teach your child what is right and what is wrong.
- Help your child do things for himself.
- Form a habit of having breakfast in your child. Eat three meals every day. Do not let your child take food with low nutrition levels, such as candies, soda drinks and so on.
- Keep good contacts with teachers. If you think that your child did not perform well, you can ask a teacher to evaluate. If you think that your child needs extra help or assistance, you can discuss it with teachers.
- Teach your child to protect himself, never talk to strangers and inform parents of things he is up against.
- Listen to your child when he's telling you about things happening in school every day, no matter if they are good or bad.
- Make examples for your child.



Photos of your child between  
3 and 7 years old

## How to interact with your baby

- Help your child control anger. Tell your child to go away or play in another place when feeling angry.
- When entering the school age, your child needs to be taken to the school before attending the actual classes to know about the school's environment and teachers.
- Read with your child together. You can bring your child to a library and let him choose books that he is interested in reading.
- Assign chores to your child and expect him to finish them.
- Often hug and compliment your child when he does a good job or performs well at school.
- Teach your child to stay away from dangerous places including stoves and pools.
- Teach your child not to allow strangers to touch his body or privates.

Maternal care hotline: 0800-870870

## 三歲至七歲 家長記錄事項

\* 請家長於寶寶接受健康檢查前，務必將下列事項填寫完整

以下是記錄於\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日（年齡\_\_\_\_\_歲\_\_\_\_\_個月）

1. 上次健康檢查至今，生過什麼病嗎？住過院嗎？請記錄在下面：

\_\_\_\_\_

2. 飲食狀況：

☐ 奶製品（包括奶粉、鮮奶、羊奶、優酪乳等），1天總量約\_\_\_\_\_ C.C.  
用什麼喝奶？☐ 奶瓶 ☐ 杯子

☐ 正餐（飯或麵），1天\_\_\_\_\_餐，每餐量約\_\_\_\_\_碗，☐ 自己吃 ☐ 大人餵  
有任何飲食問題嗎？

\_\_\_\_\_

3. 大便狀況：☐ 正常，☐ 太硬，\_\_\_\_\_天大一次，☐ 其他\_\_\_\_\_

4. 有任何睡眠問題嗎？\_\_\_\_\_

5. 發展狀況：（本次健康檢查年齡涵蓋較廣，有些題目可能寶寶還做不到，請照實作答即可，醫師會再加以評估。）

### 3-4歲

- |  |  |
|--|--|
| (1) 會從樓梯的最後1階雙腳跳下嗎？                                  | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (2) 會單腳站立數秒鐘嗎？                                       | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (3) 會畫圓形嗎？   | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (4) 會唸或唱1首完整的兒歌嗎？                                    | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (5) 說話時會正確的使用代名詞「你」、「我」、「他」嗎？                        | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (6) 會自己去廁所尿尿嗎？                                       | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (7) 會自己解開扣子，脫掉衣服嗎？                                   | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (8) 會用肢體動作表達嗎？例如：點頭謝謝、揮手再見。                          | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (9) 會聽從簡單的口頭指令嗎？例如：「拿去給哥哥」、「去拿鞋鞋」。                   | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (10) 說話表達正常嗎？例如：不要求再說一遍或由照顧的大人代為說明，就能聽懂。             | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |
| (11) 能說出1個顏色，並說出3個圖形名稱（例如：鞋子、飛機、魚…等）？（參閱第120頁，圖1、圖2） | <input type="checkbox"/> 是， <input type="checkbox"/> 否 |

# 3 to 7 years old Parents record items

\* Parents shall fill in the following information before the baby's health check-ups

Record date \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year (Age \_\_\_\_\_ Months \_\_\_\_\_ Days)

- Has your baby been sick since the last check-up? Has your baby been hospitalized?  
Please record below:  
\_\_\_\_\_

- Feeding status:

☐ Dairy products (including milk powder, fresh milk, goat milk, yogurt etc.), the total amount for a day is about \_\_\_\_\_ C.C.

What does your child drink milk from? ☐ Milk bottles ☐ Glasses

☐ Dinners (rice or noodles), frequency \_\_\_\_\_ meals a day, the amount of each meal is about \_\_\_\_\_ bowls ☐ eat on his own ☐ fed by adults

Is there an eating problem?  
\_\_\_\_\_

- Feces status: ☐ Normal, ☐ Too hard, once every \_\_\_\_\_ days,  
☐ Others \_\_\_\_\_

- Is there any sleeping problem? \_\_\_\_\_

- Developmental status: (The age range considered for the current health checkup is relatively wide and hence your baby may fail in some criteria. Please answer according to the reality and doctors will evaluate.)

**3 to 4 years old:**

- |   |   |
|---|---|
| (1) Can your baby jump on his two feet from the last step of the stairs?  | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (2) Can your baby stand on one leg for a few seconds?   | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (3) Can your baby draw a circle?  | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (4) Can your baby read or sing 1 complete children's song?  | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (5) Can your baby correctly use pronouns such as "you", "I", and "he"?  | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (6) Can your baby pee in the toilet independently?  | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (7) Can your baby unbutton and take off clothes by himself?   | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (8) Can your baby express himself by its body language? For example, nod to express thanks, wave to say goodbye.                        | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (9) Can your baby obey simple oral orders? For example, "Give it to your brother", "Go and get your shoes".                             | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (10) Can your baby speak and express fluently? For example, he can understand without asking you to repeat or asking carers to explain. | <input type="checkbox"/> Yes, <input type="checkbox"/> No |
| (11) Can your baby tell a color and name 3 shapes (such as shoes, planes, fish etc.)? (refer to page 121, figure 1 and figure 2)        | <input type="checkbox"/> Yes, <input type="checkbox"/> No |



## 三歲至七歲 家長記錄事項

### 4-7歲前

- (1) 會單腳跳嗎？ ☐是，☐否
- (2) 4歲以後的孩子，會1腳1階上下樓梯嗎？ ☐是，☐否
- (3) 會用剪刀剪紙嗎？ ☐是，☐否
- (4) 玩家家酒時會扮演爸爸、媽媽或其他大人的模樣（4歲半以上）。 ☐是，☐否
- (5) 會自己穿衣服並扣上釦子嗎？ ☐是，☐否
- (6) 會用肢體動作表達嗎？例如：點頭謝謝、揮手再見。 ☐是，☐否
- (7) 會聽從簡單的口頭指令嗎？例如：「拿去給哥哥」、「去拿鞋鞋」。 ☐是，☐否
- (8) 說話表達正常嗎？例如：會和他人一問一答的聊天或談話。 ☐是，☐否
- (9) 能說出4個顏色，並模仿畫出3個圖形如：☐ ☐ ☐+）嗎？ ☐是，☐否  
（參閱第120頁，圖1、圖3）

6. 孩子上幼兒園了嗎？ ☐是，☐否

有無任何學習上或人際關係上的困難？（例如跟不上進度、上課坐不住、不會交朋友等）？

7. 日常行為：

- (1) 乘車時使用汽車安全座椅置於後座嗎？ ☐是，☐否
- (2) 窗戶有裝設護欄或安全鎖，且窗戶離地至少110公分，窗戶旁不放置床、沙發、椅子、桌子或矮櫃等可攀爬之傢俱。 ☐是，☐否
- (3) 住家是無菸環境嗎？ ☐是，☐否

8. 請您將其他育兒方面擔心的事或想請教醫師的問題，記錄在下面：

---

## 3 to 7 years old Parents record items

### 4 to 7 years old

- (1) Can your baby hop? ☐ Yes, ☐ No
  - (2) When your baby is 4 years old, can he go upstairs and downstairs with one foot on each step? ☐ Yes, ☐ No
  - (3) Can your baby cut paper with a pair of scissors? ☐ Yes, ☐ No
  - (4) Can your baby play the roles of a father, a mother or other adults when playing house? (older than 4 and a half years old). ☐ Yes, ☐ No
  - (5) Can your baby put on his clothes on his own and button up? ☐ Yes, ☐ No
  - (6) Can your baby express himself by its body language? For example, nod to express thanks, wave to say goodbye. ☐ Yes, ☐ No
  - (7) Can your baby obey simple oral orders? For example, "Give it to your brother", "Go and get your shoes". ☐ Yes, ☐ No
  - (8) Can your baby speak and express fluently? For example, he can chat and talk with others in the form of questions and answers. ☐ Yes, ☐ No
  - (9) Can your baby tell 4 colors and draw 3 shapes such as ☐ ☐ ☐ +? ☐ Yes, ☐ No  
(refer to page 121, figure 1 and figure 3)
6. Has your child been in a kindergarten? ☐ Yes, ☐ No  
Is there any difficulty in studying or getting along with others? (Such as cannot keep up with classmates, cannot sit still in class, failure to make friends etc.)?
7. General behavior:
- (1) Will you use a safety seat and put it behind the front seat of the car when driving? ☐ Yes, ☐ No
  - (2) There are protective rails or safety locks installed for windows. ☐ Yes, ☐ No  
Windows are at least 110cm above ground. There are no bed, sofa, chairs, desks or short cabinets beside windows for climbing.
  - (3) Is your home smoke-free? ☐ Yes, ☐ No
8. Please record your parenting worries and things you want to consult with the doctors below:
-

# 發展異常題項圖形一覽表

圖 1

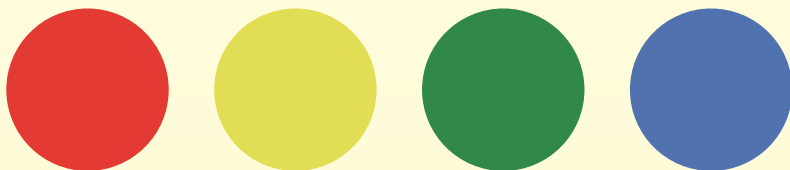


圖 2

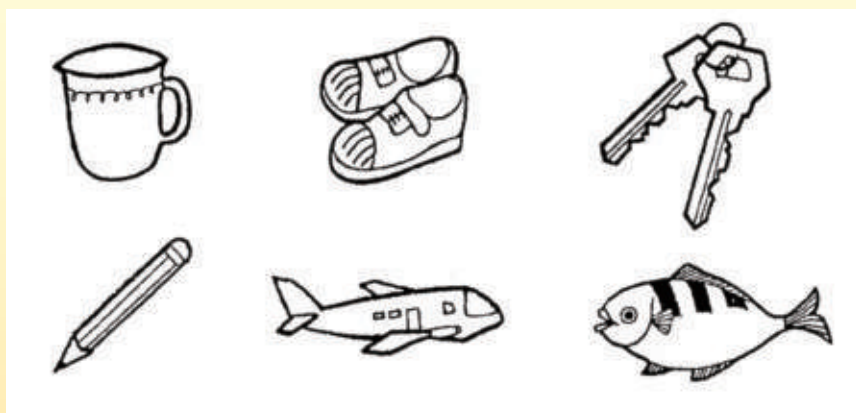
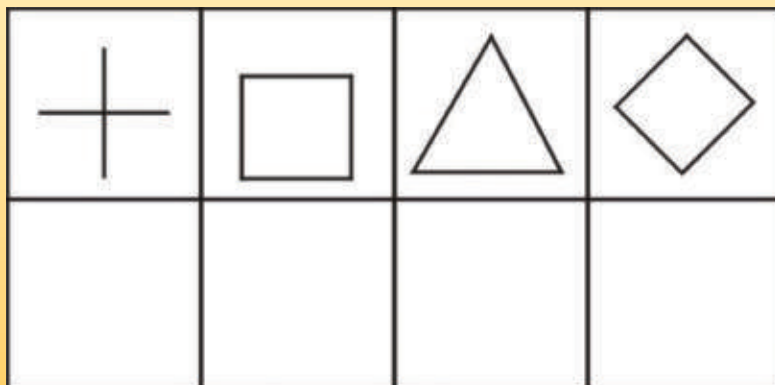


圖 3



# List of situations of abnormal development

Figure 1

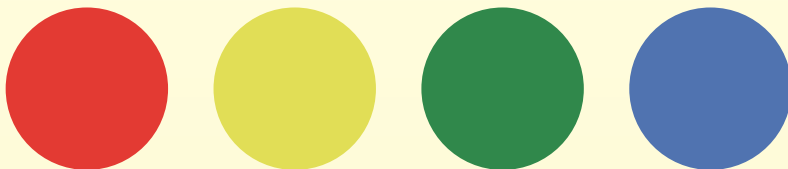


Figure 2

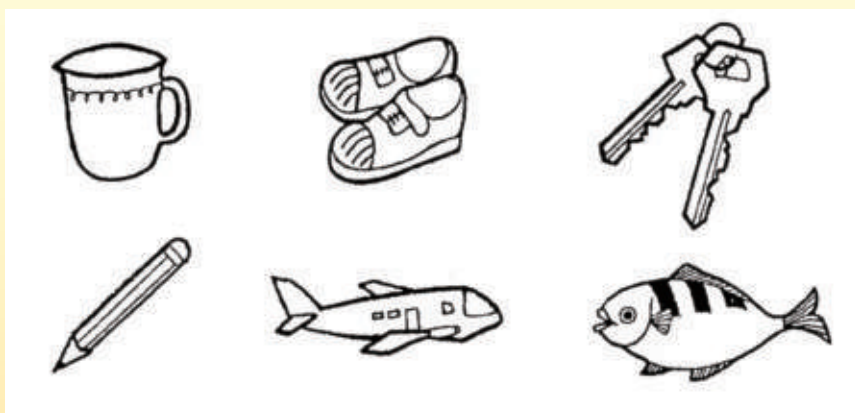
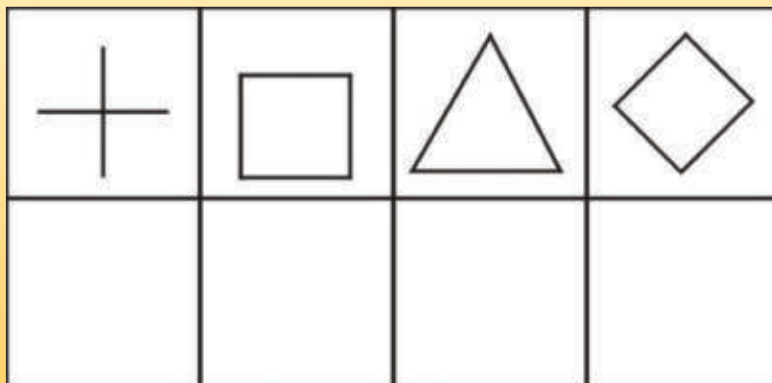


Figure 3



## 三歲至七歲 健康檢查記錄

檢查日期：\_\_\_\_年\_\_\_\_月\_\_\_\_日 年齡：\_\_\_\_歲\_\_\_\_月  
身長：\_\_\_\_公分（第\_\_\_\_百分位） 體重：\_\_\_\_公斤（第\_\_\_\_百分位）  
頭圍：\_\_\_\_公分（第\_\_\_\_百分位）  
生長評估：☐ 正常，☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

身體檢查：

☐ 無特殊發現

☐ 需注意或異常項目

1. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
2. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
3. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_
4. \_\_\_\_\_ ☐ 需追蹤，☐ 需轉介 \_\_\_\_\_

\* 如有不明傷痕，或疑似家庭暴力、兒虐等情事，請依規定通報（參閱第192頁）

發展評估：☐ 通過（含上次未通過的項目）

☐ 需追蹤

☐ 需轉介（請填寫「兒童發展評估轉介單」，參閱第238頁）

注意項目：☐ 動作，☐ 語言，☐ 認知，☐ 社會情緒

☐ 其他 \_\_\_\_\_

亂點立體圖：☐ 順利通過，☐ 未通過，☐ 兒童無法配合測試



建議下次健康檢查時間：

自 \_\_\_\_\_ 年 \_\_\_\_\_ 月

至 \_\_\_\_\_ 年 \_\_\_\_\_ 月

家長簽名：\_\_\_\_\_ 醫師簽名：\_\_\_\_\_

\* 本表資料將會作為衛生單位政策評估或個案追蹤健康管理時使用。



# 3 to 7 years old Health checkup records

Checkup date: \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year    Age: \_\_\_\_\_ Months \_\_\_\_\_ Days

Height: \_\_\_\_\_ cm ( \_\_\_\_\_ percentile)    Weight: \_\_\_\_\_ kg ( \_\_\_\_\_ percentile)

Head Circumference: \_\_\_\_\_ cm ( \_\_\_\_\_ percentile)

Growth evaluation: ☐ Normal, ☐ Need follow up, ☐ need referral \_\_\_\_\_

Physical exam:

☐ No special findings

☐ Areas of attention or abnormality

1. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

2. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

3. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

4. \_\_\_\_\_ ☐ Need follow up, ☐ need referral \_\_\_\_\_

\* If there are unfamiliar scars or suspected domestic violence or child abuse, please report such incidence in accordance with the regulations (refer to page 193)

Development evaluation: ☐ Pass (include items failed in the last check-up)

☐ Need follow up,

☐ Need referral (please fill in the "referral chart of child development evaluation", refer to page 239)

Pay attention to: ☐ Movements, ☐ Languages, ☐ Cognition,  
☐ Social emotions ☐ Other \_\_\_\_\_

Random dot stereogram: ☐ Pass successfully, ☐ Did not pass,  
☐ Children could not cooperate during the test



Recommended date for next check-up:

From \_\_\_\_\_ Month \_\_\_\_\_ Year

To \_\_\_\_\_ Month \_\_\_\_\_ Year

Parent: \_\_\_\_\_ Doctor: \_\_\_\_\_

# 三歲至七歲 衛教記錄表

紅框內之欄位請醫護人員協助家長於衛教指導前先行填寫，以供醫師參考。

【本方案由於品健康福利捐補助】

衛教主題	重點	家長評估			醫師指導重點	
		不清楚 未做到	清楚但 未做到	已做到		
1. 兒童習慣養成 (參閱第146-152頁)	飲食習慣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	少喝含糖飲料。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	選擇營養食物，避免高油、高糖、高鹽及重口味的食物或零食。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	多攝取富含鐵質食物以及蔬菜水果。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免給予兒童零食，且家中不要存放過多零食。	
	用餐環境	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	餵食時應讓幼兒坐穩，避免追逐餵食。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	用餐應固定地點，讓兒童坐高腳椅，並與家人一起用餐。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免在兒童房放置電視，除兒童易受電視食品廣告影響外，長期久坐會有肥胖風險。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	非用餐時間，應讓兒童在安全範圍內，安排兒童從事中等費力的身體活動，增加親子體能活動，養成動態生活習慣。	
2. 口腔與視力保健 (參閱第176-180頁)	口腔清潔	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	餐後及睡前使用含氟牙膏，協助或教導兒童潔牙，兩顆牙齒的臨接面，需使用牙線清潔。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	每半年定期看診牙醫及牙齒塗氟。	
	視力保健	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	用眼30分鐘，休息10分鐘，且避免長時間近距離用眼。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	避免讓幼兒看電視及其他螢幕，每天看螢幕時間不超過1-2小時。	
3. 預防事故傷害 (參閱第186-188頁)	幼兒外出	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4歲以上至12歲以下或體重在18公斤以上至36公斤以下的兒童，使用後座安全帶。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	禁止讓兒童獨自留在車內、儲水容器邊、池塘邊、河邊、游泳池及游泳池邊、海邊。	
	居家環境安全	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不可讓兒童獨處或託付給未成年者照顧。	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	不要在室內或車內吸菸，避免幼兒受二手菸、二手菸的危害，且勿食檳榔，以免幼兒模仿。	
※ 返家後若有育兒諮詢需求，請多加運用孕產婦關懷專線0800-870870						
醫療院所名稱及代碼：		衛教對象與實實關係：		醫師簽章： 指導日期_____年____月____日		

備註：1. 本衛教指導內容由衛生福利部國民健康署及臺灣兒科醫學會共同研擬。

2. 本次衛教指導之建議年齡為三至四歲，可搭配第7次兒童預防保健執行，並請參閱兒童健康手冊內容予以衛教。

# 3 to 7 years old Health education records

Red blanks should be filled in by parents under the medical guidance of the medical staff and the results of last health education must be followed which could be used as reference by doctors.

[The plan is sponsored by the Ministry of Health and Welfare]

Theme of health education	Key points	Parents evaluation			Key points of doctors' guidance	
		Not clear Not achieved	Clear but not achieved	Achieved		
1. How do children form habits (refer to page 147-153)	Feeding habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink less sugared beverages.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Choose food rich in nutrition. Avoid taking food or snacks abounding in oil, sugar and salt or heavily flavored food.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take more food rich in iron together with vegetables and fruits.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not let your children eat snacks. Do not store too many snacks at home.	
	Eating environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make your child sit still while taking meals. Avoid feeding while chasing your baby.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dine in a fixed place. Let your child sit on a high chair and share dinner with other family members.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not set a TV in your children's room. Despite the fact that your children will be influenced by TV commercials, they are at risk of being obese if they sit for too long.	
2. Oral and visual care (refer to page 177-181)	Oral hygiene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use fluoride toothpaste to help your child brush the teeth after meals and before bedtime. Use dental floss to clean surfaces between two adjacent teeth.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to a dentist routinely every half a year and receive fluoride smearing.	
	Visual care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Have a 10-minute rest after using the eyes for 30 minutes. Avoid looking at near distances for a long time.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not let your child watch TV or other screens for too long. The time spent on watching screens should be no more than 1 or 2 hours a day.	
3. Accidents and injuries prevention (refer to page 187-189)	Children's outings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	For children between 4 and 12 years old or those with a weight between 18 and 36 kg should fasten the seatbelt in the back seat.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	It is forbidden to leave your child alone beside a tank, a pond, a river, a swimming pool, in the swimming pool or along the sea.	
	Safety in the living environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not leave your children alone or ask minors to look after them.	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do not smoke at home or in your car to prevent your baby from harmful effects of second-hand smoke and third-hand smoke. Do not chew areca-nut to avoid being imitated by your baby.	
* If you want to have further counseling, please call the maternal care hotline 0800-870870						
Name and code of hospital		Relationship between the baby and health education object:		Doctor: Guiding date ____ Day ____ Month ____ Year		

Note: 1. This health education material is co-researched by the Health Promotion Administration, Ministry of Health and Welfare together with the Taiwan Academy of Pediatrics.

2. The recommended age for receiving this health education is 3 to 4 years old. It is acceptable to go with the seventh child preventive care. Please refer to the contents in the Children Health Handbook.

# 三至七歲 衛教重點

## 兒童生長身體質量指數(BMI)建議值

102年6月11日公布

BMI=體重(公斤)/身高<sup>2</sup>(公尺)

年紀	男性				女性			
	過輕	正常範圍	過重	肥胖	過輕	正常範圍	過重	肥胖
	BMI <	BMI 介於	BMI ≥	BMI ≥	BMI <	BMI 介於	BMI ≥	BMI ≥
0.0	11.5	11.5-14.8	14.8	15.8	11.5	11.5-14.7	14.7	15.5
0.5	15.2	15.2-18.9	18.9	19.9	14.6	14.6-18.6	18.6	19.6
1.0	14.8	14.8-18.3	18.3	19.2	14.2	14.2-17.9	17.9	19.0
1.5	14.2	14.2-17.5	17.5	18.5	13.7	13.7-17.2	17.2	18.2
2.0	14.2	14.2-17.4	17.4	18.3	13.7	13.7-17.2	17.2	18.1
2.5	13.9	13.9-17.2	17.2	18.0	13.6	13.6-17.0	17.0	17.9
3.0	13.7	13.7-17.0	17.0	17.8	13.5	13.5-16.9	16.9	17.8
3.5	13.6	13.6-16.8	16.8	17.7	13.3	13.3-16.8	16.8	17.8
4.0	13.4	13.4-16.7	16.7	17.6	13.2	13.2-16.8	16.8	17.9
4.5	13.3	13.3-16.7	16.7	17.6	13.1	13.1-16.9	16.9	18.0
5.0	13.3	13.3-16.7	16.7	17.7	13.1	13.1-17.0	17.0	18.1
5.5	13.4	13.4-16.7	16.7	18.0	13.1	13.1-17.0	17.0	18.3
6.0	13.5	13.5-16.9	16.9	18.5	13.1	13.1-17.2	17.2	18.8
6.5	13.6	13.6-17.3	17.3	19.2	13.2	13.2-17.5	17.5	19.2
7.0	13.8	13.8-17.9	17.9	20.3	13.4	13.4-17.7	17.7	19.6

說明：

- 一、本建議值係依據陳偉德醫師及張美惠醫師2010年發表之研究成果制定。
- 二、0-5歲之體位，係採用世界衛生組織（WHO）公布之「國際嬰幼兒生長標準」。
- 三、7-18歲之體位標準曲線，係依據1997年臺閩地區中小學學生體適能（800/1600公尺跑走、屈膝仰臥起坐、立定跳遠、坐姿體前彎四項測驗成績皆優於25百分位值之個案）檢測資料。
- 四、5-7歲銜接點部份，係參考WHO BMI rebound趨勢，銜接前揭兩部份數據。



# 3 to 7 years old Key points of health education

## Recommendations of body mass index (BMI) for children

Published on Jun. 11th 2013  
BMI = Weight (Kg) / Height<sup>2</sup> (m)

Age	Male				Female			
	Underweight BMI <	Normal BMI between	Overweight BMI ≥	Obese BMI ≥	Underweight BMI <	Normal BMI between	Overweight BMI ≥	Obese BMI ≥
0.0	11.5	11.5-14.8	14.8	15.8	11.5	11.5-14.7	14.7	15.5
0.5	15.2	15.2-18.9	18.9	19.9	14.6	14.6-18.6	18.6	19.6
1.0	14.8	14.8-18.3	18.3	19.2	14.2	14.2-17.9	17.9	19.0
1.5	14.2	14.2-17.5	17.5	18.5	13.7	13.7-17.2	17.2	18.2
2.0	14.2	14.2-17.4	17.4	18.3	13.7	13.7-17.2	17.2	18.1
2.5	13.9	13.9-17.2	17.2	18.0	13.6	13.6-17.0	17.0	17.9
3.0	13.7	13.7-17.0	17.0	17.8	13.5	13.5-16.9	16.9	17.8
3.5	13.6	13.6-16.8	16.8	17.7	13.3	13.3-16.8	16.8	17.8
4.0	13.4	13.4-16.7	16.7	17.6	13.2	13.2-16.8	16.8	17.9
4.5	13.3	13.3-16.7	16.7	17.6	13.1	13.1-16.9	16.9	18.0
5.0	13.3	13.3-16.7	16.7	17.7	13.1	13.1-17.0	17.0	18.1
5.5	13.4	13.4-16.7	16.7	18.0	13.1	13.1-17.0	17.0	18.3
6.0	13.5	13.5-16.9	16.9	18.5	13.1	13.1-17.2	17.2	18.8
6.5	13.6	13.6-17.3	17.3	19.2	13.2	13.2-17.5	17.5	19.2
7.0	13.8	13.8-17.9	17.9	20.3	13.4	13.4-17.7	17.7	19.6

Note:

1. Recommendations are based on the research results of dr Chen Weide and dr Zhang Meihui in 2010.
2. Heights of children between 0 and 5 are measured according to the "International Growth Standards for Infants and Children" initiated by the World Health Organization (WHO).
3. Height standard curves of children between 7 and 18 are drawn according to data of primary and secondary school students fitness exams in Taiwan in 1997 (25th percentile of the 4 results of 800/1600 meters race, bent-knee sit-up, standing long jump and flexibility are recorded).
4. Data of children between 5 and 7 are referred with the tendency of the WHO BMI rebound to connect the two parts of data mentioned above.





# 早產兒居家照顧錦囊

新生兒無論出生時的體重為多少，只要未滿 37 週出生，即是早產兒。早產寶寶各時期的生長（身高、頭圍、體重）、認知與動作發展、副食品添加等等，在 3 歲之前都是依其矯正年齡進行評量。此外，政府與民間都有提供相關的資源與照顧支持，希望能有效分擔家長養育的負擔與辛勞，有需要的家屬請善加利用。早產兒的生長、腦神經發展、副食品添加須使用矯正年齡，但預防注射則依實際出生年齡。

## 早產兒常見合併症

- 早產兒較容易因器官未成熟產生相關問題，常見的合併症包括：腦室內出血、腦室周圍白質軟化症、視網膜病變、聽力受損、慢性肺部疾病、開放性動脈導管、壞死性腸炎等。
- 懷孕週數越短，早產兒發生上述問題的機會越大，因而極低出生體重早產兒的父母宜與主治醫師長期配合觀察追蹤。

## 早產兒的矯正年齡

不論寶寶何時出生，以「現在日期」減去「預產日期」，即可計算出寶寶的「矯正年齡」。例如：寶寶出生日期為 5 月 1 日，媽媽的預產日期是 7 月 1 日，則至 8 月 1 日時，寶寶的矯正年齡為 1 個月。

$$\begin{array}{rcl} \text{矯正年齡算法：} & 8月1日 & (\text{現在日期}) \\ - & 7月1日 & (\text{預產日期}) \\ \hline & 1月 & (\text{矯正年齡}) \end{array}$$

## 如何餵食早產兒

- 早產兒進食特性：由於生理發展仍未成熟，吸吮能力較足月兒弱，餵食過程中比較容易嗆到，或有發紺現象（皮膚或是嘴唇顏色變青、變紫）。
- 早產兒最佳的餵食方式是「需求性餵食」，也就是依照寶寶的生理時鐘予以哺餵，並且按照寶寶能接受的餵食量適當給予。

## 餵食時應注意事項

- 早產兒回家後仍可能有胃食道逆流的問題，餵奶時可採取少量多餐分段餵食，並注意早產兒的膚色及唇色，若有發紺現象，必須先停止餵奶並輕拍背部，待膚色及唇色恢復正常後再繼續餵奶。
- 切勿平躺餵奶。
- 特殊狀況無法親餵母乳而需採瓶餵時，早產兒因為吸吮能力較弱，奶嘴的選擇應以質軟、中號、圓洞為佳。

# Home care advice for pre-matures

Regardless of birth weight, neo-nates born with less than 37 gestational weeks are considered pre-mature infants. For pre-mature infants, indicators including growth status (height, head circumference, weight), development of cognition and action, introducing of supplemental food in different stages are all evaluated by using the adjusted age before 3 years old. Besides, there are relevant materials and caring supports from the government and civil organizations in order to effectively share parenting burdens and workloads of parents. Parents in need should make good use of these resources. Adjusted ages are applied in measuring growth status, brain development and introduction of supplemental food for premature infants. Preventive inoculations, however, should be conducted according to actual age.

## Common complications in pre-matures

- Problems may easily occur in pre-mature infants due to immature organs. Common complications include intraventricular hemorrhage, periventricular leukomalacia, retinopathy, hearing impairment, chronic lung disease, patent ductus arteriosus, necrotizing enterocolitis etc.
- The shorter the gestational period, the greater the chance for pre-mature infants to get problems mentioned above. Thus, parents whose children are pre-mature with very low birth weights should properly cooperate with the doctor-in-charge in follow-up observations in the long term.

## Adjusted age of pre-matures

Regardless of the birth date, "today's date" minus "due date" and you can calculate the "adjusted age" for your baby. For example, if your baby was born on May 1st and the due date was Jul. 1st, then when it comes to Aug. 1st, the adjusted age for your baby is 1 month.

Calculation of adjusted age:	Aug. 1st	(today's date)
	- Jul. 1st	(due date)
	1 month	(adjusted age)

## How to feed pre-matures

- Characteristics of the feeding of pre-mature infants: due to immature physiological development, pre-mature infants have weaker sucking ability and it is easier for them to get milk choking or cyanosis (the color of skin or lip turns black, blue or purple).
- The best feeding method for pre-mature infants is "demand-oriented feeding", that is to feed your baby according to his physiological clock with an amount that is proper to him.

## Feeding pre-cautions

- When pre-mature infants come home, they could still suffer from gastroesophageal reflux. Feed your baby multiple times separately with a small amount for each meal. Observe colors of your baby's skin and lips. When a cyanosis occurs, stop feeding and gently pat his back. Continue the feeding when colors of your baby's skin and lips return to normal.

# 早產兒居家照顧錦囊

- 一般嗆奶處理，只需移除口中奶水，並以適度力量輕拍背部至呼吸平順、膚色紅潤即可繼續餵奶，或休息一下再繼續。
- 餵奶中，萬一寶寶咳嗽後呼吸暫停，可以輕搓寶寶背部或輕彈寶寶腳底，以刺激呼吸。

## 預防感染

早產兒的免疫力較足月兒弱，較容易感染疾病，有少數早產兒因肺部尚未發育成熟，易發生慢性肺疾病，而有慢性肺疾病的孩子，肺部感染的機率較一般嬰兒來得高，症狀也較嚴重。預防感染的方法包括：

- 限制訪客。
- 注意居家環境的通風。
- 接觸寶寶前後皆須洗手。
- 家中禁菸。
- 寶寶週歲前避免帶他出入公共場所。
- 若照護上有疑慮，可善用早產兒基金會居家照護諮詢專線服務（**02-2523-0908**，週一至週五 8:00~17:00），以減少不必要的醫院就診。

## 早產兒的睡眠照護

- 早產兒的住院期間較長，已習慣醫院的吵雜環境，且無晝夜分別，剛回家時會有一段適應期。
- 可藉由環境營造、夜間點小夜燈，及讓寶寶聽收音機等方式調整，待寶寶習慣後，再慢慢減少光線亮度及聲音。

## 早產兒的行為照護

早產兒比足月兒容易躁動、不易安撫，可藉由袋鼠式護理和嬰幼兒按摩來改善。（相關資訊請參考早產兒基金會網站 <http://www.pbf.org.tw>）



# Home care advice for pre-matures

- Do not feed your baby when he is lying down.
- When mothers cannot conduct breastfeeding under special circumstances and have to use milk bottles instead, it is better to choose soft and medium-sized bottles with a round hole for pre-mature babies because they have weaker sucking abilities.
- General method to deal with milk choking. You just need to simply remove milk from the mouth. Pat your baby's back with proper strength to let him breath smoothly. When his skin turns red again, you can continue to feed. Or you may take a break before moving on.
- During the feeding, if your baby stops breathing after coughing, you can tenderly rub his back or pat his arch of his feet to stimulate breathing.

## Infection prevention

Compared will full-term babies, pre-mature infants have weaker immune systems and it is easier for them to get infectious diseases. A few pre-mature babies may easily get chronic lung diseases due to immature lungs. Children with chronic lung diseases have a higher chance of getting pulmonary infections and more severe symptoms compared to ordinary infants. Methods to prevent infections include:

- Limit visitors.
- Adequate ventilation at home.
- You should wash your hands before getting in contact with your baby.
- Keep your home smoke-free.
- Before turning 1 year old, your baby should not be taken out to public places.
- If you have concerns about taking care of your baby, you can make use of caring counseling hotline services provided by the Pre-mature Baby Foundation (**02-2523-0908**, Mon. to Fir. 8:00~17:00) to reduce unnecessary hospitalization.

## Pre-mature's sleeping care

- Pre-mature infants tend to stay in hospitals longer. They have to get used to the noisy environment in hospitals with no difference between days and nights. They need a period for adaptation when going home.
- You can help your baby get adapted by creating an environment, lighting up lights at night and letting him listen to radio. When your baby has adapted himself to the new environment, decrease the brightness and sound volume gradually.

## Care behaviors of pre-mature infants

Compared with full-term babies, pre-mature infants are easy to get upset and it is hard to comfort them. These situations can be improved by kangaroo-style care and infant massage. (For relevant information please refer to the website of Pre-mature Infants Foundation <http://www.pbf.org.tw>)

# 早產兒居家照顧錦囊

## 早產兒追蹤檢查很重要

- 由早產兒基金會近十年追蹤檢查門診資料的分析顯示，出生體重 $\leq 1500$ 公克之早產兒或有特殊合併症的早產兒，比一般足月兒在認知與動作發展上較易發生遲緩情形。
- 建議至少於矯正年齡6個月、1歲、2歲及5歲時做定期回診，及早發現、及時轉介，以期達到早期療育功效。
- 完整的極低出生體重早產兒追蹤檢查服務應該包括五大項目：
  1. 身高、頭圍、體重與營養狀態評估：量測生長指標，並對照矯正年齡的生長曲線表以評估生長狀況。詢問哺餵攝取情形、副食品添加比重等，並提供適當的營養諮詢。
  2. 神經發育與粗動作評估：藉由肌肉張力、神經反射的消失或出現，及坐姿與站姿的穩定性等評估來評量早產兒的神經發育狀況。
  3. 心智發展評估：評量嬰幼兒目前認知、語言、社會人際、精細動作及粗動作之各項發展，並配合評測過程的行為觀察，整體瞭解嬰幼兒的心智發展情形。
  4. 眼科評估：建議除了住院中進行的視網膜檢查外，於矯正年齡一歲左右開始定期視力檢查。
  5. 聽力評估：於住院中接受首次聽力篩檢，並於矯正年齡一歲左右再次評估（需同時考量孩子發展的語言、認知、表達與理解等能力）。

## 巴掌仙子加油站

- 健保身分
  - 寶寶出生後60天內，尚未加保前，可用父母的健保卡就診；在寶寶辦理出生登記後，則可跟隨父親或母親其中一方加入健保並申請健保卡。
  - 3歲以下兒童醫療補助於2002年開辦，凡3歲以下參加全民健康保險之兒童，就醫時即自動減免健保部分負擔。
- 申辦重大傷病證明
  - 依「全民健康保險保險對象免自行負擔費用辦法」第二條規定，保險對象經特約醫療院所醫師診斷為重大傷病者，得檢具醫師開具之診斷證明書及重大傷病申請書、身分證明文件影本及相關佐證之病歷資料，向健保署轄區分區業務組提出申請，經審查符合資格者，發給重大傷病證明。
  - 若早產兒出生後3個月內因相關併發症住院者，由醫師逕行認定免申請證明；若早產兒出生滿3個月後，領有身心障礙等級中度以上之身心障礙手冊經醫師認定符合重大傷病項目者，可依規定申請重大傷病證明。



# Home care advice for pre-matures

## Follow-up check-ups are important for pre-matures

- Data shown by the analysis of outpatient case files of nearly a decade by Pre-mature Infants Foundation that pre-mature babies born with a weight  $\leq 1500$  g or those with special complications are easier to suffer from developmental delay of cognition and actions compared with full-term babies.
- It is suggested that pre-mature babies should conduct routine check-ups at 6 months, 1 year old, 2 years old and 5 years old of their adjusted age to detect conditions as early as possible and carry out timely referral in order to achieve efficacy of early treatment.
- A complete follow up check-up service of pre-mature infants with a very low birth weight should include 5 items:
  1. Evaluation of height, head circumference, weight and nutrition status: measure growth indicators and evaluate growth status referring to the growth curve chart by using the adjusted age. Ask about feeding, milk intake and ratio of supplemental food and provide appropriate nutrition counseling.
  2. Neuro-developmental and gross movement assessment: With disappearance or appearance of muscle tone and neural reflex together with the stability of sitting and standing to assess the neuro-developmental condition of pre-mature babies.
  3. Mental development assessment: Assessment of the current development of infants cognition, language, social and interpersonal skills, fine movement and gross movement and together with behavioral observations during the evaluation process, understand the overall situation of mental development of infants and young children.
  4. Ophthalmic assessment: It is recommended that in addition to retinal examination performed during hospitalization, at around one year old of adjusted age, premature babies should begin to receive regular eye check-ups.
  5. Hearing Assessment: First hearing assessment to be done at the time of birth and then again at about 1 year of the adjusted age (considering babies' developmental abilities of language, cognition, expression and understanding at the same time).

## Palm Fairy Encouragement Station

- Health care insurance ID
  - Within 60 days after the baby's birth, he can use his parents' health care card to see a doctor before participating in the insurance. After the registration of births, babies can apply for a health care insurance card to join in either the father's or the mother's insurance.
  - Medicaid of children under 3 years was available for application in 2002. Children under 3 years old who participate in the national health insurance will automatically reduce part of the health care expenses when they see a doctor.
- Apply for a certificate for major diseases
  - According to the "Taiwan Health Insurance Act of Freeing Objects From Their Own Expenses" Article II, objects diagnosed by doctors in an authorized medical institution to be a victim of major diseases should take their certificate of diagnosis issued by the doctor, major diseases application

# 早產兒居家照顧錦囊

- 早產兒基金會醫療費用補助
  - 由基金會的合約醫院社工師評估，評估資料包括家庭經濟收入、家中工作人口數、早產兒之住院時間長短及醫療狀況等。若符合申請標準，由合約醫院的社工師協助申請。
- 早產兒基金會居家醫療器材費用補助
  - 若早產兒出院返家後須租用醫療器材，如：血氧濃度監視器、製氧機、氧氣鋼瓶、抽痰機、呼吸器、靜脈輸注幫浦（含灌食幫浦）等，可透過合約醫院的社工師評估後協助申請。早產兒基金會將補助一半的醫療器材租借費用至不需使用為止。
  - 如特殊個案需半年以上長期使用者，由醫師註明原因，則可申請購置。儀器不需使用後，請家屬將儀器捐贈給個案住院醫院之社會服務室，提供給經濟困難的早產兒家庭使用。
- 相關資源
  - 早產兒追蹤檢查服務同意書，請參閱第 236 頁。
  - 兒童發展評估轉介單，請參閱第 238 頁。
  - 發展遲緩兒童通報轉介中心名冊，請參閱第 242 頁。
  - 各縣市社會局另有提供兒少生活補助、托育費用補助、育兒津貼等兒童及少年相關的社會福利，詳情可參閱各縣市政府社會局網站。



# Home care advice for pre-matures

form, identity document photocopy and related medical records to the service group of their local department of health care insurance and submit the application. Those whose files are qualified after the review will receive a certificate proving the existence of major diseases.

- If pre-mature babies are hospitalized within 3 months after birth due to related complications, doctors are responsible for offering Free Application proof. After 3 months of birth, pre-mature babies who suffer from moderate or severe disability and are confirmed by doctors that their conditions are in line with major disease items can apply for a certificate proving the existence of major diseases according to regulations.
- Medical expense subsidy of the Pre-mature Infants Foundation
  - Social workers of hospitals authorized by the Foundation will evaluate family income, the number of working population at home, hospitalized duration of pre-mature babies and their medical condition. If they meet the eligibility criteria, the social worker will assist in the application process.
- Domestic medical equipment expense subsidy of Pre-mature Infants Foundation
  - When pre-mature babies come back home with a need for rented medical equipment, including oxygen concentration monitors, oxygen generators, oxygen cylinders, sputum suction machines, respirators, intravenous infusion pumps (including pump-fed), etc., the social worker in the authorized hospitals will assist in the application process. The Pre-mature Infants Foundation will be responsible for half of the expense of equipment rental until they are no longer needed.
  - Under special circumstances where the equipment is needed for more than half a year, applicants can purchase equipment with the doctor's notes for the reasons. When you have done using the equipment, families should donate it to the social service room of the hospital where your child stayed, offering it to pre-mature babies' families with economic difficulties.
- Relevant resources
  - For consent of follow-up checkup service for premature babies, please refer to page 237.
  - For referral chart of children development evaluation, please refer to page 239.
  - For the list of report and referral centers for children with developmental delay, please refer to page 243.
  - Society bureaus in each county and city also offer children and teenager related social welfares including children living subsidies, nursery cost benefits and child allowance. For more information, please refer to their websites.



# 培養良好的睡眠習慣

充足的睡眠，能使孩子維持充沛的體力和學習的企圖心。睡眠習慣不好，會導致睡眠不足或睡眠品質不良，使得孩子情緒不穩定、合作性差、學習興趣降低及不能專心。孩子睡不好，家長也可能睡不好，長久下來不但影響健康，亦傷害親子關係，因此有必要培養孩子良好的睡眠習慣。

## 大人孩子都好睡的訣竅

- 嬰幼兒夜間的睡眠分成7-8個週期，淺睡與深睡交替進行，淺睡時會有響動，可能吵醒同床的家長。此時除非孩子大哭，應避免一些不必要的安撫動作，如餵奶、拍背等，給孩子機會學習自行入睡比較適當。建議分床睡，減少互相干擾的機會。
- 2-3個月大後，夜裡儘量少換尿布，寶寶如有響動可先不理睬，除非他大哭，不然不要餵奶。餵奶時不要開大燈，不跟他說話或玩，亦可逐漸減少餵奶量，讓他體會白天和晚上的不同，而逐漸放棄夜間吃奶的習慣，一覺睡到天亮。（吃母乳的寶寶可能要更大一些才會拉長夜間吃奶的間隔）
- 6個月大後，儘量讓寶寶學會自行入睡，家長的幫助愈少愈好。總是習慣依賴大人拍、抱、搖，或餵奶哄他入睡的寶寶，在夜間由深睡回到淺睡狀態時，一旦感覺到沒有人安撫他就會醒來，吵著要大人再哄他入睡，一夜間發生數次都有可能。日復一日，家長的身心都會受到很大的干擾。
- 入睡的地方，應該就是寶寶夜裡睡覺的地方。若由家長抱著入睡，或在小搖床、沙發、大床等處先睡著後，再放回小床，也會讓寶寶在淺睡時感受到睡眠環境的不同而醒來。

## 如何養成孩子的好睡眠習慣

- 大多數孩子都是貪玩、不想上床睡覺的，因此睡前的掙扎與煩躁不安極為常見。為了孩子的健康，就寢時間不應由他自己決定，而是由家長在考量自己和孩子的需要後，訂定一個合理的就寢時間，並且確實執行。
- 替孩子建立一套「就寢儀式」，有助於順利入睡。也就是在睡前進行一系列、有一定順序、安靜的準備活動，幫助孩子放鬆心情，例如：尿尿→洗澡→換睡衣→刷牙→喝水→上床→講故事→道晚安→關燈。

# Develop a positive sleeping habit

Getting enough sleep will make your children physically dynamic and pique their learning interest. Poor sleeping habits can lead to lack of sleep or poor quality of sleep, causing emotional instability, poor cooperation, reducing their interests in learning and making them unable to concentrate. When children cannot sleep well, parents may not sleep tight as well. It is bad for health and parent-child relations if things continue this way. Thus, it is necessary to cultivate children's good sleep habits.

## Tips for making you and your children sleep well

- Children's sleep at night can be divided into 7 to 8 cycles with light sleep and deep sleep running alternately. They may make movements during light sleeps and wake their parents up. In such cases, unless the child is crying, parents should avoid unnecessary comforting actions, such as feeding, patting the back, etc. It is more appropriate to give him an opportunity to learn to fall asleep on his own. It is recommended the you sleep on different beds to reduce the chance of interference with each other.
- After 2 to 3 months old, reduce the times of changing diapers at night as much as possible. You can ignore your baby at first when he makes a move. Unless he is crying out loud, do not feed him with milk. Do not turn on the light when feeding. Do not talk or play with him. You can gradually reduce the amount of milk that you are feeding him with. Let him understand the difference between day and night and gradually reduce the habit of feeding milk at night while inducing a habit of sleeping through the night till morning. (Breastfeed babies may need a longer time before they lengthen the intervals of feeding at night)
- After six months old, try to let your baby learn to fall asleep on his own. Help from parents should be minimized. For babies who are used to always being patted, held, shaken or fed to get to sleep, when they come back to light sleeps from deep sleeps at night, they will wake up once they feel there is no one there to comfort them. They will ask adults to comfort them to sleep again and it is likely to occur several times a night. Day after day, parents will suffer a lot of physical and mental disturbances.
- Places that babies fall into sleep in should be where they stay the whole night. If they fall asleep when being held in parents' arms, or in a small shaker, sofa, bed, etc. and then be put back into a small bed, it will also wake them up when they feel the change of a sleeping environment during light sleeps.

## How to help your children develop a positive sleeping habit

- Most kids are too fond of playing that they do not want to go to bed. It is very common for them to struggle and feel upset before bedtime. For children's health, the time for bed should not be decided by the children. It should be decided rationally by parents after considering the children's needs as well as their own needs and it shall be executed strictly.
- Establish a "sleeping ceremony" for children to help them sleep well. That is, a series of preparations before bed in a certain order to help your children relax, such as: pee → take a bath → wear pajamas → brush teeth → drink water → go to bed → storytelling → saying goodnight → turn off lights.



# 嬰兒猝死症預防有訣竅

許多研究顯示，趴睡是導致嬰兒猝死症的重要危險因素；除了睡姿，還有一些關於睡眠環境的危險因子陸續被發現。避免這些可能的危險，並注意嬰兒睡姿及睡眠環境的安全，才能協助孩子擁有香甜的睡眠品質。

## 排除呼吸道阻塞因素，預防嬰兒睡眠中發生意外

- 寶寶應該**仰睡**。仰睡並不會增加嗆奶的機會，家長無須擔心。
- 趴睡易導致嬰兒猝死症，可能是因為有些嬰兒於睡夢中驚醒的神經反應不佳，所以容易發生窒息等事故，故不建議。
- 側睡因為容易翻身成趴睡，亦不建議。
- 寶寶的床墊應平滑，不可太軟，除了床單，身體下面不宜有任何的枕頭、棉被、毯子，也勿將填充玩偶放在嬰兒床上。
- 如使用毛巾被或毛毯，應將嬰兒裹至胸部，以減少蓋住臉部的機會。使用的被子不宜厚重或鬆軟。
- 睡眠環境不可太熱，也不要讓寶寶穿太多衣物或戴帽子。
- 寶寶不可和大人同床而睡，也不建議和其他孩子一起睡，包括多胞胎兄弟姊妹；若大人喝酒、服用影響清醒能力的藥物，或抽菸後，則更增加嬰兒猝死的危險性。

### 小提示

#### 這樣睡更好

- 為避免頭形睡扁，請注意不要讓寶寶的頭固定偏向某一側睡。
- 因為寶寶比較喜歡朝門的方向看，可以每週將床頭、床尾的方向調換1次。
- 寶寶醒著的時候，一天數次讓他趴著玩一段時間，一方面避免後腦殼受壓的時間太長，一方面也可以訓練頸部和肩膀肌肉的力量。



# Tips for preventing sudden infant death syndrome

Many studies have shown that sleeping on the stomach is an important risk factor for sudden infant death syndrome. In addition to sleeping position, there are some risk factors about the sleep environment that have been found. Avoid these potential hazards and pay attention to infants' sleeping position and the safety of the sleep environment in order to help children have a sweet sleep quality.

## Prevent respiratory obstruction factors and prevent accidents during baby's sleep

- Babies should **sleep on their backs**. Sleeping on the back will not increase the chance of milk choking. Parents do not need to worry.
- Sleeping on the stomach easily leads to sudden infant death syndrome, probably because some babies may not wake up from a nightmare, making it prone to suffocation and other accidents. Sleeping on the stomach is thus not recommended.
- Sleeping on one side is not recommended as it is easier for infants to turn over and sleep on their stomachs.
- Babies' mattress should be smooth but not too soft. In addition to sheets, there should not be any pillows, quilts or blankets under their bodies. And also, do not put stuffed dolls on the bed of your baby.
- When using towels or blankets, babies should be wrapped up to their chest to reduce the chance of covering their faces. Quilts should not be heavy or soft.
- The sleep environment cannot be too hot. Do not let your baby wear too much clothes or wear a hat.
- Babies and adults cannot sleep together on the same bed. It is not recommended that your baby sleep with other children, including multiple birth siblings. If adults drink, take drugs that affect the consciousness or smoke, they will increase the risk of sudden infant death.



### Tips

#### It is better to sleep this way

- In order to prevent the head shape from getting flat during sleep, take care that you do not let your baby sleep only on one side of the head.
- Because babies prefer looking towards the door, the direction of the bed can be changed every week.
- When babies are awake, let them lie on their stomachs and play several times a day to avoid compression of the skull for a long time on the one hand, and train muscles in the neck and shoulders on the other hand. It is better to sleep this way.

# 副食品添加原則

當寶寶逐漸長大，就必須添加副食品，一方面提供奶類不足的營養，另一方面也能夠訓練咀嚼和吞嚥，為日後的營養攝取作準備。

## 何時開始添加副食品？

- 寶寶出生後4個月(校正年齡)內不建議添加副食品，純母乳哺育到6個月後必須添加副食品，不然會有營養不良危機。
- 若有以下狀況，可以考慮提早在滿4個月後開始添加副食品，包括：
  - 純餵到6個月實在有困難
  - 媽媽奶水量明顯降低
  - 寶寶顯得吃不飽
  - 寶寶出現厭奶但沒生病或其他原因
  - 寶寶有主動要求其他食物的表現(看大人吃其他食物時很有興趣，伸手來抓、抓了放嘴巴)
  - 寶寶的頭是否可以自己抬起來穩住
  - 可以將食物從湯匙移動到自己的喉嚨

## 添加副食品的訣竅

- 每次只添加一種新食物，由少量(1-2湯匙)開始，逐漸增加，觀察4-7天，如無長紅疹、腹瀉、嘔吐等症狀，則可繼續餵食。若出現以上的身體反應，則應暫停該食物1-2個月後再嘗試，或向醫師諮詢。
- 添加副食品建議從單一穀類開始，再依序添加蔬菜類、水果類、肉類，建議由口味淡的食物開始。
- 使用過的食物可重複使用，若寶寶可以接受穀類，添加蔬菜時，可將穀類和蔬菜混合後再添加。
- 請選擇強化鐵質的嬰兒專用米精而非市售米麩，米精應以水或奶調成糊狀餵食。
- 開始餵食糊狀食物(如米糊、果泥等)時，應以湯匙餵食，避免將副食品加入奶瓶內與奶一起餵食，除非醫師指示。
- 選在寶寶較餓的時候餵食(例如吃奶前1小時)較易成功。下一餐何時吃奶可視副食品吃了多少而作彈性調整。
- 餵食時應抱起寶寶，面對面餵食。寶寶會坐了以後，則應讓他坐穩以確保安全，勿追逐餵食。

# Principles of introducing supplemental food

With babies growing up, they need to be fed with supplemental food to provide nutrition in addition to milk on the one hand; on the other hand train them to chew and swallow to prepare them for future nutritional intake.

## When to introduce supplemental food?

- Before turning to 4 months (adjusted age), your baby should not be fed with supplemental food. Supplemental food must be added only after 6 months of exclusive breastfeeding, otherwise there will be a malnutrition crisis.
- If the following conditions take place, you may consider offering supplemental food earlier when your baby turns 4 months, including:
  - It is really difficult to conduct exclusive breastfeeding for 6 months
  - The amount of breast milk decreases significantly
  - Babies cannot get enough milk
  - Babies are sick of milk without getting sick or other reasons
  - Babies actively ask for other types of food (they appear interested when they see adults eating other types of food that they will try to grab and take to their mouth)
  - Whether babies can raise their heads and keep them stable
  - Babies are able to move food from spoons to their throats

## Tips for introducing supplemental food

- Begin with adding one new type of food a day with a small amount (1-2 tablespoons) and increase gradually. Observe for 4 to 7 days and you can continue the feeding if your baby is free from red rashes, diarrhea, vomiting and other symptoms. When symptoms mentioned above occur, you should stop feeding with the food for 1 to 2 months before you try again or consult with a doctor.
- It is suggested to start with single grain when providing supplemental food. Add new types of food in the following order, vegetables, fruits and meat. Start with food with a light taste.
- Food that your baby has eaten can be reintroduced again, like if your baby can accept cereals, then add vegetables to it.
- Choose iron-fortified infant fine rice rather than commercial rice bran. Fine rice should be transformed into a pasty form with water or milk before feeding.
- When you start to feed your baby with pasty food (such as rice cereal, purees, etc.), you should feed your baby with a spoon. Avoid mixing supplemental food with milk unless the doctor indicates you to do so.
- It is easier to feed successfully when your baby is starving (for example, 1 hour before milk feeding). The next time for milk feeding can be adjusted according to the amount of supplemental food your baby has taken.
- Hold your baby when you feed him and feed him face to face. When your baby learns how to sit, let him sit stably to make sure of his safety. Do not chase him to feed.

## 副食品添加原則

- 若寶寶拒絕張口、將頭轉開或哭鬧起來時，勿強迫餵食；可暫停1-2星期後再試。若寶寶僅露出皺眉和嫌惡的表情，並未明顯推拒時，可能只是不習慣新食物，應多嘗試幾次，讓他習慣，勿輕易放棄。
- 餵食時的氣氛應保持輕鬆愉快，如果吃飽了就應該停止，不要強迫寶寶將準備的食物全部吃完。

### 添加副食品應注意什麼？

- 稀飯是很好的半固體食物，但僅用大骨湯煮的稀飯，營養和熱量均不足，必須添加其他食物（如蔬菜、根莖類、蛋黃、肉類等）在內。
- 製作副食品時應注意衛生，毋須添加人工調味品（如鹽、糖），口味儘量清淡為主。
- 市售罐裝嬰兒食品應避免選用添加有澱粉等賦形劑的產品，以免攝取不必要的熱量。購買時應注意有效期限及適用年齡，吃不完的食物應置於冰箱保鮮。
- 寶寶的大便中若出現未消化的食物，如豆子或玉米的皮、蔬菜的纖維等，都是正常的，不必因此停止餵食。
- 寶寶副食品添加應避免提供以下食物：
  - 蜂蜜偶含肉毒桿菌芽孢，1歲以下嬰兒因免疫系統及腸道菌叢未健全，應避免餵食，減少肉毒桿菌中毒的風險。
  - 奶類可提供豐富的鈣質及蛋白質，但一般牛奶含鐵質不足，且容易受到污染或引起過敏，因此建議一歲以下嬰兒不要給予牛奶，可以選擇起司、優格。
  - 避免給予硬且圓的食物，易導致寶寶噎住，如堅果、葡萄或糖果。
  - 不提供八寶粉（散）、退胎水、紅嬰水與偏方給寶寶食用。





# Principles of introducing supplemental food

- If your baby refuses to open his mouth, turns his head away or starts to cry, do not force him to eat. You can try again after 1 to 2 weeks. When your baby frowns or shows a facial expression of dislike without an obvious rejection, it is possible that he is not used to the new food. You should try more and he will get used to it. Do not give up easily.
- Keep a pleasant atmosphere when you feed your baby. Stop feeding when your baby is full. Do not force your baby to eat up all the food you have prepared.

## What are the precautions for introducing supplemental food?

- Porridge is a good semi-solid food. But porridge, prepared only with bone soup, lacks nutrition and calories. You must add other foods (such as vegetables, vegetable roots, yolks, meat etc.) in the porridge.
- When you make supplemental food, pay attention to the hygiene. Do not add artificial flavoring (such as salt, sugar). A light taste is appropriate.
- When you choose commercially available canned baby food, avoid those added with starch and other excipients in order to avoid unnecessary intake of calories. When shopping, pay attention to the expiration date and the applicable age for the food. Left-over food should be kept in a refrigerator.
- It is normal for you to find undigested food in your baby's stool, such as beans, corn husk and vegetable fibers. Therefore, you do not have to stop feeding.
- Avoid adding the following types of food to the babies' supplemental food:
  - Honey occasionally contains *Clostridium botulinum* spores. Thus, infants under 1 year of age, due to immature immune system and intestinal flora, should avoid being fed with honey to reduce the risk of botulism.
  - Milk is rich in calcium and protein. Generally, however dairy milk is deficient in iron and is susceptible to contamination and allergic reactions. Thus it is recommended that infants under 1 year of age should not be fed with dairy milk. You can choose cheese or yogurt instead.
  - Avoid giving hard and round food to your baby. It is easier for them to get choked. These include nuts, grapes or candies.
  - Do not feed babies with folk prescriptions including Babao powder, Tuitai water and red infant water.



# 副食品添加原則

## 添加副食品的重點時程

- 6個月大以後，開始訓練寶寶使用杯子，以作為日後戒斷奶瓶的準備。6個月前不需要給予果汁，開始給予時須進行稀釋。
- 6-8個月左右，可以讓寶寶練習自己拿著餅乾或烤過的土司吃。
- 9-10個月大時，提供一些約一口大小、較軟的食物，也可讓寶寶用手抓著吃。
- 副食品吃得較多時，奶量自然隨著減少。依照世界衛生組織的建議，喝母乳的寶寶，在6-8個月時，一天至少應吃兩次副食品；9個月以後，則1天至少吃3次副食品；對於沒有喝母乳的寶寶，則6個月後，1天至少要吃4次副食品或配方奶，以維持寶寶足夠的能量攝取。
- 未添加副食品前，除非天氣很熱、流很多汗，一般不需要額外再給予水分，以免影響奶量攝取。



### 三心 二意 獻親情

只要在孩子成長的路上，多付出「三心」與「二意」，您就可以為孩子的健康加分喔！

#### 健康生活三重心：

- 飲食多元需用心～從小飲食多樣化，吃得均衡最健康。
- 餐點內容要關心～點心種類要慎選，零食不要隨處放。
- 適度運動有恆心～日常生活多活動，規律運動益成長。

#### 親職教育二要意：

- 親子溝通多在意～面對偏食的孩子，鼓勵嘗試勿強迫！
- 親人身教多注意～建立學習好榜樣，良好飲食從己做！

# Principles of introducing supplemental food

## Important timetables for introducing supplemental food

- After 6 months old, you can begin to train your baby to use a cup to get ready for the future withdrawal of milk bottles. Before 6 months old, do not feed your baby with fruit juice. Juice shall be diluted when you start to offer it to your baby.
- Between 6 to 8 months old, you can let your baby practice holding his own crackers or toasted bread to eat.
- Between 9 to 10 months old, you can offer softer food with a size of about a bite. You can also let your baby eat with his hands.
- When your baby eats more supplemental food, the amount of milk taken will naturally be reduced. In accordance with the recommendations of the World Health Organization, breastfed babies, between 6 to 8 months, should be fed with supplemental food at least twice a day. After 9 months old, they should be then fed at least three times a day with supplemental food. For babies not taking breast milk, they should be fed with supplement food or formula milk powder at least four times a day after 6 months old to maintain adequate energy intake for them.
- Before offering supplemental food, unless the weather is very hot with a lot of sweating, your baby generally does not need extra water so as not to affect the milk intake.

## Tips

### 3 Cares And 2 Minds to Express Your Love

Pay attention to the following 3 cares and 2 minds on the way of your child's growth and you will keep him healthy!

#### 3 cares to lead a healthy life:

- Care for a multi-element diet: Start a multi-element and balanced diet at an early age is best for your child's health.
- Care for the food in meals: Be careful when choosing desserts. Do not put snacks all over the place.
- Care for persistently taking proper exercises: Take more exercises routinely is beneficial for growth.

#### 2 minds for parenting education:

- Mind the parent-child communication: Encourage your children with dietary bias to try new food. Do not force them!
- Mind parents' words and deeds: Establish a good model for your children to learn from. Keep a balanced diet yourself!

# 培養良好的飲食習慣

高熱量低營養的過度飲食內容及缺乏運動的靜態生活，是造成肥胖的主要原因。良好的飲食習慣，能使孩子攝取充足、均衡的營養。父母以身作則，陪伴孩子養成健康生活型態，透過聰明吃、快樂動，教導孩子學習選擇健康飲食，養成動態生活習慣，可以為國家未來主人翁預約一個健康的未來。

## 養成嬰幼兒良好飲食習慣

- 用餐有一定的地點。餵副食品時讓寶寶坐穩，1歲以後，將高腳椅放在餐桌邊，安排與其他家人一同進食。
- 尊重寶寶的胃口，不強迫餵食。若孩子吃不完，下次可將食物減少。
- 1歲到1歲半之間為黃金訓練期，讓寶寶學習自己用湯匙吃飯。
- 孩子會自己吃飯以後，1次給予他少量的食物；吃完了還要的話，才再給他。
- 維持進餐時的愉悅氣氛，讓孩子參與餐桌上的談話。
- 3歲後可以開始規定一些簡單的餐桌禮節，孩子遵循時應常給予誇獎。
- 規定合理的用餐時間（一般而言約為30分鐘），時間到了或全家人都已經吃完了，就請孩子下桌。
- 三餐之間可提供點心！但宜在正餐前2小時吃完，量不要多，選擇有營養的食物，避免高油、高糖、高鹽及重口味的食物或零食。牛奶、蛋、豆花、蔬果、麵包等都是可以選擇的好點心。
- 引發孩子對食物的興趣！藉著與孩子一起進食、購物、看電視、看書等機會，介紹及討論各類食物。採購與製作準備食物時，也可邀請孩子參與。



# Develop a positive eating habit

High-calorie diets with low nutrient contents and an excessive static life lacking in exercise are major causes of obesity. A good diet offers children with adequate intake of food and balanced nutrition. Parents should set a good examples, accompanying children to develop a healthy lifestyle through smart eating and happy exercising. Teach children to learn to choose healthy diets and to develop a dynamic lifestyle so that you can book a healthy future for the owners of Taiwan's future.

## Develop a positive eating habit in infants and children

- Dining in a fixed place. Let your baby sit tight when you feed him with supplemental food. After your baby turns 1 year old, you can put a high chair next to the dining table and let your baby have dinner with family members.
- Respect your baby's appetite. Do not force him to eat. If your baby cannot eat up all the food, reduce the amount next time.
- The age ranging from 1 year to 1 year and a half is the prime training period for your baby to learn to eat with a spoon on his own.
- When your child can eat on his own, give him a small amount of food every time. If he needs more when eating up, give him more then.
- Maintain a pleasant atmosphere during meals, let children participate in the conversation at the table.
- After your children turn 3, you can begin to formulate some simple table manners. Compliment your children when they follow those manners.
- Set a reasonable time to eat (generally about 30 minutes). When the time is up or all family members have finished eating, ask your children to leave the table.
- You can offer desserts between meals! They should be finished in two hours before dinner. Do not take much and choose nutritious food, avoiding high-fat, high-sugar, high-salt food or snacks with strong flavors. Milk, eggs, tofu, fruits, vegetables, bread, etc. can all be a good dessert choices.
- Trigger children's interests in food! By eating, shopping, watching TV and reading with children, introduce various types of food to and discuss them with your children. When shopping for food and preparing dinners, you can also invite your children to participate.





# 培養良好的飲食習慣

## 幼兒期營養攝取小叮嚀

- 幼兒的飲食習慣是奠定成人飲食的基礎！您與孩子最親密，不但是孩子飲食的把關者，更是行為模仿的對象。請多關心孩子吃些什麼、怎麼吃，作孩子的好榜樣。
- 均衡飲食從小做起！幼兒期是飲食行為養成的關鍵期，在飲食上，除了補充熱量以外，更要重視均衡性，使孩子攝取到多種營養素，幫助孩子建立均衡飲食習慣。
- 6個月大以後的寶寶光喝奶是不夠的，寶寶需要攝取各種食物、練習咀嚼與進食，主食應增加肉末、果泥、粥等的食物。
- 儘量讓孩子嘗試各種食物！孩子此時期的飲食選擇，可能會影響一生的飲食喜好及健康。
- 不要強迫孩子一定要清空盤子，避免日後是為了吃而吃，而不是因為餓了。

## 培養一生適用的飲食習慣

- 孩子不再以母乳或嬰兒奶粉為主要食物了，但每天還是可以喝牛奶，供應足夠蛋白質、鈣質、維生素A及B2。
- 牛奶的選擇未必必要使用特殊成長奶粉，2歲以前可使用一般全脂鮮奶及奶製品，2-5歲可以使用低脂鮮奶及製品，5歲以上才可以使用脫脂鮮奶，最重要是，不要再將牛奶當主食，而忽略其他食物的攝取。
- 多吃富含鐵的食物！1-2歲的孩子比較容易缺乏鐵質，可多吃紅色肉類、蛋黃及深色蔬菜。
- 蔬菜及水果不可少！蔬果中含有豐富維生素、礦物質及膳食纖維，都是孩子生長所需營養。
- 少喝含糖飲料！補充水分以白開水為宜。
- 不在孩子面前批評或不吃某種食物，讓孩子有樣學樣。
- 多變換烹煮方式，讓孩子少量多嘗試。
- 提供孩子多元多樣的食物選擇，不要侷限在父母的好惡。



## 創意美食「新煮張」

- 加點巧思，創造千變萬化的美味健康餐食！重視食物的顏色搭配，嘗試變化外型，如利用食物本身的顏色、餐盤擺飾及壓模等。
- 選擇新鮮、當季的天然食物！少吃罐頭、醃漬物等加工食品。

# Develop a positive eating habit

## Reminders of nutrition intake in children

- Children's eating habits is the basis for the adult's diet! You are the closest person to your children. You are the gatekeeper of their diets. At the same time, they will imitate your behaviors. Care more about what your children are eating and how do they eat them. Set a good example for your children.
- Start a balanced diet from an early age! Childhood is the critical period for developing eating behaviors. In terms of diet, in addition to supplemental calories, you need to pay attention to the balance of the diets, so that children will absorb multiple nutrients, helping them build a balanced diet.
- Drinking milk is not enough for babies at 6 months old. They need to intake a variety of food, exercise chewing Minced meat, puree, porridge and other food should be added into the staple food.
- Let your children try different kinds of food! Food choices of children during this period may affect preferences and health for a life time.
- Do not force your children to eat everything up in the dish to avoid that they eat for the sake of eating rather than for the sake of hunger in the future.

## Develop a life-long eating habit

- When breast milk or infant formula powder are no longer the main food for your children, let them drink milk everyday to ensure adequate proteins, calcium, Vitamin A and Vitamin B2.
- Special growth milk is not the only choice for milk. Before two years old, your children can be fed with whole milk and dairy products. When they are between 2 and 5 years old, they can be fed with low-fat milk and dairy products. After 5 years old, they can be fed with skim milk. Most importantly, do not treat milk as a staple and ignore to take other food.
- Take more food rich in iron! It is easy for children between 1 and 2 years old to be iron deficient. Eat more red meat, yolk and dark color vegetables.
- Vegetables and fruits cannot be missed! Fruits and vegetables are rich in vitamins, minerals and dietary fiber. These are the nutrition needed by all children to grow.
- Drink less sugared beverages! Plain boiled water is the best for supplementing water.
- Do not criticize or refuse to take a certain kind of food in your child's face. He will imitate.
- Change your cooking methods. Let your children try more kinds of food with small amounts.
- Give your children multiple food choices. Do not limit food varieties according to parents' likes and dislikes.



## Creative cooking "styles"

- Be creative in making various delicious and healthy meals! Focus on the matching of colors of food. Try different looks of your dishes, such as using colors of food, dishes decorations and molds.
- Choose fresh, seasonal natural food! Take less canned food, pickles and other processed food.

# 培養良好的飲食習慣

- 製備食物的過程中，不宜添加過多的鹽、味精等調味料，以及辣椒、咖哩等味道較刺激的香辛料。
- 改以蒸、燉、煮的方式，取代煎、炸。因為油炸食物油膩不易消化，也有更高的致病風險。
- 切生食、熟食的砧板要分開！製作餐點時要注意衛生，避免食物被污染。
- 烹煮蛋類前，應先將蛋殼洗淨，擦乾再打蛋，並須完全煮熟，勿食用蛋殼破損的蛋。

## 孩子飲食偏差怎麼辦？

- 偏食：照顧者以身作則，不要在孩子面前批評或不吃某種食物。烹煮時需要耐心多變換方式，並且讓孩子少量多嘗試幾次。採購與製備食物時也可以邀請孩子一起參與。
- 愛吃零食、甜點：家中不要存放太多零食讓孩子隨手可拿。當然也不要將零食、甜點當作獎勵或要求孩子的條件。
- 吃飯不專心：吃飯時不要開電視，並遠離玩具，堅持固定在餐桌上用餐。



### 小提示

用餐時儘量避免以下情形：

- 不要限定孩子一定要吃多少份量的食物。
- 不要利用進餐時批評、教訓或責罵孩子。
- 不要家中存放許多零食，讓孩子隨手可拿。
- 不要以食物作為孩子行為表現良好的獎勵品。
- 不要在遊戲、看電視或聽故事時，讓孩子一面吃東西。

# Develop a positive eating habit

- During the preparation of food, you should not add too much salt, MSG and other seasonings, as well as peppers, curry and other spices with sharp tastes.
- Steam, stew and boil food rather than fry them. Because it is hard to digest greasy fried food. They also have a higher risk for causing diseases.
- Separate chopping boards used for cutting raw food and cooked food! Pay attention to hygiene when making meals. Avoid contamination of food.
- Before cooking eggs, egg shells should be washed and dried. Then, eggs should be broken and fully cooked. Do not eat eggs whose shells are incomplete.

## What to do when my children have poor appetites?

- Dietary bias: Caregivers should set an example. Do not criticize or refuse a certain kind of food in your child's face. Change different cooking styles patiently. Let your children try more kinds of food with small amounts. When shopping for food and preparing dinners, you can also invite your children to participate.
- Fond of snacks and desserts: Do not store too many snacks at home that your children and grab them conveniently. Of course, do not compliment your children with snacks or desserts or use them as promises.
- Cannot focus when eating: Do not turn on a TV while your children are eating. Keep them away from toys. Insist on dining at the table.



### Tips

Avoid the following situations when dining:

- Do not limit the amount of food that your child must eat.
- Do not blame or scold your children during meals.
- Do not store too many snacks at home so that your children can reach them conveniently.
- Do not compliment your children with food when they perform well.
- Do not let your children eat while playing games, watching TV or listening to stories.

# 培養動態生活習慣

## 養成孩子動態生活習慣

- 盡量培養幼兒及學齡前兒童從事中等費力的身體活動如丟球遊戲、帶動唱等。另每天應安排約1小時(可分段)中等費力至費力的活動如跳舞、玩球比賽、爬上爬下、跑來跑去的活動。
- 六個月以下的嬰兒每天應有身體俯臥活動的親子遊戲時間，但睡眠時則不可俯臥以避免增加嬰兒猝死機率。
- 不要限制孩子身體活動的機會，例如，非用餐時間，不要將孩子固定在餐椅上，在安全範圍內，盡量讓孩子增加身體活動量。
- 孩子2歲以前不要觀看電視或電子用品螢幕，2歲以後要限制每日注視螢幕時間不可超過2小時，切勿在幼兒房放置電視，避免長期久坐增加肥胖的風險，且易受電視食品廣告影響。
- 依孩子不同年齡，每天早睡早起的習慣，維持充分的睡眠時間。

## 避免兒童肥胖

- 根據研究指出，肥胖兒童有二分之一的機率變成肥胖成人，肥胖青少年變成肥胖成年人的機率更高，達三分之二，未來都是血管疾病、糖尿病等慢性疾病的潛在病患。
- 了解嬰幼兒體重及身高生長情形，於每次健康檢查時，應計算身體質量指數(Body Mass Index，簡稱BMI)，並與醫師討論。
- 當孩子身體質量指數被定義為“體重過重或肥胖”時，(請參閱第126頁)，應尋求醫師或營養師建議，儘速調整生活作息，避免增加相關慢性疾病的風險。



BMI 的計算方式：

$BMI = \text{體重(公斤)} / \text{身高}^2(\text{公尺})$

例如：

3歲孩子體重為18公斤

身高為100公分

$BMI : 18(\text{公斤}) / 1^2(\text{公尺}) = 18(\text{肥胖})$



# Develop a dynamic living habit

## Develop a dynamic living habit for your children

- Try to let children and pre-schoolers engage in moderate physical activities, such as the ball chasing game and singing. Arrange about 1 hour (can be divided) of moderate to high intensity activities every day, such as dancing, ball games, climbing up and down and running.
- Infants under six months of age should participate in parent-child games lying on their stomachs every day. You cannot let them sleep on their stomachs to avoid increasing the chance of sudden infant death.
- Do not limit your child's opportunities for physical activities, for example, during non-meal time, do not fix your child on the chair. Within a safe range, try to involve your child in more physical activities.
- Do not let children under 2 years old watch TV or screens of other electronic equipment. When your children are 2 years old, limit their time spent in watching screens no more than 2 hours. Do not place a TV in your child's room to avoid an increasing risk of being obese after a long time of sitting. Besides, children are easy to be influenced by TV commercials.
- Develop the habit of going to bed and getting up early in accordance with your children's ages. Maintain adequate sleeping hours.

## Avoid child obesity

- Studies noted that obese children have 50% chance to become obese adults. Obese adolescents have a higher probability of becoming obese adults, which is 75%. They are potential future patients of vascular diseases, diabetes and other chronic diseases.
- Know about your children's weights and growing conditions. Calculate their body mass index (BMI) during each checkup and discuss it with doctors.
- When the BMI of your child is defined as "overweight or obesity", (please refer to page 127) please ask for advice from a doctor or a dietitian and adjust daily schedules as soon as possible to avoid increasing risks of relevant chronic diseases.

### Tips

Calculation of BMI:

$BMI = \text{Weight (kg)} / \text{Height}^2 \text{ (cm)}$

For example:

A 3-year-old child with a weight of 18 kg  
and a height of 100 cm

$BMI: 18 \text{ (kg)} / 1^2 \text{ (cm)} = 18 \text{ (obese)}$

# 嬰幼、兒童期每日膳食營養素

有關副食品添加原則，可參閱本手冊第140頁建議，如對嬰幼、兒童期營養有問題，請洽詢醫師或營養師提供諮詢協助。營養素足夠攝取量及建議量可至國民健康署網站（首頁/健康主題/體重管理、飲食、運動/飲食/食物營養與熱量/主題文章）查詢「國人膳食營養素參考攝取量」。飲食建議可至國民健康署健康九九網站搜尋「嬰兒期營養」、「幼兒期營養」及「學童期營養」。

## 蛋白質

依據第七版國人膳食營養素參考攝取量(DRIs)建議，動物性蛋白佔總蛋白質中的比例，1歲以下的嬰兒以佔2/3以上為宜。

## 礦物質

- **碘**：人體所需的碘大部分來自飲食，諸如：海苔、海帶、貝類、綠色蔬菜、蛋類、乳類、穀類等，其中以海帶、海藻等食物含碘量最為豐富。
- **鐵**：鐵質豐富的食物，如：深色蔬菜、紅肉、肝腎內臟、貝類等。
- **鈣**：含鈣質豐富的食物，除了鮮乳和乳製品之外，中式的傳統豆腐與豆乾所含的鈣亦是不錯的來源。
- **磷**：主要來源為五穀根莖類、乳類、蛋、豆、魚、肉類、蔬菜類。
- **鎂**：因為鎂為葉綠素組成份之一，因此鎂多存在於富含葉綠素的蔬菜中，如：菠菜、莧菜及甘藍菜。而胚芽、全穀類之麩皮、核果類、種子類及香蕉亦為鎂之豐富飲食來源。
- **鋅**：動物性來源如肝臟、魚貝類及瘦肉的鋅含量高。

嬰幼兒膳食營養素參考攝取量

營養素	碘	鐵	鈣	磷	鎂	鋅
單位	微克	毫克	毫克	毫克	毫克	毫克
年齡						
0 - 6月	AI=110	7	300	200	AI=25	5
7 - 12月	AI=130	10	400	300	AI=70	5
1 - 3歲	65	10	500	400	80	5
4 - 6歲	90	10	600	500	120	5
7 - 9歲	100	10	800	600	170	8

\* 本表摘錄自依據第七版國人膳食營養素參考攝取量(DRIs)建議

\* 表中未標明AI (足夠攝取量Adequate Intakes)值者，即為RDA (建議量Recommended Dietary allowance)值。

\* 年齡係以足歲計算

小提示：

1. 建議攝取量(RDA)：是指可滿足97-98%的健康人群一日所需要的營養素量
2. 足夠攝取量(AI)：當研究數據不足，無法訂出RDA，因而無法求出建議攝取量時，則以能滿足健康人群中每一個人為原則，以實驗或觀察(流行病學的)數據估算出的攝取量。

# Daily dietary nutrients in infants and children

For the principles of introducing supplemental food, please refer to page 141 of this handbook. If you have any questions about nutrition for infants and children, please consult your doctor or dietitian for suggestions. For adequate nutrient intake and the recommended amount, please visit the website of the Health Promotion Administration (Front page / Health topics / Weightmanagement, diets, exercises / Diets / Food nutrition and calories / Theme articles) and find them in the "Dietary Reference Intake for Taiwanese". For diet recommendations, please visit the Health 99 website of Health Promotion Administration and search for "infant nutrition", "childhood nutrition" and "schoolchildren nutrition".

## Proteins

According to the seventh edition of the Chinese Dietary Reference Intake (DRIs), it is suggested that animal protein should account for more than two thirds of the total protein in infants under 1 year old.

## Mineral substances

- Iodine:** Iodine that the human body needs mostly comes from food, such as seaweed, kelp, shellfish, green vegetables, eggs, dairy, cereals, among which kelp, seaweed and others contain the highest level.
- Iron:** Food that are rich in iron include dark color vegetables, red meat, liver and kidney organs, shellfish, etc.
- Calcium:** Besides fresh milk and dairy products, traditional Chinese tofu and dried tofu are also nice sources of calcium.
- Phosphorus:** Mainly comes from grains and starchy vegetables, milk, eggs, beans, fish, meat and vegetables.
- Magnesium:** Magnesium is an important part of chlorophyll and therefore chlorophyll-rich vegetables contain much magnesium, such as spinach, amaranth and kale. The germ, bran of whole grains, stone fruits, seeds and banana are also dietary sources of magnesium.
- Zinc:** Animal sources such as liver, fish, shellfish and lean meat are rich in zinc.

### Daily dietary nutrients in infants and children

#### Asupan Gizi Acuan Bayi

Nutrients	Unit	AI				
		Iodine	Iron	Calcium	Phosphorus	Magnesium
Age		µg	mg	mg	mg	mg
0 - 6 months		AI=110	7	300	200	AI=25
7 - 12 months		AI=130	10	400	300	AI=70
1 - 3 years old		65	10	500	400	80
4 - 6 years old		90	10	600	500	120
7 - 9 years old		100	10	800	600	170

\* This table is extracted from the seventh edition of the Dietary Reference Intake (DRIs) recommendations for Taiwanese

\* For those without AI (Adequate Intakes) values, they are RDA (Recommended Dietary allowance) values.

\* Full-year age is used

Tips:

- RDA: Refer to the amount of nutrient that is adequate for 97% to 98% of the population every day
- AI: Research data is insufficient to set out RDA. Therefore intake recommendations cannot be calculated. With the principle of meeting the need of every healthy individual, use experiment or observation (epidemiological) data to estimate intake amounts.

# 嬰幼、兒童期每日膳食營養素

## 維生素

- 維生素A：動物肝臟、蛋黃為富含維生素A之食物。深綠色與深橙黃色蔬菜水果為富含維生素A先質之食物。
- 維生素D：皮膚經陽光照射之合成是人類主要維生素D的來源，天然界含維生素D的食物種類不多，如：魚肝油、高油脂魚類的肉(如鮭魚、鮪魚及沙丁魚等)、海洋動物的肝臟、餵予維生素D的雞所產的蛋黃。
- 維生素E：穀類胚芽、植物油、深綠色蔬菜、蛋黃、堅果為含量較高的食物。
- 維生素K：肝臟類、綠色葉菜類。
- 維生素C：大部分新鮮的蔬菜、水果含量都很豐富。
- 維生素B1：全穀類及小麥胚芽含量最豐富。另外，瘦豬肉、肝臟、大豆及其製品、花生、葵花子、豌豆、酵母以及牛奶等都是維生素B1的主要食物來源。
- 維生素B2：大部分的植物及動物組織皆含有維生素B2，其中牛奶、乳製品及強化穀類含量豐富。肉類、動物之內臟及綠色蔬菜亦是維生素B2之良好來源。
- 菸鹼素：富含菸鹼素的食物包含動物肝臟、牛肉、豬肉、雞肉、魚貝類、蛋奶類、乳酪、糙米、胚芽米、酵母菌、香菇、紫菜等。攝取足夠的蛋白質也是菸鹼素的來源，而體內若缺乏維生素B1、B2及B6亦會影響菸鹼素的製造，所以飲食中也要注意這些營養素的適宜攝取量。
- 維生素B6：動物性食品是維生素B6的良好飲食來源。植物中，全麥、糙米、豆類及堅果類均是維生素B6的良好食物來源；除此之外，馬鈴薯、青花菜、白花菜和水果中的香蕉、酪梨等也含有豐富的維生素B6。
- 維生素B12：主要來源為動物性食品，主要以肝臟、肉類等含量較豐，乳品類亦含少量，另外人體腸內細菌所合成之維生素B12可能有少許被吸收利用。
- 葉酸：葉酸主要的食物來源為，肝臟、酵母、綠葉蔬菜、豆類及一些水果都是其豐富的食物來源。

## 嬰幼兒膳食營養素參考攝取量

單位	AI	AI	AI								
營養素	維生素A	維生素D	維生素E	維生素K	維生素C	維生素B1	維生素B2	菸鹼素	維生素B6	維生素B12	葉酸
單位	微克	微克	毫克	微克	毫克	毫克	毫克	毫克	毫克	微克	微克
年齡											
0-6月	AI=400	10	3	2.0	AI=40	AI=0.3	AI=0.3	AI=2	AI=0.1	AI=0.4	AI=70
7-12月	AI=400	10	4	2.5	AI=50	AI=0.3	AI=0.4		AI=0.3	AI=0.6	AI=85
1-3歲	400	5	5	30	40	0.6	0.7	9	0.5	0.9	170
						男 女	男 女	男 女			
4-6歲	400	5	6	55	50	0.9 0.8	1 0.9	12 11	0.6	1.2	200
7-9歲	400	5	8	55	60	1.0 0.9	1.2 1.0	14 12	0.8	1.5	250

\* 本表摘錄自依據第七版國人膳食營養素參考攝取量(DRIS)建議

\* 表中未標明AI(足夠攝取量Adequate Intakes)值者，及為RDA(建議量Recommended Dietary allowance)值。

\* 年齡係以足歲計算

# Daily dietary nutrients in infants and children

## Vitamins

- Vitamin A: Animal liver and egg yolks are rich in vitamin. Dark green and deep yellow-orange fruits and vegetables are rich in Vitamin A precursors.
- Vitamin D: Synthesis of vitamin after exposing skin under the sun is a major source of human Vitamin D. There are a few types of food containing Vitamin D in the natural world, such as cod liver oil, meat, high-fat fish (such as salmon, tuna, sardines, etc.), marine animals' liver, egg yolk produced by chickens fed with Vitamin D.
- Vitamin E: Germ of cereals, vegetable oil, dark green vegetables, egg yolks, nuts have a higher content of Vitamin E.
- Vitamin K: Livers and green vegetables.
- Vitamin C: Most fresh vegetables and fruits are rich in Vitamin C.
- Vitamin B1: Whole grains and wheat germ contain the highest level of Vitamin B1. In addition, lean pork, liver, soybeans and their products, peanuts, sunflower seeds, peas, yeast and milk are the main sources of Vitamin B1.
- Vitamin B2: Most of the plants and animal tissues contain Vitamin B2, among which milk, dairy products and fortified cereal are the richest. Meat, animal offal and green vegetables are also good sources of Vitamin B2.
- Niacin: Niacin-rich foods include animal liver, beef, pork, chicken, fish, shellfish, eggs and milk, cheese, brown rice, embryo rice, yeast, mushrooms, seaweed and so on. Adequate intake of protein is also a source of niacin. A lack of Vitamin B1, B2 and B6 will also affect the production of niacin. Thus, you should also pay attention to the appropriate intake of these nutrients in your diets.
- Vitamin B6: Animal food is good dietary sources of Vitamin B6. Plants, whole wheat, brown rice, legumes and nuts are good sources of Vitamin B6. In addition, potatoes, broccoli, cauliflower, banana, avocado are also rich in this nutrient.
- Vitamin B12: The main source is animal food, mainly in liver and meat. Dairy products also contain small amounts of it. In addition, Vitamin B12 compounded by human intestinal bacterial may partly be absorbed and used.
- Folic acid: Folic acid mainly comes from liver, yeast, green leafy vegetables, beans and some fruits.

## Daily dietary nutrients in infants and children

Unit		AI	AI	AI							
Nutrients	Vitamin A	Vitamin D	Vitamin E	Vitamin K	Vitamin C	Vitamin B1	Vitamin B2	Niacin	Vitamin B6	Vitamin B12	Folic acid
Unit	µg	µg	mg	µg	mg	mg	mg	mg	mg	µg	µg
Age											
0-6 months	AI=400	10	3	2.0	AI=40	AI=0.3	AI=0.3	AI=2	AI=0.1	AI=0.4	AI=70
7-12 months	AI=400	10	4	2.5	AI=50	AI=0.3	AI=0.4		AI=0.3	AI=0.6	AI=85
1-3 years old	400	5	5	30	40	0.6	0.7	9	0.5	0.9	170
						Boy	Girl	Boy	Girl	Boy	Girl
4-6 years old	400	5	6	55	50	0.9	0.8	1	0.9	12	11
7-9 years old	400	5	8	55	60	1.0	0.9	1.2	1.0	14	12
										0.8	1.5
											200
											250

\* This table is extracted from the seventh edition of the Dietary Reference Intake (DRIs) recommendations for Taiwanese

\* For those without AI (Adequate Intakes) values, they are RDA (Recommended Dietary allowance) values.

\* Full-year age is used



# 嬰幼兒聽力自我評估

## 嬰幼兒聽力簡易居家行為量表

本量表的指標僅供家長參考，並不能取代專業的聽力檢查。除了新生兒聽力篩檢，我們也鼓勵孩子上幼稚園之前先至相關聽力單位進行學前聽力篩檢。若發現任何聽力上的問題，及時治療可避免孩子日後因聽力損失而在生活上有所不便。

### 出生-2個月大

- ☐是，☐否 1. 有無接受聽力篩檢？
- ☐是，☐否 2. 巨大的聲響會使孩子有驚嚇的反應。（如：用力關門聲、拍手聲）
- ☐是，☐否 3. 淺睡時會被大的說話聲或噪音干擾而扭動身體。

### 3個月-6個月大

- ☐是，☐否 4. 對著他說話時，他會偶爾發出咿咿唔唔的聲音或是有眼神的接觸。
- ☐是，☐否 5. 餵奶時，會因突發的聲音而停止吸奶。
- ☐是，☐否 6. 哭鬧時，聽見媽媽的聲音會安靜下來。
- ☐是，☐否 7. 會對一些環境中的聲音表現出興趣。（如：電鈴聲、狗叫聲、電視聲等）

### 7個月至-12個月大

- ☐是，☐否 8. 開始牙牙學語，例如ㄇㄚ、ㄣㄚ、ㄉㄚ等，並自得其樂。
- ☐是，☐否 9. 喜歡玩會發出聲音的玩具。
- ☐是，☐否 10. 開始對自己的名字會有回應，並了解「不可以」和「掰掰」的意思。
- ☐是，☐否 11. 當你從背後叫他，他會轉向你或者發出咿咿唔唔的聲音。

### 1歲-2歲大

- ☐是，☐否 12. 可以說簡單的單字。（如：爸爸、媽媽）
- ☐是，☐否 13. 可以了解簡單的指示。（如：給我）
- ☐是，☐否 14. 兩歲左右時，能夠重複你所說的話、片語（如：不要、沒有了），或是短句子（如：爸爸去上班）。

以上項目，在您對孩子持續觀察之後，若每個階段的答案為「否」者多於3項以上，建議讓您的孩子立即接受聽力檢查。

（本量表由雅文兒童聽語文教基金會 整理）

# Hearing self-assessment for infants and children

## Simple domestic behavior scale for infants' hearing

Indicators in this scale are for reference by parents and they cannot substitute for a professional hearing test. Beside neo-natal hearing test, we also encourage children receive a pre-school hearing test in a related institution before going to a kindergarten. If any hearing problems are detected, timely treatment should be carried out to avoid living inconvenience caused by hearing loss in children.

### 0 to 2 months old

- ☐ Yes, ☐ No 1. Has your child received a hearing test?
- ☐ Yes, ☐ No 2. Loud sounds will startle your child and he will react. (For example: slapping the door hard, clapping hands)
- ☐ Yes, ☐ No 3. Your child will move his body when he is disturbed by loud talks or noises during light sleeps.

### 3 to 6 months old

- ☐ Yes, ☐ No 4. When you talk to him, your child will make meaningless sounds or make eye contacts with you.
- ☐ Yes, ☐ No 5. When you feed him, he will stop due to a sudden sound.
- ☐ Yes, ☐ No 6. When he cries, he will be quiet when hearing his mother's voice.
- ☐ Yes, ☐ No 7. He will show interests to some sounds. (For example: ring tone, dog bark, sounds of TV etc.)

### 7 to 12 months old

- ☐ Yes, ☐ No 8. When he begins to learn how to talk such as ㄇㄚ, ㄅㄚ, ㄉㄚ etc., he finds it interesting.
- ☐ Yes, ☐ No 9. He likes to play with toys that can make sounds.
- ☐ Yes, ☐ No 10. He starts to respond to his name and understand what "cannot" and "bye" mean.
- ☐ Yes, ☐ No 11. When you call from his back, he will turn to you or make meaningless sounds.

### 1 to 2 years old

- ☐ Yes, ☐ No 12. He can speak simple words. (For example: dad and mom)
- ☐ Yes, ☐ No 13. He understands simple instructions. (For example: Give me)
- ☐ Yes, ☐ No 14. When he is about 2 years old, he can repeat what you said (For example: do not, none), or short sentences (for example: dad is going to work).

For items mentioned above, after continued observation of your child, if the answer "no" in each stage appears more than three times, it is recommended to take your child to a hearing test immediately.

(This scale is edited by the Yawen Children Education Foundation)

# 兒童常見疾病及處理

小兒腹瀉及嘔吐、呼吸道感染、上呼吸道感染、哮喘、中耳感染、細支氣管炎、肺炎、腦膜炎及敗血症等是兒童常見疾病，以下提供一些預防警訊，供家長參考。

## 小兒腹瀉及嘔吐

- 腹瀉對寶寶而言是嚴重的疾病，如果腹瀉帶走體內大量的水份，就會脫水、電解質不平衡，嚴重的話會危及寶寶生命。因此，適時地補充水份非常重要！
- 如果寶寶出現下列情形之一，請儘速帶寶寶就醫：
  - 食慾不振
  - 在 1-2 小時內就解了數次水樣便，換了數次尿布
  - 頻繁嘔吐
  - 發燒
  - 非常口渴
  - 換下來的尿布帶血
  - 不尋常地躁動不安
  - 眼窩或是前凶門凹陷以及口乾
  - 持續腹瀉超過 24 小時
- 注意！寶寶腹瀉時請務必這樣做
  - 在腹瀉狀一開始，就必須給予足夠的水份，來補充流失的水份；先給予清淡的食物，等到狀況穩定下來再給予營養的食物。
  - 母乳寶寶，請增加母乳哺餵次數；若是以配方奶哺餵的寶寶，可如同往常給予補充液體，例如：煮沸過且已快速冷卻的水。
  - 除非有醫師的建議，否則小兒腹瀉時萬萬不可自行投予任何藥物。
  - 只要寶寶因為拉肚子而更換尿布，就替寶寶補充水分，可使用奶瓶、杯子或湯匙等工具給予。
  - 假如寶寶嘔吐，請勿馬上餵食，需等候 10 分鐘再替寶寶潤濕嘴唇。
  - 補充額外的水份，需持續至止瀉，期間通常是 3-5 天。
  - 請勿給寶寶飲用含糖飲料，例如果汁或碳酸飲料（包含檸檬水），因為這些飲料可能會使寶寶的腹瀉情形變得更嚴重。
  - 6 個月以上的寶寶腹瀉時，仍可以給予食物，因為食物可以減緩腹瀉情形，並增強寶寶體力。



# Common diseases and treatment in children

Children diarrhea and vomiting, respiratory tract infection, upper respiratory tract infection, croup, ear infections, bronchiolitis, pneumonia, meningitis and sepsis are common childhood diseases. Here are some preventive alerts for parents' reference.

## Children diarrhea and vomiting

- For babies, diarrhea is a serious illness. When it takes away a huge amount of water from the body, dehydration and electrolyte imbalance will occur. Worst cases would be life-threatening. Thus, it is vital to supplement water timely!
- When one of the following conditions occur in your baby, please go to see a doctor immediately:
  - Loss of appetite
  - Excretes watery stools for a couple of times within 1 to 2 hours. Diapers are changed multiple times.
  - Frequent vomiting
  - Fever
  - Feeling very thirsty
  - Blood is found on diapers being changed
  - Abnormal anxiety
  - Sunken orbitals or anterior fontanelle with a dry mouth
  - Persistent diarrhea for over 24 hours
- Attention! Please do as follows when your child suffers from diarrhea
  - At the beginning of diarrhea-like symptoms, give your child enough water to replenish its loss. Feed your child with light food at first. Do not give him nutritious food until the situation is stabilized.
  - Increase times for breastfeeding for breastfed babies. For those fed with infant formula powder, you can supply them with liquids as usual, for example: boiled water that has been cooled down rapidly.
  - Unless with a doctor's recommendation, you must not give any drug to your child when he suffers from diarrhea.
  - As long as the baby changes diapers due to diarrhea, give your child enough water to replenish its loss. Use a bottle, a cup, spoons and other instruments.
  - If your child vomits, do not feed him immediately. Please wet his lips with a 10-minute waiting interval.
  - Supplementing excessive water should last until the diarrhea is cured with an average of 3 to 5 days.
  - Please do not feed your baby with sugared beverages including fruit juice or carbonated beverages (lemonade included). These beverages may make the diarrhea more severe.
  - When diarrhea occurs in babies older than 6 months old, you can continue to feed them. Food will relieve the condition and enhance their strength.



# 兒童常見疾病及處理

- 腹瀉的預防
  - 餵哺母乳，母乳是無菌且安全無虞的。
  - 烹調食物至滾熱，保存食物時器皿要保持清潔且加蓋，並冷藏保存。
  - 每個人如廁後及接觸寶寶前都必須先洗手，換尿布後也必須清潔雙手。
  - 如果寶寶使用配方奶，在開封後要儘快食用。
  - 詢問您的醫師關於奶瓶及奶嘴消毒方式的建議，所有用來泡奶粉的器具都必須保持清潔，哺餵的器具必須洗淨消毒（包含母乳哺餵的任何器具），奶瓶及奶嘴外的器具每使用3個月就須徹底清潔及沖洗1次。

## 呼吸道感染

呼吸道感染是孩童就醫最常見的問題，多數為病毒感染所致。最重要的預防之道就是多洗手、減少出入人多的公共場所或與病人接觸的機會。並且讓孩子多運動、吃飽、睡足，身體保持良好狀況。

## 上呼吸道感染

- 一般俗稱的『感冒』，由病毒感染引起的，主要症狀就是咳嗽、鼻塞、流鼻水、發燒、食慾不佳，有時伴有嘔吐、拉肚子。
- 通常症狀在3、5天後就改善，就醫的主要目的是確定是否為單純的感冒，檢查有無併發症。

## 哮喘

- 哮喘是指喉部會厭下與氣管出現發炎腫脹，並且併發呼吸窘迫。
- 哮喘發生時，孩子的咳嗽聲會變得嘶啞，嚴重時伴隨呼吸困難。



### 孩子哮喘發生時：

- 讓他的身體保持溫暖。
- 多補充水分，可以從飲水或奶類中補充。
- 若出現呼吸困難，請立即就醫。
- 若是哮喘情況沒有改善，也請您向醫師求助。



# Common diseases and treatment in children

- Diarrhea prevention
  - Breastfeeding. Breast milk is sterile and safe.
  - Make food fully cooked. When restoring food, keep containers clean, covered and refrigerated.
  - After using the toilet, before touching the baby and after changing diapers, everyone must wash his hands.
  - When babies are fed with infant formula powder, the powder should be eaten as fast as possible after opening.
  - Ask your doctor for recommendations of methods of disinfection for bottles and pacifiers. All instruments which are used to make the milk must be kept clean. Feeding utensils must be cleaned and disinfected (including any appliances for breastfeeding). Appliances except bottles and pacifiers must be thoroughly cleaned and rinsed after a three months' use.

## Respiratory tract infections

Respiratory tract infections are the most common childhood medical problems, mostly caused by viral infection. The most important preventive measure is to wash the hands, reduce the time spent in crowded public places and the chances of getting in contact with patients. Make sure that your child exercises more, has adequate food and sleep. Keep your child healthy and sound.

## Upper respiratory tract infection

- Commonly known as the "cold" caused by a viral infection with main symptoms of coughing, nasal congestion, a runny nose, a fever, a poor appetite and sometimes accompanied by vomiting and diarrhea.
- Symptoms usually will be improved within 3 to 5 days. The main purpose of seeing a doctor is to determine whether it is pure cold and to check for complications.

## Croup

- Croup refers to swelling and inflammation in the throat, under the epiglottis and in the trachea, complicated by respiratory distress.
- When croup occurs, your child's coughs become hoarse. Severe cases may be accompanied by dyspnea.

### Tips

#### When croup occurs in your child:

- Keep him warm.
- Supplement with excessive water from drinking water or milk.
- Go to see a doctor immediately when dyspnea occurs.
- Please ask for your doctor's help when the croup does not improve.

# 兒童常見疾病及處理

## 中耳感染

- 中耳感染通常是病毒感染的細菌合併症，會造成中耳不適。
- 中耳感染的孩子，可能會有以下特徵：
  - 觸摸或拉耳朵，且煩躁哭鬧
  - 單邊耳朵看起來紅紅的，而且發熱發燒
  - 食慾不振嘔吐、腹瀉，或者上吐下瀉

### 小提示

#### 孩子罹患中耳炎時：

- 不要用棉花棒清潔耳道，這可能會造成傷害或疼痛。
- 帶孩子尋求醫療協助。

## 細支氣管炎

- 多發生於兩歲以下的幼兒，為病毒感染引起細小氣管發炎阻塞所導致的症狀。主要的病毒之一為呼吸道融合病毒。
- 症狀開始像一般的感冒，隨後出現呼吸急促、哮喘、厭食等現象，有些會有嘔吐、腹瀉，大多數約一週左右會改善。
- 若出現呼吸變快、合併胸部凹陷、鼻孔隨著呼吸而煽動、無法進食時，有必要安排住院，給予氧氣和點滴注射。

## 肺炎

- 初期與感冒的症狀相似，不過肺炎可能會出現較嚴重的症狀，像是發燒較高、較多天，呼吸急促、疲倦、胸痛、胸凹等。
- 若判斷為細菌性肺炎，應接受適當的抗生素治療。



# Common diseases and treatment in children

## Middle ear infection

- Middle ear infection is usually a bacterial complication of viral infections that can cause ear discomforts.
- Children with middle ear infections may have the following characteristics:
  - Touch or drag ears. Irritable and crying
  - One ear looks red with a fever
  - Loss of appetite, vomiting, diarrhea or vomiting with diarrhea

### Tips

#### When your child suffers from otitis media:

- Do not use a cotton stick to clean his ear canals. This may lead to injuries or pains.
- Take your child to see a doctor.

## Bronchiolitis

- Occurs in children under two years old. Symptoms are led by small airway obstruction and inflammation caused by a viral infection. One of the main virus is the respiratory syncytial virus.
- Symptoms begin similar to a common cold, followed by shortness of breath, asthma, anorexia and others. Some may suffer from vomiting and diarrhea. Most cases will be improved in about a week or so.
- If breathing becomes faster, together with a sunken chest, breathing with flapping nostrils and patients cannot be fed, it is necessary to arrange for hospitalization and offer oxygen and drip injection to them.

## Pneumonia

- Early symptoms are similar to the flu. Symptoms of pneumonia may be more severe including a high fever lasting longer, shortness of breath, fatigue, chest pain, chest concave and so on.
- If it is diagnosed as a bacterial pneumonia, patients should receive an appropriate antibiotic therapy.



# 兒童常見疾病及處理

## 腦膜炎及敗血症

- 腦膜炎：發生在覆蓋腦及脊髓襯膜的感染或發炎，感染可來自細菌或病毒。敗血症：細菌進入血液系統所引起的嚴重感染。嬰幼兒的腦膜炎常合併敗血症發生，而敗血症可能會伴隨腦膜炎一起出現或者單獨出現。
- 腦膜炎及敗血症可能出現以下症狀，但不是每個患者都會同時出現所有的症狀，而且症狀發生的順序沒有一定的規律：
  - 活動力下降
  - 情緒變得焦躁，被抱起時會尖叫或呻吟
  - 頭上前凶門出現緊繃膨出
  - 頸部僵硬
  - 皮膚蒼白或出現紫斑
  - 手腳發冷並顫抖
  - 發高燒
  - 痙攣或抽搐
  - 劇烈頭痛
  - 嘔吐或拒絕進食
  - 身體僵硬、抽搐動作或癱軟，無精神
  - 出現紅色、棕色或紫色皮疹，或是皮膚上有黑色斑塊

## 川崎症

- 是一種多系統血管發炎的症候群，目前原因仍不清楚，好發於五歲以下的孩子。若無適當治療可能有20~25%會合併心血管併發症，是導致兒童後天性心臟病的主因。川崎症的診斷主要是依據病人的臨床症狀，且必須排除其他已知的疾病。
- **若孩子連續高燒5天以上**，請留意以下徵象並就醫，包括：
  - 紅眼睛
  - 嘴唇乾裂及草莓舌
  - 皮膚出現紅疹
  - 手掌手指、腳掌腳趾發紅腫脹或脫皮。
  - 頸部淋巴腺腫大



# Common diseases and treatment in children

## Meningitis and septicemia

- Meningitis: occurs in infections or inflammation of the lining membrane covering the brain and spinal cord. Infections may come from bacteria or viruses. Sepsis: a serious infection caused by bacteria entering the blood system. Infant meningitis is often associated with sepsis. Sepsis, however, can be accompanied by meningitis or occur independently.
- Following symptoms may occur in meningitis and sepsis. Not all the symptoms will occur simultaneously in every patient. The order of the occurrence of symptoms follows no patterns:
  - Decreased motility
  - Becomes restless. Screams or groans when being hugged
  - Tightening or swelling of anterior fontanelle
  - Neck stiffness
  - Pale skin or purpura
  - Cold and shivering hands and feet
  - A high fever
  - Spasms or convulsions
  - Severe headaches
  - Vomiting or refusal to be fed
  - Body stiffness, twitching movements or limp, listless
  - Red, brown or purple rash, or black patches on the skin

## Kawasaki disease

- It is a multi-systemic vascular inflammation syndrome. The underlying reasons remain unclear at present. It often occurs in children under five years old. Without proper treatment, 20 to 25% of the patients will be combined with cardiovascular complications, which is the main cause of acquired heart diseases in children. Diagnosis of Kawasaki disease is mainly based on the patient's clinical symptoms and other known diseases must be ruled out.
- **If your child suffer from a high fever lasting for over 5 days**, please pay attention to the following signs and go to see a doctor, which include:
  - Red eyes
  - Chapped lips and a strawberry tongue
  - Red rashes on the skin
  - Redness, swelling or peeling in palms fingers, soles of the feet and toes.
  - Cervical lymphadenopathy





# 腸絞痛

有些寶寶在10天到3個月大時會在傍晚或半夜的時候哭鬧，令父母手足無措且神經緊張，腸絞痛是可能的原因之一。目前腸絞痛發生的原因尚不清楚，每個寶寶發生的情況也有所不同，以下幾個處理原則供父母參考。

## 腸絞痛最常發生在何時

- 腸絞痛通常發生在10天至3個月大的寶寶。約20%的寶寶在第2週至第4週大時開始出現腸絞痛狀況，高峰期大約在6週大時。
- 腸絞痛的寶寶會在傍晚或半夜的時候哭鬧，雖然感覺有餓卻拒絕吸奶，因為哭鬧而臉部漲紅，並高舉他的大腿或脹氣放屁。
- 腸絞痛寶寶的哭鬧很難安撫，一天可能出現3個小時，之後慢慢降低至一天約1-2個小時，直到3-4個月大時狀況開始消失，最晚持續到6個月大。

## 腸絞痛發生的原因

- 寶寶腸絞痛發生原因不明，有可能是寶寶受到某種刺激、情緒無法得到安撫，也可能是寶寶神經系統尚未發育成熟。
- 少數的腸絞痛是牛奶蛋白過敏所造成。
- 重要的是，腸絞痛需要和疝氣等急症鑑別。當寶寶發生腸絞痛時，兒科醫師會先判斷寶寶哭鬧的原因是不是因為其他需治療的疾病所引起。

## 如何改善腸絞痛

腸絞痛發生原因未明，每個寶寶發生的情況亦有不同，沒有一種方法可以適用所有寶寶，下列方法父母可多管齊下，以便改善寶寶的症狀：

- 關於哺餵，母乳媽媽自己可嘗試減少食用乳製品、咖啡因、洋蔥、甘藍菜（包心菜），和其他可能引起腸絞痛的食物；配方奶寶寶則可和醫師討論是否需要改變餵食種類。
- 不要過量哺餵寶寶，嘗試將餵奶的間隔拉長至少兩個至兩個半小時。
- 帶寶寶散步來安撫他。
- 輕搖寶寶，帶他到另一個沒人的房間或可以聽到烘衣機／洗衣機、電風扇等會發出規律低沉聲音的家電旁邊。穩定節奏的輕搖及聲音可以幫助寶寶入睡，但不可以直接把寶寶放在洗衣機或烘衣機上面。
- 奶嘴有安撫作用，如果寶寶願意吃奶嘴，可以嘗試給予寶寶吸吮奶嘴。
- 讓寶寶趴著，橫跨在大人雙腿上，並輕輕拍撫他的背。這樣可以讓寶寶腹部受壓力，幫助他舒服點。
- 將寶寶裹在大的薄毯裡，讓他感覺到安全感及溫暖；但一定要注意避免呼吸道阻塞，或是造成體溫過高。

## Colic

Some babies between 10 day to 3 months old will cry in the evening or in the middle of the night which makes their parents helpless and nervous. Colic is the most likely case. At present, the underlying causes of colic are still unclear. It differs for different babies. The following principles are for parents' reference.

### When does colic most often take place

- Colic mostly occurs in babies between 10 days and 3 months old. About 20% of the babies suffer from colic from the 2nd to the 4th week after birth with the incidence peaking on the 6th week.
- Babies with colic will cry in the evening or at midnight. Though feeling hungry, they refuse to be fed. Their faces are red due to crying. They will also raise their thighs high and fart.
- It may be difficult to comfort babies crying because of colic. The pain may lasts for 3 hours and gradually decreases to 1 to 2 hours a day until your baby turns 3 to 4 months old when symptoms may start to disappear. Symptoms in the longest case will last till the baby becomes 6 months old.

### Causes of colic

- Colic occurs in babies for unknown reasons. There may be some kind of stimulation in babies' emotions that cannot get comforted. It may also be due to the immature nervous system of babies.
- A few cases of colic may be caused by milk protein allergy. Importantly, colic needs to be identified with other acute diseases including hernia.
- When colic occurs in babies, a pediatrician will first confirm whether babies are crying due to other diseases that need to be treated.

### How to ameliorate colic

Colic occurs for unknown reasons. It differs from one baby to another. There is no universal cure for every infant. The following provides parents with measures to improve babies' symptoms:

- As for feeding, breastfeeding mothers may try to reduce the consumption of dairy products, caffeine, onions, cabbage, and other food that will cause colic. For babies fed with formula milk, you can discuss with your doctor about the need to change the type of food.
- Do not feed your baby too much. Try to make feeding intervals to at least 2 to 2.5 hours.
- Walk with your baby to comfort him.
- Shake your baby tenderly. Take him to another room without anybody in. Or take him next to home appliances which can make regular deep sounds including a dryer, a washing machine and a fan. Shaking tenderly with a stable tempo and sounds will help your baby fall into asleep. Do not put your baby on a washing machine or a dryer.
- A pacifier may comfort your baby. If he is willing to use one, you can try to give him a sucking pacifier.
- Let your baby lie on his stomach on an adult's thighs and pat his back gently. This will add pressure to his abdomen and make him feel more comfortable.
- Wrap your baby in a big and thin blanket to keep him feeling safe and warm. Be mindful of avoiding pulmonary obstructions or a hyperthermia.

# 不和腸病毒打交道

腸病毒感染是臺灣的季節性流行疾病，但全年都有感染個案發生，患者以5歲以下幼兒為主，尤其以3歲以下幼兒為腸病毒感染併發重症的高危險群。

## 腸病毒感染途徑

- 腸病毒的傳染性極強，可經由腸胃道（糞-口、水或食物污染）、呼吸道（飛沫、咳嗽或打噴嚏），也可經由接觸病人的皮膚水泡潰瘍液體而感染。
- 新生兒在生產過程中接觸到母親產道分泌物，或是接觸母親的血液及呼吸道分泌物，也可能感染。出生後的感染源可能來自母親及其他人。

## 感染腸病毒常見症狀

- 大多數腸病毒感染沒有症狀，或類似一般感冒。有時會引起較特殊的臨床表現，常見的有手足口病、疱疹性咽峽炎等，可以至疾病管制署網站 (<http://www.cdc.gov.tw>) 點選傳染病介紹中有關腸病毒的說明。
- 大部分新生兒感染後症狀都不嚴重，但少數會出現心肌炎、肝炎、腦炎、血小板下降、多發性器官衰竭等敗血症徵候，甚至死亡。

### 小提示

#### 腸病毒重症前表現病徵

在發病後7天內，出現下列病徵，應及早就醫，包括：持續發燒、嗜睡、意識不清、活動力降低、手腳無力、肌躍型抽搐（有如受到驚嚇的肢體抽動）、持續嘔吐、不發燒時心跳加快等症狀。

## 預防腸病毒的方法

- 勤於正確洗手，保持良好個人衛生習慣。
- 注意環境衛生及居家環境良好通風。
- 儘量避免出入擁擠之公共場所，或與疑似病患接觸。
- 注意營養、均衡飲食、運動及充足的睡眠，都可以增強免疫力。餵食母乳，也可提高嬰兒抵抗力。
- 在摟抱、親吻或餵食幼兒前，務必更衣洗手。
- 若幼童經診斷感染腸病毒時，最好讓病童請假在家休息至少一星期，以避免傳給他人。
- 孕婦在生產前後有疑似腸病毒感染症狀時，產後要加強在接觸嬰兒前後的洗手、戴口罩及個人衛生，也要注意觀察新生兒的體溫及活力表現。
- 當嬰兒有不明原因的發燒、精神活力變差時，應立即就醫，如曾有接觸到發燒或腸病毒感染的患者，也應主動告知醫師。

# Leave enterovirus alone

Enterovirus infection is a seasonal epidemic disease in Taiwan. Every year, there are infectious cases occurring throughout the year. Patients are mainly children under five. In particular, children under 3 years of age are the high-risk group for enterovirus infection and severe complications.

## Routes of Enterovirus infections

- Enterovirus is highly contagious via the gastrointestinal tract (fecal-oral, water or food contamination) and respiratory tract (droplets, coughing or sneezing) or via contact with fluid of blister ulcers in a patient's skin.
- During the delivery process, neo-natal exposure to secretions of the mother's birth canal or contact with secretions of the mother's blood and respiratory tract may also lead to infections.

## Common symptoms of enterovirus infection

- Common symptoms of enterovirus infection. Most cases of enterovirus infection have no symptoms. Or it is similar to a common cold. Sometimes it may cause more specific clinical manifestations, common ones include hand, foot and mouth disease, herpes angina, etc. You visit the website of the Disease Control Department (<http://www.cdc.gov.tw>), click on the instructions for enterovirus in the introduction of infectious diseases.
- Symptoms in most infected newborns are not severe. A few may suffer from sepsis symptoms such as myocarditis, hepatitis, encephalitis, thrombocytopenia, multiple organ failure and even death.

### Tips

#### Symptoms and signs before severe enterovirus infection

Within 7 days after the onset, you should consult a doctor when any of the following symptoms occur, including: persistent fever, drowsiness, unconsciousness, reduced motility, weakness in limbs, myoclonic jerks (frightened twitching limbs), persistent vomiting, rapid heartbeat without having a fever and others.

## Prevention of enterovirus infection

- Wash hands correctly and more often. Maintain a good personal hygiene.
- Keep your home clean and tidy with good ventilation.
- Avoid crowded public places and contacts with suspected patients.
- Pay attention to the intake of nutrition. Keep a balanced diet. Make sure your baby has adequate exercises and sleep. These will all increase immunity.
- Breast milk will also enhance baby's immunity. Before hugging, kissing or feeding your baby, please do wash your hands.
- When your child is diagnosed with an enterovirus infection, it is best to ask for a leave and let him stay at home for at least a week to avoid transmitting to others.
- Pregnant women who are suspected patients of an enterovirus infection before or after the delivery should wash hands before and after contacting with the baby more often, wear masks more frequently and mind personal hygiene. They also should observe body temperatures and vital signs of the newborn.
- When the baby has an unexplained fever with worsening spiritual vitalities, please immediately go to see a doctor. If the baby has been in contact with a patient who had fever or an enterovirus infection, you should also take the initiative to inform the doctor.

# 發燒的正確處置

發燒是兒童生病最常見的症狀表現之一，但發燒未必就是疾病引起。發燒可以促進免疫功能，貿然退燒未必有助孩子的健康，應把握正確處理原則，避免不當的退燒方法，才能夠協助孩子康復。

## 關於發燒現象

- 發燒的定義為身體內部中心體溫  $\geq 38^{\circ}\text{C}$ 。
- 人體生病引起的發炎反應會讓體溫的定位點提高，所以造成發燒現象。
- 開始發燒時，身體會感到發寒、四肢冰冷，這是體溫定位點上升的結果。
- 一旦體溫提高到定位點之後，四肢會變溫熱，也不會有明顯怕冷的感覺。
- 發燒一段時間或使用退燒藥以後，體溫定位點下降，身體可能會覺得熱，並開始流汗退燒。

## 測量體溫

- 肛溫最接近身體內部的中心體溫，耳溫與肛溫的相關性很高，但三個月以下嬰兒的耳溫與中心體溫的相關性較差。
- 口溫平均比肛溫低，腋溫平均比肛溫低。
- 一個月以下或體重很低的新生兒，不適合量肛溫與耳溫，可考慮量腋溫或背溫。

## 重新認識發燒的影響

- 適度發燒可以提升免疫系統的效能，有研究顯示退燒藥會壓抑身體免疫反應，反而可能延緩疾病的康復。
- 人體對發炎反應引起的發燒有調控機制，所以一般不會超過  $41^{\circ}\text{C}$ 。
- 有些家長擔心如果不積極退燒，孩子的體溫可能一直往上飆高，其實人體的體溫調控機制不會讓體溫無限上升。坊間孩子腦子燒壞的傳說，其實是孩子罹患腦炎、腦膜炎等疾病而留下神經後遺症，與發燒無直接因果關係。

## 必須注意的危險病徵

有無發燒和體溫高低都不一定能代表疾病嚴重程度。兒童生病時，重要的是觀察有無重症危險病徵，如果有下列情形就必須儘速至醫師處診治。

- 三個月以下嬰兒出現發燒症狀
- 尿量大幅減少
- 哭泣時沒有眼淚
- 痙攣、肌抽躍（肌肉不自主快速抽動，像觸電一樣）、肢體麻痺、感覺異常
- 咳痰有血絲
- 呼吸暫停



# Correct ways of dealing with fevers

A fever is one of the most common children's symptoms which are not necessarily caused by diseases. A fever can promote immune functions. Rushing to bring down a fever does not necessarily help to promote your child's health. You should hold correct principles to avoid conducting improper methods of bringing down fevers so as to help your child recover.

## Symptoms of a fever

- A fever is defined as the body's core temperature  $\geq 38^{\circ}\text{C}$ .
- Inflammation caused by diseases will increase the set point of the body temperature and thus lead to a fever.
- At the beginning of a fever, you will feel chills with cold limbs, which is the result of an increase of body temperature set point.
- When your body temperature increases to the set point, your limbs will be warm and you will not feel obvious cold.
- After taking antipyretics, the set point will decrease that you may feel hot and start sweating to bring down the fever.

## Measuring temperatures

- The rectal temperature is closest to the core body temperature. The ear temperature is highly associated with the rectal temperature. For infants under three months, their ear temperature shows a poor correlation with the core body temperature.
- Both the oral temperature and the armpit temperature are lower than the rectal one on average.
- For newborns under 1 month old or those with a very low weight, it is not appropriate to measure rectal or ear temperatures. You may consider measuring armpit or back temperatures.

## Reassess the impact of fevers

- A moderate fever can enhance the effectiveness of the immune system. Studies have shown that anti-fever medicine can suppress the body's immune responses and may delay rehabilitating from the disease.
- People have an internal mechanism controlling fevers caused by inflammation that your body temperature will not be higher than  $41^{\circ}\text{C}$ .
- Some parents worry that if no positive measures are taken to bring down the fever, the body temperature of their children may continue to climb. Actually, the regulating mechanism will control the temperature from getting too high. There is a folk rumor that a fever will damage a child's brain which is in fact neurological sequelae including encephalitis and meningitis. There is no direct causal relationship between these complications and fevers.

## Dangerous signs that a parent must be mindful of

Having a fever or not and the level of body temperature do not represent the severity of a disease. When your child is sick, it is important to observe for signs of severe diseases. Please go to see a doctor immediately when the following occur.

# 發燒的正確處置

- 頸部僵硬
- 未發燒時呼吸急促、呼吸困難、吸氣時胸壁凹陷
- 心跳速度太慢、心跳不規則
- 意識不清、持續昏睡、未發燒時躁動不安、眼神呆滯
- 持續頭痛與嘔吐
- 皮膚出現紫斑

## 退燒的時機

- 如果體溫並未太高也未引起特殊不舒服，尤其體溫並未超過 $39^{\circ}\text{C}$ 的時候，不需要積極退燒。
- 要注意的是，發燒對下列病人會產生較大的不良影響，所以當體溫超過 $38^{\circ}\text{C}$ ，就可考慮積極退燒：
  - 慢性肺病
  - 併發心臟衰竭之心臟病或發紺性心臟病
  - 曾有熱性痙攣或癲癇發作
  - 嚴重的神經肌肉疾病
  - 慢性貧血
  - 糖尿病與其他代謝異常（例如先天酵素缺乏）
  - 孕婦
  - 其他因為發燒而有特殊不適症狀



## 認識正確的退燒方法

- 各種退燒藥物中，除了阿斯匹靈不可用於18歲以下兒童，其他口服與塞劑之退燒藥均可於必要時適量使用。
- 單純注射點滴並沒有退燒效果。
- 冰枕、溫水拭浴等物理退燒法，並不會改變發炎反應引起體溫定位點的異常上升現象，所以不會有退燒效果，反而可能造成發燒兒童額外的代謝負擔。
- 衣服穿太多、中暑等產熱與散熱失調的情形也會造成發燒現象，但此時身體的體溫定位點其實是正常的，在這種情況下使用物理退燒法才會有些幫助。

## 發燒的後續照顧

- 部分家長認為吃退燒藥以後如果又燒起來，就表示醫生開的藥沒有效，所以會去找其他醫師。事實上，各種退燒藥的效果都只能維持幾個小時，目的在暫時緩解病人的不適。如果疾病的過程還沒有結束，退燒以後又燒起來是很常見的現象。
- 常見的呼吸道或腸胃道病毒感染，有些可能持續發燒達7天或甚至更久。家長必須注意孩子有無出現上述所列的危險病徵，並持續遵從醫囑追蹤治療。

# Correct ways of dealing with fevers

- A fever occurs in infants under 3 months old
- Significantly reduced urine amount
- No tears when they cry
- Neck stiffness
- Shortness of breath without having a fever, difficulties in breathing, inspiratory chest wall recession
- Slow heartbeat, irregular heartbeat
- Spasms, myoclonic jerks (rapid involuntary muscle twitching, like an electric shock), paralysis, paresthesia
- Blood in sputum
- Apnea
- Confusion, persistent lethargy, irritability without having a fever, eyes dull
- Consistent headache and vomiting
- Purpura on the skin

## The timing of bringing down the fever

- If the temperature is too not high or does not cause particular discomfort, especially when the temperature does not exceed 39 °C, you do not need to bring down the fever.
- It should be noted that the fever will have a greater negative impact on the following patients. Thus, when the temperature is over 38 °C, a positive measure to bring the fever down can be considered:
  - Chronic lung diseases
  - Heart diseases or cyanotic heart diseases accompanied by heart failure
  - A history of heat cramps or seizures
  - Severe neuro-muscular Disease
  - Chronic anemia
  - Diabetes and other metabolic disorders (such as congenital enzyme deficiency)
  - Pregnant women
  - Other special discomforts caused by the fever



## Know about correct ways to bring down fevers

- Among a variety of anti-fever drugs, aspirin should not be used in children under 18 years of age. Other oral antipyretics can be used in moderate doses when necessary.
- Injections only are not effective in bringing down the fever.
- Physical methods including the use of ice pillows and warm water bathing do not change the fact of an abnormal rise in temperature set point caused by inflammation. Thus, they have no anti-fever effects. These methods may result in additional metabolic burden in children.
- Cases of wearing too much clothes and sunstrokes which lead to an imbalance of heat production and heat dissipation will also cause fevers. Under these circumstances, however, the body's temperature set point is actually normal. Physical methods will work in these situations.

## Caring for patients with fevers

- Some parents think that if a fever comes back again after taking antipyretics, it means that the medication did not work and they will go to see another doctor. Actually, all antipyretics will be effective for only a couple of hours aiming at transiently ameliorating patients' discomforts. When the disease process is not over, it is very common to see a fever coming back again after being brought down.
- In common respiratory or gastrointestinal viral infections, some fevers may last up to 7 days or even longer. Parents shall pay attention to whether dangerous symptoms listed above occur in your child and continue to follow your doctor's orders to receive follow up treatment.

# 口腔保健知多少

## 口腔保健知多少～小測驗提醒您！

- ( ) 1. 超過1歲半後仍有吸奶嘴、吸手指的習慣容易造成寶寶咬合不正。
- ( ) 2. 寶寶10~12個月還未長牙時，應該去看診向牙醫師詢問。
- ( ) 3. 寶寶萌發第一顆乳牙後應該去做第1次口腔定期檢查。
- ( ) 4. 父母親餵食幼兒時，先幫忙吹涼熱食或預先咀嚼食物，並不容易造成幼兒的蛀牙。
- ( ) 5. 如果寶寶已長出牙齒，但經常吃完食物後又沒馬上潔牙，就容易形成蛀牙。
- ( ) 6. 牙齒還沒萌發前，寶寶喝奶、用餐後及睡前，可以用溼的紗布包住手指，替寶寶進行牙齦、舌頭、口腔黏膜的清潔。
- ( ) 7. 當發現2顆乳牙相鄰時，即可開始使用牙線幫幼兒潔牙。
- ( ) 8. 幼兒使用含氟牙膏的含氟量一般為1,000 ppm左右。
- ( ) 9. 使用含氟牙膏幫幼兒潔牙，必須要注意牙膏量的多少。對3歲以下兒童，可將薄薄一層的牙膏塗在牙刷上，由照顧者幫忙刷牙；對3-6歲兒童，使用豌豆般大小的牙膏量，由照顧者幫忙或監督刷牙。
- ( ) 10. 一般而言，建議幼兒每6個月請牙醫師幫忙塗氟1次。



☆ 答案在這裡 ☆

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
○	○	○	X	○	○	○	○	○	○

☆ 您答對幾題呢？☆

答對8題以上：恭喜您-您的觀念很正確！

答對6-7題：還不錯喔！不過有些觀念並不清楚呢？

答對4-5題：還要再加油喔-請仔細檢討答錯題目的正確觀念吧！

答對3題以下：請趕快把每題的詳細解說看清楚喔！

# Oral care knowhow

## Oral care knowhow~a quiz will let you know!

- ( ) 1. Sucking pacifiers and fingers after 1 and a half year old makes it easy for babies to get malocclusion.
- ( ) 2. When your baby is between 10 to 12 months and their teeth have not erupted, you should consult with a dentist.
- ( ) 3. Your baby should receive the 1st routine oral check-up when his first baby tooth erupts.
- ( ) 4. When parents are feeding young children, at first they always help blow the food cool or chew the food beforehand. It is not likely to cause dental cavities in them.
- ( ) 5. When teeth have erupted and your baby usually does not brush his teeth right after eating, it is easy for him to get dental cavities.
- ( ) 6. Before eruption of teeth, after drinking milk, after dinner and before bedtime, you can use a wet gauze to wrap your baby's fingers, clean the gums, the tongue and oral mucosa for him.
- ( ) 7. When there are two adjacent baby teeth, you can start to use dental floss to help your child clean his teeth.
- ( ) 8. Fluoride toothpaste used by children usually has a fluorine content of about 1,000 ppm.
- ( ) 9. When you use fluoride toothpaste to help your child clean his teeth, you must pay attention to the amount of toothpaste. For children under 3 years old, you can squeeze a thin layer of toothpaste on the toothbrush and let the carer help your child clean his teeth. For children between 3 to 6 years old, you can use an amount of toothpaste that is similar to a pea and let the carer help with or supervise the cleaning process.
- ( ) 10. Generally, it is suggested that children should go to a dentist and be fluoridated once every 6 months.



☆ Here are the answers ☆

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
O	O	O	X	O	O	O	O	O	O

☆ How many questions did you answer correctly? ☆

8 questions and more: Congratulations. Your ideas are correct!

6 to 7 questions: Not bad! Are there still some aspects that you are not sure about?

4 to 5 questions: You need to know more. Please check for the answers for questions that you did not get right carefully!

3 questions or less: You need to read explanations to every questions clearly at once!



# 口腔保健知多少

## 兒童口腔衛生清潔

- 兒童在起床後、三餐飯後或吃完東西後（如：喝完母乳或牛奶、飲料及果汁、麥片及果泥、其它副食品等），以及晚上睡覺前都應該要清潔口腔。
- 在寶寶零到6個月大時，進食後應該用紗布擦拭口腔（包括牙床、黏膜及舌頭）。6個月到1歲半時（乳白齒萌發前），可用矽膠指套刷清潔前牙。待乳白齒長出後，就應該用牙刷潔牙了。
- 幫孩子刷牙時，一定要讓寶寶的頭部有所倚靠，並選在安全明亮的地方，例如坐在沙發、地毯或床上等地方並讓寶寶枕在家長的大腿上。且因寶寶的牙齦脆弱，所以刷牙的力量要輕柔。
- 固定刷牙的方法、時間、順序，讓孩子習慣固定的潔牙方式。此外，可搭配遊戲、音樂等來增加潔牙樂趣。

## 牙刷的使用方法

- 牙刷應選擇軟毛小頭的牙刷，且每3個月至半年更換1次。
- 刷牙時，牙刷刷毛朝向牙齦約45度，且要同時涵蓋牙齒與一些牙齦。刷上排牙齒時刷毛朝上，刷下排牙齒時刷毛朝下。每次以2顆牙齒為單位來回輕刷至少10次，並清潔到牙齒的每一面。
- 兒童刷牙順序：先刷右邊的頰側面→咬合面→舌側面，接著刷上下門牙的唇側面→舌側面，最後刷左邊的頰側面→咬合面→舌側面。

## 牙線的使用方法

- 牙線主要是輔助牙刷的功能，可以去除牙縫中的食物殘渣與牙菌斑。因此，當孩子長出較多顆乳牙時，最好能夠每天至少使用1次牙線清潔齒列。
- 牙線使用時，先拉出約45公分的牙線（長如手臂），纏繞在雙手中指第2指節，比出手槍姿勢，以雙手拇指及食指打直撐住牙線，約留下1公分牙線，並將牙線拉成C字型，使牙線緊貼牙面上下刮。





## Oral care knowhow

### Oral hygiene in children

- After getting up, after meals or after eating (such as drinking up breast milk or milk, beverages and fruit juices, cereals and purees, other non-staple food, etc.) and before going to sleep at night, your child is supposed to clean his mouth.
- Before your child turns 6 months old, you should use gauze to clean his oral cavity after meals (including the gums, mucous membrane and the tongue). When your child is between 6 months and 1 and a half years old (before the eruption of baby molars), you can use a silicone finger brush to clean his front teeth. After the eruption of baby molars, you should use a toothbrush to help clean his teeth.
- When helping your child brush his teeth, make sure that your baby's head leans on something and choose a safe and bright place to do so, for example sitting in a sofa, on a blanket or a bed and put your baby's head on an adult's thigh. And because your baby's gums are fragile, be gentle when brushing.
- Fix the brushing method, time and order. Let your child develop a fixed manner for cleaning teeth. In addition, you can make teeth brushing more interesting by adding games and music.

### Instructions on toothpastes

- You should choose a soft-bristled toothbrush and it should be replaced every 3 months to 6 months.
- When brushing teeth, the toothbrush bristles should be placed at about 45 degrees toward the gums. And at the same time, they should cover teeth and gums. When you brush the upper teeth, keep bristles up. And keep them down when brushing the lower teeth. Brush 2 teeth at a time and brush them back and forth for at least 10 times. Clean every side of a tooth.
- Brushing order for children: at first, brush the cheek side on the right → the occlusal surface → the tongue side, then brush the lip side of the upper and lower incisors → the tongue side, and finally brush the cheek side on the left → the occlusal surface → the tongue side.

### Instructions for dental floss

- The main function of floss is to assist the toothbrush to remove food debris and plaque between teeth. Therefore, when your child has more baby teeth, it is best to use dental floss once a day at least to clean his teeth.
- When flossing, first pull out about 45 cm of dental floss (about an arm length), wrap it around the second knuckle of the middle fingers of your hands. Pose a pistol gesture with both thumbs and index fingers straight up to hold the floss, leaving 1 cm of dental it. Pull the floss into a C shape so that the floss is closely against the surface of teeth and you can move it up and down.



# 視力保健基本功

幼兒常見的視力問題有弱視、斜視及屈光不正（即近視、遠視、散光）等，六歲前是斜、弱視治療的關鍵期，錯過了治療效果變差；愈早近視，度數增加愈快，變成高度近視（大於600度）機會愈大，而高度近視易產生青光眼、網膜周邊變性、視網膜剝離、黃斑出血及黃斑退化、後極部退化、提早發生白內障，可能導致失明。研究顯示：戶外活動是近視發病和惡化的保護因素，長時間近距離用眼是近視的危險因素。

## 護眼運動從小開始

隨時觀察幼兒，下列疑似視力不良的症狀，請儘早至眼科就診。

- ☐是，☐否 1. 眯著眼睛看東西。
- ☐是，☐否 2. 常常揉眼睛。
- ☐是，☐否 3. 慣於歪頭、仰頭或低頭去看東西。
- ☐是，☐否 4. 反覆側視看物體，表現出想要看得更清楚的模樣。
- ☐是，☐否 5. 參加遊戲時，行動不靈活、不敏捷。
- ☐是，☐否 6. 看書或寫字時，眼睛與紙面的距離太近。
- ☐是，☐否 7. 學習進度減慢或退步。
- ☐是，☐否 8. 常抱怨看不清楚黑板上的字、眼睛疲勞、眼痛、頭痛。
- ☐是，☐否 9. 眼位外觀異常（如鬥雞眼）。
- ☐是，☐否 10. 眼球震顫（眼球不自主的規律性轉動），或黑眼珠內出現反光等現象。

## 幼兒接受視力檢查前的預備工作

- 3-4歲：某些視力問題（如單眼弱視）並無明顯症狀。一般而言，3歲半至4歲是視力檢查的理想時機，家長應先在家中教會孩子辨認、並以手勢比劃或言語說出「E」或「C」字視標之缺口方向，再帶至眼科接受視力檢查。
- 3-6歲：「亂點立體圖」可有效檢查出立體感不良的患童，也可以避免測試單眼視力時用正常眼偷看的弊病。除了教會孩童比出視力表之缺口方向外，也要請家長先教導孩童認識說（指）出亂點立體圖上之●、■、▲、◆四種圖形。



## Visual care knowhow

Common vision problems in children include amblyopia, strabismus and refractive errors (namely, myopia, hyperopia, astigmatism), etc. Before the age of six is the critical period for treating oblique and amblyopia. Missing it means a decrease in the effect of treatment. The earlier your child suffers from myopia, the faster the degree will increase, the higher the chance of leading to a high myopia (greater than 600 degrees). Besides, a high myopia is prone to cause glaucoma, peripheral retinal degeneration, retinal detachment, macular hemorrhage and macular degeneration, posterior pole degeneration, early cataracts. It can also lead to blindness. Studies have shown that outdoor activities are protective factors of myopia and the deterioration of myopia. Looking at things closely for a long time is a risk factor of myopia.

### Start eye protection activities at an early age

Always observe your child. When the following suspected adverse visual symptoms occur, please go to an eye doctor as soon as possible.

- ☐ Yes, ☐ No 1. Squints to see things.
- ☐ Yes, ☐ No 2. Often rubs his eyes.
- ☐ Yes, ☐ No 3. Gets used to tilting his head, raising his head or bowing his head to see things.
- ☐ Yes, ☐ No 4. Sees objects with side looking over and over again, showing that he wants to see them more clearly.
- ☐ Yes, ☐ No 5. When participating in games, his actions are not flexible or agile.
- ☐ Yes, ☐ No 6. When reading or writing, his eyes are too close to the paper.
- ☐ Yes, ☐ No 7. Slow or regress in learning.
- ☐ Yes, ☐ No 8. Often complains that he cannot see words on the blackboard clearly. Complains about eye fatigue, eye pain or headaches.
- ☐ Yes, ☐ No 9. Abnormal eye appearance (for example: cross-eyed).
- ☐ Yes, ☐ No 10. Nystagmus (involuntary and regular eye rotation) or other phenomena including reflection in black eyes.

### Preparations before taking your children to a visual check-up

- 3 to 4 years old: Some visual problems (such as amblyopia of one eye) show no obvious symptoms. Generally, 3 and a half to 4 years old is best for visual check-ups. Parents should first teach their children to recognize at home and tell them how to use gestures to show or express the direction of the gap in the letter "E" or "C" before taking them to receive visual check-ups.
- 3 to 6 years old: "Random dot stereogram" will effectively determine children with a poor three-dimensional sense. It will also avoid the disadvantage of possible peeping during one-eye visual exams. Besides teaching your child on using gestures to show or express the direction of the gap in letters of the visual acuity chart, parents should also teach their children about telling (pointing out) the four shapes ●, ■, ▲ and ◆ in a random dot stereogram.

# 視力保健基本功

## 預防高度近視是全家運動

- 什麼是高度近視
  - 大部分高度近視定義都是以大於600度為主，往往肇始於學齡前，並持續惡化至高中畢業，缺乏戶外活動並大量近距離使用眼力常導致近視發生及惡化。
  - 幼兒一旦發生近視，度數會逐年增加，日後變成高度近視的機會很大，且產生併發症的機會也相對提高。
  - 目前高度近視已經成為臺灣、日本及中國大陸不可逆的失明原因第一位。

### • 可怕的近視併發症

近視相關的併發症有：白內障、青光眼、網膜周邊變性、視網膜剝離、黃斑出血及黃斑退化、後極部退化，這些情況都不易治療，甚至導致失明。

### • 幼兒的基本視力保健

建議孩子未滿2歲不要觀看螢幕，而大於2歲之幼兒每天看螢幕時，時間不超過1小時，避免讓幼兒過度近距離用眼，傷害視力。近年實證研究亦發現，戶外活動是近視發生和惡化的保護因素，每天戶外活動超過2-3小時，可能減緩兒童近視的發生和惡化。世界衛生組織（WHO）亦建議5歲至17歲兒童與青少年，每天累計至少60分鐘（1小時）中等費力至費力身體活動。







## Visual care knowhow

### The whole family should all participate in the prevention of myopia

- What is a high myopia
  - Most high myopia cases are defined as a myopia higher than 600 degrees. It usually starts before the school age and will keep deteriorating until graduating from high schools. A lack of outdoor activities and seeing things too close for a long time too often will cause the incidence and the worsening of myopia.
  - As soon as your child is diagnosed with myopia, his degree goes up every year. There is a great chance for him to get a high myopia in the future. The chances of complications will also increase.
  - At present, high myopia has already become the No.1 cause of irreversible blindness in Taiwan, Japan and mainland China.

- Terrible myopia complications

Myopia related complications: cataract, glaucoma, retinal periphery degeneration, retinal detachment, macular hemorrhage and macular degeneration and posterior pole degradation. These conditions are difficult to treat and may lead to blindness.

- Basic visual care in children

It is suggested that children under 2 years old should not watch screens. Children older than 2 years should not watch screens for more than 1 hour a day. Do not let your child look at things too close to protect his visions. Recent empirical research has also found that outdoor activities are protective factors to myopia and the deterioration due to it. More than 2-3 hours of outdoor activities per day may slow down the onset of myopia and its worsening in children. World Health Organization (WHO) also recommends that children and adolescents from 5 to 17 years old should participate in at least 60 minutes (1 hour) of moderate to heavy physical activities a day.



# 視力保健基本功



## 愛EYE秘笈，護眼行動備忘錄

### 第1招：眼睛休息不忘記

	有做到	要改進
1. 每天戶外活動2-3小時以上，建議每週至少14小時。		
2. 看電視或螢幕要遵守3010原則，每30分鐘休息10分鐘，每天總時數少於1小時。		
3. 下課時間務必走出教室外活動，或讓眼睛望遠休息至少10分鐘。		
4. 早睡早起，睡眠充足。		

### 第2招：均衡飲食要做到

	有做到	要改進
5. 多攝取維生素A、B、C群，及深色蔬果。		
6. 日常飲食種類多樣化、不偏食。		

### 第3招：閱讀習慣要養成

	有做到	要改進
7. 每閱讀、寫字或其他近距離用眼30分鐘應休息10分鐘。		
8. 看書或拿筆寫字，保持35-40公分的距離。		
9. 不在搖晃的車上閱讀，也不要躺著看書		

### 第4招：讀書環境要注意

	有做到	要改進
10. 光線要充足，桌面照度至少350米燭光以上。		
11. 書桌高度要讓手肘自然下垂平放，椅面要讓臀部坐滿，雙腳要踩到地。		

### 第5招：拿筆、坐姿要正確

	有做到	要改進
12. 書桌光線不直接照射眼睛，習慣用右手寫字的人，檯燈放左前方，左撇子則在右前方。		
13. 姿勢端正，兩肩放輕鬆，腰打直，不歪頭、不趴著。		
14. 握筆由前三指來挺筆並帶筆運行，後二指要穩定。		

### 第6招：定期檢查要知道

	有做到	要改進
15. 每年固定1-2次視力檢查。		
16. 接到學校視力篩檢未達合格標準的通知，盡速至合格眼科醫師處接受複檢。		
17. 遵照醫師指示配合矯治，定期回診追蹤。		

# Visual care knowhow



## Tips to take care of your eyes. Reminders for protecting your eyes

Tip No. 1: Do not forget to let your eyes have a rest	I have achieved it	I need to improve
1. Participate in outdoor activities 2 to 3 hours or more a day. It is recommended to take part in these activities at least 14 hours a week.		
2. The 3010 principle should be followed when watching TV or screens, which is to watch TV for 30 minutes and have a 10-minute break. Time spent for TV or screens should be no more than 1 hour a day.		
3. During breaks, your child should go outside of the classroom and participate in activities or look far to let his eyes have a rest of at least 10 minutes.		
4. Go to bed early and get up early. Have adequate sleep.		
Tip No. 2: Keep a balanced diet	I have achieved it	I need to improve
5. Intake more Vitamin A, B and C as well as dark color vegetables and fruits.		
6. Take multiple food everyday and do not develop dietary bias.		
Tip No. 3: Develop a reading habit	I have achieved it	I need to improve
7. When reading, writing or looking at close objects for 30 minutes, you should take a 10-minute break.		
8. When reading or writing with a pen, please keep a 35 to 40 cm distance between your eyes and the paper.		
9. Do not read in a bumpy car. Do not lie down and read		
Tip No. 4: Pay attention to the reading environment	I have achieved it	I need to improve
10. Intake more Vitamin A, B and C as well as dark color vegetables and fruits.		
11. Make sure there is adequate light. Illumination of the desk should be above 350 meters of candlelight.		
Tip No. 5: Hold pens correctly and sit in a right position	I have achieved it	I need to improve
12. The light should not illuminate into eyes directly. For those who are used to writing with their rights hands, the lamp should be placed on the front-left. For those who are used to writing with their left hands, the lamp should be placed on the front-right.		
13. Sit up straight with two shoulders relaxed and the waist straight up. Do not tilt the head. Do not lie on the desk.		
14. When writing, use the thumb, the index finger and the middle finger to hold the pen while keep the ring finger as well as the little finger stable.		
Tip No. 6: Receive routine check-ups	I have achieved it	I need to improve
15. Take 1 to 2 check-ups every year routinely.		
16. When you receive the notification of failing in the visual screen from school, please go to see an eye doctor and receive a re-exam immediately.		
17. Follow your doctor's instructions and cooperate with the treatment. Take routine follow up check-ups.		

# 預防事故傷害

以下指標請家長核對，若答案為「否」，請儘速改善，以維護家中幼兒之安全。

## 燙傷的預防

☐是，☐否

1. 您是否避免在餐桌上放置桌巾，且端熱湯或菜上桌時，先看看幼兒是否在旁邊。

☐是，☐否

2. 您是否不讓幼兒接近熨斗及熱燈泡。

☐是，☐否

3. 您準備洗澡水時，是否永遠先放冷水，再放熱水；嬰兒進入浴盆前，先試過水溫。



## 跌落或摔倒的預防

☐是，☐否

4. 您是否知道2樓以上，必須禁止幼兒攀爬窗戶以策安全。

☐是，☐否

5. 您是否注意不在地板上放置會滑動的小地毯；地板很滑時，應讓幼兒穿著止滑襪或止滑拖鞋行走，並且避免奔跑。

☐是，☐否

6. 您是否在浴室或浴盆中設有防滑裝置。

☐是，☐否

7. 您是否使用桌角防撞套包裹傢俱尖銳角或邊緣，還是將傢俱暫時移開。

## 窒息、噎到、噎到及中毒的預防

☐是，☐否

8. 您是否知道會形成密閉空間的家用品，如冰箱、烘衣機或洗衣機等，應選擇不易被幼兒開啟者，或加裝幼兒不易開啟的裝置，以免幼兒誤入造成窒息。

☐是，☐否

9. 您是否避免讓幼兒拿到小東西（如銅板、鈕扣、小珠子、別針、螺絲釘等）；選購玩具時，必定檢查玩具上的小零件是否可能脫落（如狗熊的眼珠等）。

☐是，☐否

10. 您是否會將所有的藥物（尤其是糖漿）、洗潔劑、殺蟲劑、洗髮精、沐浴乳、汽機油、化妝品及其他危險的東西都放到高處，或鎖在櫥櫃、抽屜內。

☐是，☐否

11. 您是否知道不慎吞食了不該吃的東西時，應保留容器，並立刻去電毒物諮詢中心 **02-2871-7121** 詢問緊急處理方法。

☐是，☐否

12. 您是否知道瓦斯熱水器應安裝於室外通風處，並隨時保持室內空氣流通，以減少一氧化碳中毒的可能性。

# Accidents and injuries prevention

Parents should check the following indicators. If your answer is "no", please correct and improve it immediately to protect your child's safety at home.

## Scald prevention

- ☐ Yes, ☐ No
1. Will you avoid putting a cloth on the dinner table?  
When you serve hot soup or hot dishes, will you look out for children nearby first?
  2. Will you prevent your child from getting near to an iron and hot lamp bulbs?
  3. When you are preparing water for your baby's bathing, will you always turn on the cold pipe before turning on the hot pipe? Will you feel the water temperature first before putting your baby in the water?



## Prevention of falling down and tumbling down

- ☐ Yes, ☐ No
4. Do you know that you must ban your child from climbing up to higher than 2 floors to keep him safe?
  5. Have you noted not to put slippery carpet on the floor? When the floor is slippery, you should make sure that your child is walking with non-slip socks or non-slip slippers and do not let him run.
  6. Have you placed non-slip equipment inside the bathroom or the tub?
  7. Have you applied anti-collision covers for table angles and sharp angles or edges of other furniture? Have you transiently moved away the furniture?

## Prevention of suffocation, water inhalation, choking and poisoning

- ☐ Yes, ☐ No
8. Are you aware that domestic appliances including refrigerators, dryers and washing machines are able to form closed space? You should choose those that are difficult for your child to turn on or install equipment which are difficult for your child to turn on to protect your child from suffocating.
  9. Will you avoid letting children get access to little things (such as copperplates, buttons, beads, pins, screws, etc.)? When choosing toys, you must check whether small parts on toys would come off (such as a bear's eyes, etc.).
  10. Will you put all drugs (especially syrup), detergents, pesticides, shampoo, shower gel, gas oil, cosmetics and other dangerous things somewhere high or lock them in cabinets or drawers?
  11. Do you know that when you child has swallowed something carelessly, you should retain the container, and immediately call the poison center **02-2871-7121** and consult about emergency treatment?
  12. Do you know that the gas water heater should be installed outdoors with a good ventilation and that you should maintain air circulation indoors to reduce the risk of carbon monoxide poisoning.



# 預防事故傷害

## 車禍的預防

- ☐是，☐否 13. 您開車載幼兒前，是否會先固定好幼兒汽車安全座椅，再安置幼兒並繫好安全帶，且不讓幼兒坐在前座。並會避免用機車載幼兒。
- ☐是，☐否 14. 您是否知道開車前必須先安置幼兒上車，行車時按下兒童安全鎖，停車後讓幼兒最後下車。
- ☐是，☐否 15. 您是否知道不可將幼兒單獨留在車內。因為緊閉門窗的車子，在大熱天只需10分鐘的日曬，車內溫度就可能高達54-60度，對熱度比較敏感的嬰幼兒，即使只是短暫時間留置其中，也會受到嚴重熱傷害。
- ☐是，☐否 16. 您是否會禁止幼兒在馬路邊嬉戲。
- ☐是，☐否 17. 您倒車時，是否先確認幼兒不在車子後面，避免倒車造成傷害、死亡。

## 溺水的預防

- ☐是，☐否 18. 您是否會注意避免讓幼兒獨自留在浴盆、小池塘邊、河邊、游泳池邊或海邊，即使只是幾秒鐘也不行。
- ☐是，☐否 19. 您家中的任何儲水容器使用完畢後，是否會將水倒掉、放乾或將容器加蓋，以免幼兒栽入窒息。
- ☐是，☐否 20. 您是否知道池塘或魚池應加裝柵欄，避免幼兒不慎跌落而溺斃。

## 防墜的預防

- ☐是，☐否 21. 窗戶有裝設護欄或安全鎖且窗戶之窗臺高度不得小於110公分，10層以上不得小於120公分。
- ☐是，☐否 22. 窗戶旁不放置床、椅子、桌子或矮櫃等可攀爬之傢俱以防幼童墜落。
- ☐是，☐否 23. 陽臺上沒有可當腳凳東西。
- ☐是，☐否 24. 陽臺欄杆高度設計不易幼童攀爬。
- ☐是，☐否 25. 陽臺欄杆高度設計至少110公分以上，10層以上者，不得小於120公分且間距小於10公分。陽臺欄杆高度設計至少120公分以上，且間距小於10公分。

## 其他

- ☐是，☐否 26. 繩索長度及收線器位置應收置幼童無法碰觸的高度（如窗簾繩、電線、延長線…）。
- ☐是，☐否 27. 您是否知道塑膠袋、尿布、鈕扣等易引起幼童窒息，應收納於幼童無法碰觸的地方。
- ☐是，☐否 28. 您是否知道幼兒與寵物接觸時，應有大人在旁監督。
- ☐是，☐否 29. 您是否知道電動捲門可能將幼兒壓傷，所以最好加裝碰觸物體自動停止裝置，否則也應將開關設在幼兒無法觸及的地方。
- ☐是，☐否 30. 您房間中是否設置煙霧偵測器，平時即設想好火災時的應變措施及逃生途徑。廚房中並且備有滅火器。

# Accidents and injuries prevention

## Prevention of car accidents

- ☐ Yes, ☐ No 13. When driving, will you fix the safety car seat for your child first, and then put your child in the chair and fasten the seatbelt for him and at the same time prevent him from sitting on the front seat? Will you avoid taking your child on a motorcycle?
- ☐ Yes, ☐ No 14. Do you know that you must let your child get in the car before driving, that you must press on the safety lock for your child when driving, and that you must let your child get off the car last after parking?
- ☐ Yes, ☐ No 15. Do you know that you should not leave your child alone in a car? In a car with closed windows, the temperature inside will climb up to 54 to 60°C after a 10-minute sun burn during hot days. For infants and children who are sensitive to heat, they will suffer from a severe thermal injury even with a stay of merely a short period of time.
- ☐ Yes, ☐ No 16. Will you prohibit your child from playing in the street?
- ☐ Yes, ☐ No 17. When you are reversing, will you make sure first that your child is not at the back of the car to avoid causing injuries or death?

## Prevention of drowning

- ☐ Yes, ☐ No 18. Will you pay attention to avoid leaving your child alone in a bathtub, a pond, a river, a swimming pool, at the beach, even just for a few seconds?
- ☐ Yes, ☐ No 19. Will your empty water containers at home after use, dry them and capped them to avoid suffocation when your child fell into one of them?
- ☐ Yes, ☐ No 20. Do you know that you should fence up ponds or fish ponds to prevent your child from accidentally falling in and getting drowned?

## Prevention of falling down

- ☐ Yes, ☐ No 21. Have you installed guardrails or security locks, and made sure that the height of windowsills are no less than 110 cm; if your home is higher than 10 floors, the height of windowsills shall be no less than 120 cm?
- ☐ Yes, ☐ No 22. Is there any furniture placed next to windows that your child could climb and fall down including beds, chairs, tables or short cabinet?
- ☐ Yes, ☐ No 23. Is there any object in the balcony that can be used as a chair?
- ☐ Yes, ☐ No 24. Is the height of guardrails in the balcony designed to prevent your child from climbing?
- ☐ Yes, ☐ No 25. For guardrails in the balcony, the height should be no less than 110 cm; if your home is higher than 10 floors, the height shall be no less than 120 cm with intervals less than 10 cm. For guardrails in the balcony, the height should be no less than 120 cm with intervals less than 10 cm.

## Other

- ☐ Yes, ☐ No 26. Wires and ropes should be long enough to let you put receivers high enough to be out of reach by your child (such as curtains ropes, wires, extension cords, etc.).
- ☐ Yes, ☐ No 27. Do you know that plastic bags, diapers, buttons and others will easily cause suffocation in children and should be placed out of reach by your child?
- ☐ Yes, ☐ No 28. Do you know that parents should supervise when children are playing with pets?
- ☐ Yes, ☐ No 29. Do you know that electric roller doors may hurt young children easily and therefore it is best to install an automatic stopping device to stop the door when it touches objects or install the switch of the door out of reach by your child?
- ☐ Yes, ☐ No 30. Have you installed a smoke detector in your room and considered about emergency measures and means to escape when a fire bursts out in times of safety?

# 燒燙傷及瓦斯事故傷害緊急處理

常見燒燙傷及瓦斯外洩意外，在第一時間有其正確處理步驟。平日熟悉這些步驟，能在緊急時刻將傷害降到最低，所以請家長務必要牢記。

## 燙傷急救五步驟『沖、脫、泡、蓋、送』

- 沖：** 迅速以流動的自來水沖洗傷口 15-30 分鐘，或將受傷部位浸泡於冷水內，以快速降低皮膚表面熱度。
- 脫：** 充分泡濕後，再小心除去衣物；必要時用剪刀剪開衣服，並暫時保留黏住的部分。儘量避免將傷口水泡弄破。
- 泡：** 繼續浸泡於冷水 15-30 分鐘，可減輕疼痛及穩定情緒。但若燙傷面積廣大，或幼童年齡較小，則不必浸泡過久，以免體溫下降過度，或延誤治療時機。
- 蓋：** 用清潔乾淨的床單或布單、紗布覆蓋。勿任意塗上外用藥或民間偏方，這些東西可能無助於傷口的復原，並且容易引起傷口感染，及影響醫護人員的判斷和緊急處理。
- 送：** 除極小之燙傷可以自理之外，應送往鄰近的醫療院所做進一步的處理。若傷勢較大，則最好轉送到設置有燙傷中心的醫院治療。

## 瓦斯外洩處理四步驟『禁、關、推、離』

- 禁：** 禁止開或關任何電器用品，如抽油煙機、電燈等，也不可以插拔電插頭。
- 關：** 先關閉瓦斯總開關，但不可碰觸瓦斯爐開關，以免產生火花。
- 推：** 輕輕緩緩推開（打開）門窗，讓空氣流通。
- 離：** 離開現場，疏散至屋外安全場所，再打電話通知當地瓦斯公司，請求檢測外洩情形，或通報 **119** 消防局求助。



# Emergency treatment of injuries of scalding and gas accidents

There are correct ways to deal with common scalding and gas leakage accidents in time. Parents should get familiar with these steps and be able to minimize the damage in times of emergency. Please be sure to keep them in mind.

## 5 steps for first-aid treatment of scalding: "Wash the wound", "Take off clothes", "Soak the wound", "Cover it" and "Send the patient to a hospital"

- Wash down:** Wash the wound for 15-30 minutes with tap water immediately. Or soak the injured area in cold water to quickly reduce the temperature of the skin.
- Take off:** After sufficient soaking, carefully take off the clothes. Cut up clothes with scissors when necessary. Temporarily retain the part of the clothes which is attached to the skin. Try to avoid breaking wound blisters.
- Soak in:** Continue to soak the wounded area in cold water for 15 to 30 minutes to relieve pains and stabilize emotions. However, when the scalded area is wide and children are young, the wound does not need to be soaked for too long to prevent the temperature from dropping excessively or a delay in treatment.
- Cover up:** Cover up with a clean sheet, cloth or gauze. Do not use any of the externally applied agent or folk remedies at will. These may not contribute to the recovery of the wound and will easily lead to wound infections and influence the judgment and emergency treatment of medical staff.
- Send to the hospital:** You can deal with very small scalds on your own. In other cases, you should send the sufferer to a close hospital for further treatment. When the injury is severe, it is better to refer the sufferer to a hospital with a scald center for treatment.

## Four steps to deal with gas leakage accidents "Prohibit", "Close", "Push" and "Leave"

- Prohibit :** Prohibit to turn on or off any electrical appliances, such as range hoods, lights, etc. You must not plug the electrical plugs either.
- Close:** Turn off the general switch of gas first without touching the switch of the gas stove to avoid producing sparks.
- Push:** Gently and slowly push (open) up doors and windows to maintain air circulation.
- Leave:** Leave the scene, evacuate to a safe place outside the house and then call the local gas company to request a detection over the leakage or report to the **119** Fire Department for assistance.

# 寶貝!寶貝!113保護專線

每個孩子都是家庭的寶貝、社會的希望。孩子就像脆弱的幼苗，大人的一時情緒失控、不當體罰管教，或是心存僥倖而疏忽，就有可能在一瞬間造成無法補救的傷害。讓我們一起來寶貝孩子，讓他們都能在「免於恐懼、沒有傷害」的安全環境下，健康快樂地長大。

## 別讓憤怒情緒主宰您的行動

- 責打並不能教導孩子做好事情，它只會使孩子變得暴力並且失去控制。
- 憤怒的父母一時失控，可能造成孩子重大傷害，如腦部受傷、身體內出血，或終身殘障甚至死亡。當孩子因而傷亡，父母會被依刑法和兒童及少年福利與權益保障法加重其刑1/2，嚴重者判處無期徒刑！
- 孩子大部分是被憤怒的父母所傷害，不要讓憤怒主宰了您的行動，如果您害怕自己會傷害孩子，請立即尋求以下幫助：
  - 當您覺得很生氣的時候，離開現場，不要接近孩子。
  - 打電話給您的朋友或親戚，說出自己的憤怒。
  - 向家庭教育中心，請教並學習正確管教孩子的要領。

## 父母心存僥倖將使自己觸法

- 兒童意外喪生不幸事件的原因包括墜樓、悶死車內、火災及意外災害；兒童安全是父母的責任，不要心存僥倖，就算只是一分鐘也別讓寶貝單獨在家或留置車上。
- 「兒童及少年福利與權益保障法」中明文規定，不可以將6歲以下或需要特別看護之兒童及少年單獨放在危險的環境中，例如讓孩子一個人在家或是在車內，或是由不適當的人照顧（比如孩子，或精神疾病、酗酒、吸毒的人等）。
- 違反以上規定，將會遭到罰款（3,000元以上，15,000元以下），或是強制接受親職教育輔導（4小時以上，50小時以下）。若拒絕參加輔導，將遭到累積罰款，一直罰到參加為止。

### 小提示

1. 兒少的基本資料  
(姓名、年齡、電話、地址等)
2. 受傷情形
3. 受虐史
4. 家庭狀況
5. 生活照顧情形

## 協助通報人人有責

- 如果發現鄰居孩子被責打、不當對待或單獨留在家裡，您可以幫忙打電話到**113**或報警**110**請求協助，這樣可以避免孩子發生危險。
- 通報時請盡量蒐集相關資訊，如兒少的基本資料（姓名、年齡、電話、地址等）、受傷情形、受虐史、家庭狀況、生活照顧情形等。
- 通報資訊越完整，越有助於社工員及時、有效判斷案件之危急程度，給予適當處遇。



# Protect your babies! 113 protection hotline

Every child is precious in his family. Children are the hope of society. Children are like fragile seedlings. When adults' emotions are out of control conducting improper corporal punishment or taking chances to neglect their children, it may cause irreparable hurt. Let us care for children together, making them grow up happily and safely in a secure environment "without fears or harms".

## Do not let anger dominate your actions

- Blaming and hitting children will not teach them to perform well. They will only make children violent and lose control.
- Angry parents will occasionally lose control of their temper and thus hurt their children badly, such as brain injury, internal bleeding, permanent disability or even death. When children die from such injuries, parents will be greatly punished according to the criminal law and the Children and Youth Welfare and Protection Act. In severe cases, parents would be sentenced to life imprisonment!
- Most children are hurt by angry parents. Do not let anger dominate your actions. If you are afraid that you will hurt your child, please seek help immediately from the following sources:
  - When you feel angry, leave the scene and do not go near your child.
  - Call your friends or relatives and express your anger.
  - Consult and learn about correct ways to teach children in a domestic education center.

## Parents taking chances will end up in prison

- Causes of children dying in accidental unfortunate events include falling from a building, suffocation in a car, fire and accidental disasters. Parents are responsible for children's safety. Do not take chances. Do not leave your baby alone at home or in a car even just for a minute.
- "Children and Youth Welfare and Protection Act" expressly stipulate that you shall not leave children under 6 years of age or children in need of special care and teenagers alone in dangerous environments, such as at home or in the car. You shall not assign inappropriate carers to take care of them either (such as children, patients with mental diseases, alcoholics, drug addicts, etc.).
- Breakers of the above provisions will be fined (between 3,000 and 15,000) or be forced to accept parenting education counseling (4 to 50 hours). If they refuse to participate in the counseling, they will be fined cumulatively until their participation.

### Tips

1. Basic information of children (name, age, phone number, address, etc.)
2. Injury condition
3. Maltreatment history
4. Family condition
5. Domestic care condition

## Everyone's responsibility to assist and report

- If you find a child of your neighbors being punished, mistreated or left alone at home, you can help by calling **113** or the police telephone **110** to ask for assistance so as to prevent the child from getting in danger.
- When reporting, please collect as much information as you can, such as basic information of children (name, age, phone number, address, etc.), injury condition, maltreatment history, family condition, domestic care condition, etc.
- A report with complete information can best help social workers in judging and dealing with cases timely and efficiently. Proper treatment will then be conducted.

# 親親・寶貝-協助孩子遠離家庭暴力

## 親親・寶貝-協助孩子遠離家庭暴力

孩子出生後，夫妻間易因角色轉換、子女照顧及教養議題出現許多衝突，甚至出現家庭暴力行為。根據國內外相關研究及實務經驗顯示，長期目睹父母激烈爭吵或暴力行為，將對孩子產生許多負面影響。

### 目睹家庭暴力可能對孩子的影響

- 許多父母常認為孩子年紀小，不清楚父母之間發生什麼事，或即便孩子看到或聽到父母激烈爭吵或暴力行為，也不會有任何不良影響，但事實上，不論孩子年紀多小，不論孩子是否看到或聽到父母間的激烈爭吵或暴力行為，都會使孩子的生理與心理發展產生負面影響。
- 長期目睹父母激烈衝突或暴力行為，孩子會出現以下反應：
  - 嬰幼兒及學齡前階段
    - 生理層面出現發展遲緩現象
    - 出現嚴重的分離焦慮
    - 因恐懼、不安而影響孩子探索及遊戲能力
    - 在遊戲中可能模仿父母的暴力行為
    - 不敢表達情緒，或用激烈的方式表達憤怒與攻擊
    - 認為暴力是自己所導致的
    - 出現退化（如：已會自己上廁所後，突然變成經常尿在褲子上）
  - 學齡期階段
    - 恐懼、害怕、無力、憤怒、覺得都是自己的錯、缺乏安全感
    - 攻擊行為、焦慮（如：咬指甲、拔頭髮）、沮喪、退縮
    - 頭痛、胃痛、厭食、嗜睡、注意力不集中等
    - 對父母說相愛卻彼此傷害的行為，感到困惑、混淆
    - 認為暴力可以解決問題

### 如何幫助孩子遠離家庭暴力

- 家庭應是提供孩子穩定及安全成長的場所，保護孩子免於遭受家庭暴力的傷害更是父母的責任，因此，如果您和伴侶有意見上的爭執時，應冷靜地想辦法解決，切勿以暴力行為來逼迫對方屈服，或是藉由傷害孩子來報復對方，應尊重每個孩子的生命權。
- 如果您和伴侶的衝突已無法自行解決，甚至已經出現暴力行為，便應向專業人員尋求協助，或撥打113保護專線諮詢，才能真正改善彼此的關係，並讓孩子在安全、穩定及健康的關係中成長。

## Take care of your babies - Assist in protecting children from domestic violence

### Take care of your babies - Assist in protecting children from domestic violence

After the child's birth, arguments or even domestic violence may occur due to the change of roles in couples, parenting problems and education issues. According to relevant researches conducted in Taiwan and other places and empirical experiences, witnessing parents' argument or violent behaviors for a long time will exert negative impacts on children.

### Possible influences on your child when they witness domestic violence

- Many parents believe that their children are too young to understand what is going on between their parents. Children will not be negatively affected even when they see or hear their parents quarreling or acting violently. Actually, however young your child is, no matter if he has seen or heard you quarreling or acting violently or not, they will be negatively affected physically and mentally.
- The following may occur in children when they have witnessed fighting or violent actions of their parents for a long time:
  - During infancy, childhood and the preschool period:
    - Developmental delay physically
    - Severe separation anxiety
    - Fears or anxiety has influenced children's ability in exploring and playing
    - Imitate parents' violating actions in games
    - Afraid to express feelings or express them in an aggressive way
    - Thinking the violence is caused by himself
    - Degeneration (such as: when he has known how to go to toilet on his own, he would pee in his pants all of a sudden)
  - School age
    - Feeling scared, helpless, angry, everything is to blame on himself and lacking a sense of security
    - Aggressive actions, anxiety (such as biting fingernails, fiddling hair), depression, flinching
    - Headache, stomachache, loss of appetite, lethargy, failing to concentrate, etc.
    - Feeling lost and confused about his parents who said they are in love but hurt each other
    - Thinking that violence can solve problems

### How to help your child get away from domestic violence

- Families should provide children with a stable and safe place to grow in. Parents are responsible for protecting children from getting hurt from domestic violence. Therefore, if you and your partner have disagreements, you should calmly find a solution. Do not force each other to yield in a manner of violence, or harm the child in revenge. You should respect each child's right to life.
- If you and your partner are unable to resolve your conflicts on your own, and even violent actions have been shown, you should seek professional assistance or call the 113 protection hotline for consultation. Only by doing so can you fix your relationship and keep your child growing in a safe, stable and healthy relationship.

# 親子共讀

## 閱讀的重要性

在少子化的年代，每個孩子都是父母的寶貝。根據研究發現，及早養成閱讀習慣且喜歡閱讀的孩子，能夠從閱讀中獲得想像力的啟發與創造力的培養，不但對於孩子的腦力、語言等發展都很有助益，甚至在長大之後，各方面的表現多半也較為優異。因此，身為父母，都應該正視閱讀的重要性，尤其要養成孩子的閱讀習慣。建議父母要參與孩子的閱讀歷程，陪孩子一同領略閱讀的樂趣，在與孩子分享閱讀帶來的新奇體驗之際，也讓孩子深刻感受到父母的愛護與關懷，進而健康快樂地成長、茁壯。

## 寶寶的閱讀起步走

3-6個月大的寶寶，認知能力已慢慢發展到可受紅、黃、藍、綠等鮮豔色彩吸引；語言溝通發展方面，已經開始牙牙學語，甚至對自己的名字產生反應；生理動作發展方面，藉由抓、丟、推、拉等動作，慢慢發展出使用小肌肉的能力。在這個時候，父母可以將孩子抱在懷裡，使用柔軟的布書或可以發出聲音的童書，用溫柔的聲音教導寶寶認識書本上的顏色與形狀，從而刺激寶寶各方面的學習與成長。

7-9個月大的寶寶，生理動作已經發展到會自己坐著、使用雙手操作物品；認知能力發展到重複出現覺得有趣的探索行為（例如覺得鈴噹會發出聲音就一直去搖）、瞭解臉部表情所代表的意涵；語言溝通發展方面，會開始模仿與學習他人的說話及聲音，對簡單的指令性語彙（例如「再見」）有反應。在這個時候，父母可以鼓勵寶寶自己動手翻閱書本，輔以從旁向寶寶說明書本內容或圖片呈現的意涵，及試著用簡單的語彙與寶寶溝通互動，以激發寶寶對於閱讀的興趣。








10個月大以後的寶寶，父母可以就寶寶發展的情形，漸進加深親子共讀的方式與時間，總之，陪伴孩子閱讀的習慣與時間是不能減少的，相信身為父母的您，一定能從中發現不一樣的育兒樂趣。





Note: There are variations in development of every child. 50% of the children will develop in line with the normal age. 90% of children will develop in line with the alert age. When children older than alert ages are still not capable of certain abilities, please contact a doctor and ask for professional help.



Normal age		1.5 year old			2 year old			3 year old			4 year old			5 year old			6 year old																									
Gross motor skills																																										
		Is able to climb up and down stairs on his own			Is able to climb down a chair on his own			Is able to kick balls (with one leg standing and the other leg managing the kick)			Is able to throw balls or objects with palms down			Is able to jump with two feet off the ground without holding objects			Is able to climb up and down stairs on his own without being held or holding handrails			Is able to hop once without holding objects			Is able to stand still for 10 seconds on one leg without holding objects			Is able to walk 2 or 3 steps forward			Is able to hop at least 5 times without holding objects			Is able to jump as long as 45 cm or more with two feet										
Alert age								3 years old			5 years old			6 years old																												
Fine motor skills																																										
		Is able to overlap two building blocks			Is able to turn pages of a book; one page at a time			Is able to pour water from one glass to another			Is able to imitate and draw vertical lines			Is able to imitate and do origami			Is able to imitate and draw circles			Is able to hold pens with three fingers			Is able to imitate and draw a vertical line and a straight line			Is able to touch the palm with thumb or other four fingers			Is able to imitate and draw a regular triangle			Is able to draw people (with at least 6 identifiable body parts)										
Alert age		1 year and 8 months old									3 year and 6 months old			4 year and 6 months old			5 year and 6 months old																									
Is able to turn his head to the voice source																																										
		Is able to tell some body parts			Is able to say at least 10 words			Is able to correctly tell 6 body parts			Is able to talk and people will understand half of what he said			Is able to actively tell adults that he wants to go to the toilet			Is able to say his own name			Is able to correctly tell usages of two common items			Is able to correctly express "yours" and "mine"			Is able to correctly tell different genders			Is able to tell 3 colors of red, yellow and green			Is able to grab the correct object according to instructions (no more than 3 objects)			Is able to put number cards of 1 to 10 in a correct order			Is able to imitate and recite 5 Arabic numerals, such as 9, 6, 2, 5 and 7			Is able to tell functions of body parts, such as those of eyes and the mouth	
Alert age		2 years old									3 year and 6 months old																															
Treatment and social behavior																																										
		Is able to take off his clothes on his own			Is able to unwrap candy wrappers			Is able to wear shoes without laces on his own			Is able to drink with a spoon			Is able to wash his hands and dry them on his own			Is able to put on clothes on his own			Is able to play games with friends			He will not wet his pants during the day			Is able to wear socks on his own			Is able to brush his teeth on his own			Is able to zip up and unzip on his own			Is able to play games with simple rules, such as hide-and-seek							
Alert age		2 years old			3 years old			3 years old			3 year and 6 months old			3 year and 6 months old			6 years old																									

Note: There are variations in development of every child. 50% of the children will develop in line with the normal age. 90% of children will develop in line with the alert age. When children older than alert ages are still not capable of certain abilities, please contact a doctor and ask for professional help.



# Parent-child reading

## The importance of reading

After the child's birth, arguments or even domestic violence may occur due to the change of roles in couples, parenting problems and education issues. According to relevant researches conducted in Taiwan and other places and empirical experiences, witnessing parents' argument or violent behaviors for a long time will exert negative impacts on children. As the birth rate keeps dropping, every child is a precious gift for the parents. According to research, children who acquired the habit of reading early and enjoy reading are more imaginative and creative, which is highly beneficial for children's brain and language development. Even when they grow older, they tend to perform better in all aspects. Therefore, parents should value the importance of reading, especially getting kids into the habit of reading. Parents are suggested to read with kids and enjoy the pleasure of reading with them. As children enjoy the novel experience in reading, they can also feel the love and care from parents and grow up happily and healthily.

## When your baby starts reading

For babies of 3 to 6 months old, their cognitive ability has gradually grown to be attracted by bright colors such as red, yellow, blue and green. In terms of verbal communication development, they have started babbling, even reacted to their names. In terms of physiological actions development, with catching, throwing, pushing, pulling and other actions, they have slowly developed with the ability to use small muscles. At this time, parents can hold their children in their arms, use a soft cloth or books which can make sounds to teach their babies about colors and shapes with a gentle voice so as to stimulate all aspects of learning and growth.

For babies of 7 to 9 months old, their physiological actions have been developed to sit on their own, using both hands to operate objective. In terms of cognitive development, they would display interesting recurring exploratory behaviors (such as they will ring the bell repeatedly because they think bells will make sounds) and understand the implications of facial expressions. In terms of language communication development, they will begin to imitate others' sounds and learn from others' talks. They will react at simple prescriptive languages (such as "goodbye"). At this time, parents can encourage their babies to read books on their own, explain contents in the book or meaning or pictures for them in a supplemented manner and try to use simple vocabularies to communicate and interact with babies in order to stimulate the baby's interests in reading.

For babies older than 10 months, parents can gradually deepen parent-child reading and make it longer in accordance with babies' developmental status. In short, the habit of and time spent in reading with children cannot be reduced. We believe that you, as a parent, can certainly find the fun of parenting.

# 和尿布說掰掰～如廁訓練

嬰兒的大小便是靠反射動作，完全無法自己控制；2至3歲間，生理上已成熟到可以隨意控制大小便的肌肉，幼兒就能學會在內急時，不需要提醒，自己走向馬桶，脫下褲子大小便，之後再穿好褲子，這就是所謂完成「如廁訓練」了。能夠揮別尿布，真是孩子人生中的一大步！

## 順利完成如廁訓練的正確心態

- 孩子揮別尿布是遲早的事，家長不必太急躁，應保持輕鬆愉快的態度，像是跟孩子玩遊戲似的完成訓練。
- 如果遇到阻力，勿跟孩子硬拗，可包回尿布等一、兩個星期後再試，如廁訓練終會成功的。
- 孩子失誤時，以有點惋惜的態度，告訴他下次想尿或解便的時候，趕快告訴大人，大人會幫助他。然後幫他清理乾淨，並請他幫點小忙，例如把髒尿布丟進垃圾桶等，勿責罵或體罰孩子。家長強烈的情緒反應常常是訓練失敗的主要原因。
- 即使已經成功的達成訓練，孩子仍會有幾個月的時間偶有「意外」發生，這是正常現象。勿苛責孩子，冷靜、淡然處理即可。

## 開始訓練的良好時機

- 1歲半至2歲之間，通常男孩會較女孩慢一些。
- 以下現象表示孩子已準備好了：
  - 感覺得到膀胱脹和便意（例如突然安靜下來、臉部表情改變、跳腳、蹲下、拉扯褲子或用語言、手勢告訴大人）。
  - 尿濕了或解便了，會有所表示或讓大人知道。
  - 喜歡換上乾淨的尿布。
  - 瞭解「尿尿」、「嗯嗯」、「臭臭」、「便便」、「馬桶」、「乾的」、「乾淨」、「濕的」、「髒」的意思。
  - 看過同性別的大人或孩子（如手足）使用馬桶，知道馬桶是做什么用的。
  - 會自己拉下及拉上褲子。





# Say goodbye to diapers ~ Toilet training

A baby's urination and excretion rely on reflex actions, which are completely out of their control. For babies between 2 to 3 years of age, they are physically mature enough to be free to control the muscle of urination and excretion. They are taught to go to the toilet without being reminded, to take off their pants and answer nature's call. This is called the completion of the "toilet training". Being able to stop using diapers is a big step forward in your child's life!

## Correct attitudes towards the success of toilet training

- Children's saying goodbye to diapers is only a matter of time. Parents should not be too impatient. They should maintain a relaxed and pleasant mood as if they were playing games with their kids to complete the training.
- When you encounter resistance, do not be stubborn with your child. You can continue to use diapers and try again in one or two weeks. Toilet training will eventually be successful.
- When your child makes mistakes, tell him with regrets that next time when he wants to pee or poo, they should immediately ask an adult for help. Clean up for him and ask him for a favor, such as throwing the dirty diaper to a dustbin. Do not blame your child or conduct corporal punishment. Strong emotional reactions in parents is usually the main reason for training failures.
- Even when the training has been successful, there are occasional "accidents" happening within a couple of months which is normal. Do not blame your children. Keep calm and deal with it unruffled.

## Best timing to start the training

- Babies will succeed in the training between 1 and a half and 2 years old. Usually, girls are faster learners than boys.
- The following signs show that your children are ready:
  - Feeling that the bladder is full and a desire for excretion (for example, a sudden quiet, changes in facial expressions, hopping, squatting, pulling pants or telling an adult through language or gestures).
  - When they get the pants wet or they have excreted, they will let adults know.
  - They are willing to keep their diapers clean.
  - Understand what do "pee", "huh", "stinky", "poo", "toilet", "dry", "clean", "wet" and "dirty" mean.
  - They have seen how adults or children (such as siblings) of the same gender use a toilet. They know what toilets are for.
  - They are capable of pulling their pants up and down.



# 和尿布說掰掰～如廁訓練

## 訓練成功的訣竅

- 買了小馬桶後，先將它放在孩子常遊戲的地方，鼓勵他常常坐在上面，時間長短不拘，讓孩子逐漸熟悉它，視它為所有物。
- 注意孩子想小便或大便的跡象，或利用午睡剛睡醒或是飯後20-30分鐘的好時機，帶他到小馬桶處，鼓勵他脫下尿布坐上去，尿（或便）在裡面。
- 當孩子已經有一半的機率成功時，可以開始不穿尿布，改穿寬鬆的褲子，讓他練習自己拉下、拉上褲子。尿布只在午睡或夜裡才使用。

## 小技巧幫大忙

- 唸一、兩本有關如廁訓練的故事書給孩子聽。
- 讓孩子跟1、2位已經達成訓練的孩子一起玩，並看著別的孩子使用小馬桶。
- 不要選擇孩子正處於反抗期或生病時開始訓練。
- 不要一直嘮嘮叨叨的提醒、催促孩子，只有在他顯示出有尿意或便意時才帶他去坐小馬桶。
- 不要強制孩子坐上小馬桶；孩子不想坐了，就應該讓他起來；即使孩子未抗拒，坐了5分鐘還解不出來，也應該讓他起來。
- 孩子肯合作就應該誇獎他，如果解出，更應同時給予精神鼓勵和實質上的獎勵（如外出散步、貼紙等），可以有效的提高成功機率，不要怕物質獎勵寵壞孩子。







# Say goodbye to diapers ~ Toilet training

## Tips in the success of training

- After buying a little toilet, put it where children often play first and encourage him to often sit on it without a limit of duration, so that they will become familiar with it and see it as a possession.
- Note that when children show signs of a desire to urinate or defecate, when they just woke up from a afternoon nap or 20-30 minutes after a meals, it is a good time to take him to the little toilet and encourage him to take off diapers and urinate (or defecate) in it.
- When your child has got half the chance of success, you can begin to allow him wear baggy pants instead of diapers so that he can practice pulling his pants up and down. Diapers are used only during afternoon naps or night sleeps.

## Tips will work

- Read 1 or 2 story books about toilet training to your child.
- Allow your child to play with 1 or 2 children who have been successfully trained and watch other children use a little toilet.
- Do not start the training when your child is resisting it or when he is sick.
- Do not remind and urge your child all the time. Take him to the little toilet unless he expresses a desire for urination or excretion.
- Do not force your child to sit on the little toilet. When he does not want to sit on it anymore, you should allow him to stand up from it. When your child cannot pee or poo after sitting on it for 5 minutes, even though he has not show resistance, you should let him stand up.
- Children willing to cooperation should be praised. When he succeeds, you should compliment him with spiritual encouragement and substantial rewards (such as going out for a walk, stickers, etc.). It will effectively improve the chances of success. Do not be afraid that material reward would spoil your child.



# 女孩男孩都疼愛

隨著文化的變遷，兩性平等的觀念漸趨普及，新時代的父母應以更開明的兩性觀念，珍惜孩子的性別特質，讓孩子獲得適性的發展。

## 女性也可以傳宗接代

- 女性結婚後可繼續保有原來姓氏，無需再冠夫姓。
- 子女姓氏可由父母書面約定從父姓或母姓。
- 女性與男性具有平等的家產繼承權利，女兒和兒子繼承家產的權利也完全相同。
- 祭祀公業條例自2008年7月1日起施行，已摒棄過去排除女性繼承宗祠的習俗，展現男女的平權意識。
- 在喪葬禮儀中，女性也可以擔任主奠者及主持捧斗、執幡等儀式，傳承家族血緣。

## 孩子未來的成就無關性別

- 「性別平等教育法」：讓女性與男性皆有平等受教育之權利。
- 「性別工作平等法」：保障女性工作權之平等，消除性別歧視。
- 女性勞動參與率、專業技術人員比率、管理及經理人員比率不斷提升；國會議員和民意代表中的女性席次比例，及女性公務人員進入決策階層比率都有提高。

## 女孩男孩都是寶

- 研究發現，生女兒的父母較長壽，可能與女兒較貼心，會照顧年邁、生病父母有關。
- 父母和孩子之間的親情連結與子女性別並無關聯，長期情感的親密互動才是真正讓父母感到「有女、有子萬事足」的關鍵。

### 小提示

偏見停一停，女男一樣行，兩性都珍貴，平等才是對。讓我們珍惜生命，珍惜上天賜予我們的心肝寶貝。

# Love boys and girls equally

As the culture changes, the concept of gender equality is becoming universal. Parents in the new age should possess a more enlightened concept of gender, cherish the children's gender traits and allow them to get proper development that suits their gender.

## Female can pass down the family name, too

- When women get married, they can keep their maiden name and do not need to assume their husband's family name
- Parents may decide whether the children take the paternal or maternal family name with a written agreement.
- Women and men share equal rights when it comes to inheritance. Daughters and sons also share completely equal rights in terms of inheritance.
- The regulations for the funeral industry was carried out on 1 July, 2008. The regulations stipulate that the custom of limiting inheritance privileges to males only is abandoned, which exemplifies gender equality.
- Female members of the family can also play crucial roles in funerals and pass down family blood relationships.

## A child's future achievements have nothing to do with gender

- "Gender Equity Education Act": The Act gives both women and men equal rights to receive education.
- "Act of Gender Equality in Employment": The Act guarantees equal opportunities for employment for women and eliminates gender discrimination.
- The percentage of female labor, professionals and managers keeps rising. The number of seats held by female members in the parliament and legislation are increasing. There are also more and more female civil servants at the decision-making level.

## Boys and girls are equally precious

- Studies found that parents of a daughter live longer which is probably due to the fact that daughters tend to be more considerate. Daughters know how to take care of elderly and sick parents.
- The bond between parents and children does not correlate to the gender of the children. Long-term intimate interactions is the key of making parents love having their children around.

### Tips

Stop your prejudice. Boys and girls are both precious. We should promote equality. Let us cherish lives and babies who are blessed by God.

# 無菸家庭



菸品的煙霧中有超過7000種化學物質，其中數百種的成分具有毒性，有93種為有毒及致癌成分。「菸害」會增加孩子罹患呼吸道感染、氣喘、中耳炎、眼睛發炎、腸絞痛和嬰兒猝死症的機率，甚至會增加未來罹患癌症的風險。二手菸又稱被動吸菸，是指不吸菸的人吸取吸菸者噴吐的菸霧。三手菸是泛指吸菸後殘留在衣服、牆壁、傢俱，甚至是頭髮和皮膚等菸草殘餘化學物質，這些代謝物附著身上，毒性物質便四處傳播。

## 寶貝孩子的健康，請不要吸菸

- 孕婦吸菸會增加生出低體重兒與嬰兒猝死症的風險，孩子發生學習障礙或腦性麻痺的風險也較高。
- 二手菸、三手菸會傷害所有的人，但對於孩童而言特別危險，包括：
  - 會增加發生嬰兒猝死症的風險。
  - 會影響嬰兒腦部功能，干擾正常的呼吸。
  - 讓孩子容易咳嗽或打噴嚏、罹患氣喘或加重症狀、刺激耳咽管導致感染中耳炎。
  - 讓孩子肺功能較差，容易罹患如支氣管炎、喉頭炎或肺炎等呼吸道疾病。
  - 大人吸菸，使孩子更容易成為終生吸菸者，未來罹患癌症、喝酒、濫用藥物與發生問題行為等風險升高。

### 小提示

若您吸菸，建議您快戒菸！若您不吸菸，請鼓勵家裡的吸菸者戒菸！

- 免費戒菸專線：**0800-636363**
- 全國超過3,000家門診戒菸服務醫事機構、社區藥局  
(查詢電話：**02-2351-0120**)
- 洽各縣市衛生局(所)接受戒菸諮詢或服務，可索取免費戒菸教戰手冊

## 保護孕婦與孩子的健康，建議您立即戒菸！

「菸害防制法」新規定自98年1月11日實施。

- 室內公共場所與室內三人以上的共用工作場所全面禁菸（第15條）。
- 孕婦不得吸菸（第12條）。
- 任何人不得強迫、引誘或以其他方式使孕婦吸菸（第13條）。
- 於孕婦或未滿三歲兒童在場之室內場所，禁止吸菸（第17條）。



## Smoke-free families



Tobacco smoke products have more than 7000 kinds of chemical substances, including hundreds of toxic constituents. There are 93 kinds of toxic and carcinogenic ingredients. "Smoking" will increase risks of children in suffering from respiratory tract infections, asthma, otitis media, eye irritation, colic and sudden infant death syndrome. It will even increase the risk of cancer in the future. Secondhand smoke, also known as passive smoking, refers to the smoke blown out by smokers and inhaled by non-smokers. Third-hand smoke is residual chemical substances left on clothes, walls, furniture and even hair and skin. These metabolites will attach to bodies. And toxic substances will spread around.

### For your baby's health, please do not smoke

- Maternal smoking increases the risk of low birth weight, sudden infant death syndrome, learning disabilities and cerebral palsy.
- Second-hand smoke and third-hand smoke are harmful to everyone, especially to children. These harmful effects include:
  - Increase in the risk of sudden infant death.
  - Influence infants' brain function and disturb their breathing.
  - Make it easy for children to cough or sneeze. Make children suffer from shortness of breath or aggregated symptoms. Stimulate the eustachian tube or cause otitis media.
  - Worsen children's pulmonary functions, making easy to suffer from pulmonary diseases such as bronchitis, throat inflammation and pneumonia.
  - Children are more likely to become lifelong smokers if their parents smoke and the risks of suffering from cancer, being alcoholic, having drug abuse issues and behavioral problems will increase.

### To protect the health for both pregnant women and children, it is suggested that you quit smoking right now!

The new regulations of the "Tobacco Control Act" was implemented since 11 January, 2009.

- Smoking in indoor public places and indoor workplaces with three or more people should be thoroughly banned (Article 15).
- Pregnant women shall not smoke (Article 12).
- No person shall force, seduce or in other ways make a pregnant woman smoke (Article 13).
- Smoking shall be banned in indoor places where pregnant women or children under 3 years are present (Article 17).



### Tips



If you are a smoker, please quit smoking at once! If you are a non-smoker, please encourage smokers in your family to quit smoking!

- Free smoking cessation hotline: **0800-636363**
- In Taiwan, there are over 3000 medical institutions offering outpatient smoking cessation services and community-level pharmacies (Inquiry phone number: **02-2351-0120**)
- Receive counseling or services at the health bureau in each county and city and you will get the smoking cessation instructing handbook for free



# 早期療育成效佳

孩子進入小學就讀前，身體不斷成長，其神經、智能也同步發展中，並表現在認知、語言、動作、社會適應行為或情緒等各方面，形成一定的發展過程，比如：什麼時候會爬、會走、會對媽媽微笑、會開口叫「爸爸」、會開始怕陌生人、喜歡玩躲貓貓或辦家家酒等…如果有某些發展步驟沒有跟上一般正常發展的兒童，我們稱為「發展遲緩」。

## 兒童早期療育愈早進行成效愈好

- 過去家長多數存有「大雞慢啼」的觀念，以為孩子慢慢就會趕上。但現在認為，年幼的孩子神經系統可塑性較大，因此有發展遲緩現象的兒童應當接受早期療育，其黃金時間是在3歲之前，介入成效較好。
- 如果不能提早給予這些嬰幼兒協助，可能影響其後續的神經智能發展，因此早期療育就像疾病治療一樣，對孩子的身心健康十分重要！

## 較容易出現發展遲緩的高風險群

- 如果寶寶是早產兒、出生低體重、有先天性異常、腦部疾病或受傷、母親懷孕期間曾接觸過菸酒藥品，或家族近親有視聽覺障礙、智能不足、精神異常等，較容易發展遲緩，家長應特別留意觀察。
- 造成兒童發展遲緩的原因很多，專業團隊在評估時會給予仔細的評量。孩子如有疑似發展遲緩的症狀，家長應隨時帶孩子就醫，以儘速確診及轉介早期療育。

## 如何早期發現孩子的發展問題

- 家長平日應多加觀察寶寶的發展步驟，同時定期帶孩子接受健康檢查。
- 家長應定期觀察並填寫兒童健康手冊中各年齡層之「家長記錄事項」，及寶寶成長的發展步驟，並在每次健檢時，提供寶寶的狀況給醫師作參考。
- 家長可依寶寶的實足月（年）齡，自行對照各年齡層的發展重點。

### 小提示

若有疑似發展問題，請直接詢問兒科或家醫科醫師，協助您作適當的轉介。或撥打各縣市兒童發展聯合評估中心聯絡電話（參閱第240頁），或各大醫院的兒童神經科、兒童心智科或復健科。

# Early treatment is effective

Before entering a primary school, your child is growing physically with his nervous system and intelligence developing simultaneously showing in their performances in all aspects of cognition, language, actions, social adaptive behaviors and emotions. There is a certain process of development, such as: when are they able to climb, to walk, to smile to his mother, to say "Dad", to begin to be afraid of strangers, to be interested in playing hide and seek or kids picnic, etc. If he fails to keep pace with other ordinarily developed children in some of the developmental steps, we call it "a developmental delay".

## Early treatment and education of children, the sooner the better

- In old times, parents believed that "smart kids develop slowly". They thought kids will catch up gradually. Nowadays, it is believed that young children have greater plasticity of the nervous system. Therefore, children with developmental delays should receive early treatment and education. The prime time is in the first three years of their lives with a better effectiveness of intervention.
- If you cannot offer early assistance, it may affect children's subsequent nervous and intellectual development. Therefore, early treatment and education are the same as the treatment of diseases, which is very important to children's physical and mental health!

## How to detect developmental problems in children early

- For children who are pre-mature babies or those with a low birth weight, congenital anomalies, brain diseases or injuries, born to a mother who has been exposed to alcohol or drugs during pregnancy, born with familial close relatives who have visual and auditory impairment, mental retardation, mental disorders, they tend to have developmental delays and their parents should pay a special attention to observe.
- Causes of developmental delays in children vary. A professional team will give careful assessment. Children with suspected symptoms of developmental delays should be taken to the hospital by parents for immediate diagnosis and being referred for early treatment.

## A high-risk group of developmental delays

- Parents should observe the baby's development status more carefully while taking children to health checkups regularly.
- Parents should regularly observe children's health and fill in the "parents recording items" and developmental status of babies' growth in the Child Health Handbook and provide with the baby's condition for the doctor's reference during each health checkup.
- Parents can refer to developmental focus of different ages in accordance with their babies' actual ages.

### Tips

If your child has suspected development issues, please directly consult with a pediatrician or general practitioner to help you make appropriate referrals. You can also call the evaluation center of children development in each county or city (refer to page 241) or children's Neurology departments, children's mental rehabilitation departments or physiotherapy departments in major hospitals.

# 國小學前健康檢查與入學準備

孩子上小學前，家長如果能讓其先養成基本的生活自理、自我表達、情緒行為表現等能力，對其入學後的學習適應和發展將會有很大幫忙。而入國小前的健康檢查、發展評估及相關醫學建議，有助於了解學生入學後，在學習上可能遭遇到的困難，因此意義重大。

## 入國小前的準備

- 生活自理能力：
- 能靈活使用餐具。
  - 能在餐後收拾自己的餐具。
  - 能遵守用餐禮儀，如不邊吃邊說話或亂丟食物殘渣等。
  - 能整理服裝、儀容，以及餐後擦嘴巴、漱口、洗手等。
  - 能穿脫衣服、襪子、鞋子及整理衣物，例如放、摺、疊、掛。
  - 能使用蹲、坐馬桶。
  - 能遵守如廁禮節及衛生習慣，如敲門、擦拭、沖水、洗手。
- 自我表達能力：
- 能以自己的詞彙，清楚發音來表達生活需求。
  - 能以動作、手勢或其他肢體語言來幫助陳述。
  - 能注意傾聽別人說話，並表達是否聽懂。
  - 能理解較為冗長或複雜的應對語句。
- 情緒行為表現：
- 能適度紓解情緒，能表達喜、怒、哀、樂。
  - 能表達適當的社會行為，避免不當的退縮或攻擊行為。
  - 能跟別人和諧互動溝通。

## 家長為孩子入學前所做的其他教育準備

- 備妥子女各項資料，拜訪學校、老師。
- 詢問學校、老師相關學習及配合方式。
- 教導子女認識學校環境及教室方位。
- 教導子女在校園中行的安全知能與技巧。
- 教導子女熟悉教室內的佈置、動線及座位。
- 教導子女辨識自己上學常需攜帶的文具、用品。



## 入國小前健康檢查的意義

- 進入小學前的健康檢查、發展評估以及相關醫學建議，有助於讓家長、學校老師或健康照護人員（如學校護士）了解學生入學後，在學習上可能遭遇到的困難，以及解決問題的個人需求。例如，部分心臟病、氣喘、糖尿病、腎臟病或其他特定疾病的學生上體育課時，不適合進行劇烈運動。
- 身心障礙的學生在學習環境的適應以及整體學習障礙的克服上，可能需要更多的協助，必要時可報請縣市政府，透過正式鑑定、安置與輔導程序，接受適時適切的特殊教育及其相關協助措施。

# Health check-ups and preparations before going to a primary school

Before entering a primary school, if parents allow children to develop their abilities that include basic self-care ability, self-expression ability, emotional behavior ability and other capabilities, it will be of great help for the adaptation and development of their learning after enrollment. Before entering a primary school, health check-ups, developmental evaluations and relevant medical suggestions are helpful to predict possible difficulties that your child will encounter after enrollment, which are of great significance.

## Preparations before going to a primary school

- Self-care ability:
  - Be able to use utensils.
  - Be able to pack their tableware after meal.
  - Be able to follow dining etiquette, such as not talking while eating or throwing food residues.
  - Be able to manage clothing and appearance, wipe mouth, brush teeth and wash hands after a meal and so on.
  - Be able to put clothes on and off, socks, shoes and managing clothing, such as putting them in order, folding and hanging.
  - Be able to use squatting and sitting toilets.
  - Be able to follow toilet manners and be mindful of hygiene, such as knocking at the door, cleaning, flushing the toilet and washing hands.
- Self-expression ability:
  - Be able to express needs in their own words with clear pronunciations.
  - Be able to state facts with the help of actions, gestures or other body languages.
  - Be able to listen to others and express whether they understand.
  - Be able to understand relatively long or complicated sentences.
- Emotional behavior ability:
  - Be able to moderately ameliorate emotions and can express happiness, anger, sadness and excitement.
  - Be able to express proper social actions and avoid improper flinching or aggressive behaviors.
  - Be able to interact harmoniously.

## Other educational preparations of parents before their child going to a school

- Prepare fully about your child's materials and visit the school and the teachers.
- Consult the school and the teachers with proper ways to learn and to cooperate.
- Instruct your child to get familiar with the school environment and the location of classrooms.
- Teach children about safety knowledge and skills in schools.
- Instruct your child to get familiar with the arrangement and seats in the classroom.
- Instruct your child to get familiar with the school stationery and objects that are often needed in school.

## Health check-ups and preparations before going to a primary school

- Health check-ups, developmental evaluations and relevant medical suggestions before enrolling in a primary school are helpful for parents, school teachers and carers. (such as nurses at the school) to know about possible difficulties that the child will encounter after enrollment to help solve these problems. For example, when students who suffer from some heart diseases, asthma, diabetes, kidney diseases or other specific diseases are having PE classes, they are not suitable for strenuous exercises.
- Students with disabilities may require more assistance in overcoming barriers in learning and in the adaptation of the learning environment. When necessary, you can report to the governments of each county and city receiving timely and appropriate special education and related assistance measures through formal identification, placement and counseling programs.

# 溫柔呵護

孕產婦關懷專線

0800-870870(抱緊您抱緊您)

## 雲端照護

孕產婦關懷網站

<http://mammy.hpa.gov.tw/>



孕產婦關懷專線

0800-870870(0800-抱緊您抱緊您)

- ☒ 專人諮詢
- ☒ 產前諮詢
- ☒ 產後照護



服務時間 週一至週五上午8:00至下午18:00(星期例假日除外)



孕產婦關懷網站

<http://mammy.hpa.gov.tw/>

- ☒ 孕產知識
- ☒ 產檢管理
- ☒ 健康管理
- ☒ 媽媽日記



衛生福利部國民健康署  
孕產婦關懷中心 關心您





# Tender Loving care

Maternal care hotline

**0800-870870 (0800-We will hug you tight)**

## Cloud care

Maternal care website

<http://mammy.hpa.gov.tw/>



### Maternal care hotline

0800-870870 (0800-We will hug you tight)

- ☒ Specialist consulting
- ☒ Pre-natal consulting
- ☒ Postpartum care



Service hours 8:00 am - 18:00 pm, from Monday through Friday (except weekends and holidays)



### Maternal care website

<http://mammy.hpa.gov.tw/>

- ☒ Maternal knowledge
- ☒ Pre-natal check-ups management
- ☒ Health management
- ☒ Mom's diary



Website of the Health Promotion  
Administration, Ministry of Health and Welfare  
Maternal Care Center Care for You



## 提醒家長預防接種注意事項

- 一、請依所列疫苗種類、時程按時接種，以達接種效益。接種時請務必攜帶兒童健康手冊及健保卡，以利查核登錄，接種紀錄應妥善永久保存，以備國小新生入學、出國留學、工作、移民及各項健康紀錄檢查之需。
- 二、媽媽若為高傳染性B型肝炎帶原者(s抗原及e抗原均為陽性)的嬰兒
  - 應於出生後儘速注射1劑B型肝炎免疫球蛋白及B型肝炎疫苗，越早越好，同時不要晚於24小時。
  - 因e抗原(HBeAg)陽性媽媽所生之小孩可能有10%之帶原機會，應於出生滿12個月大時進行B型肝炎表面抗原(HBsAg)及B型肝炎表面抗體(anti-HBs)等檢測。針對檢測後之相關建議，請參閱第228頁幼兒B型肝炎追蹤檢查項目及紀錄表。
- 三、選擇自費進行嚴重複合型免疫缺乏症(SCID)篩檢，應注意事項如下：
  1. 接種卡介苗可以預防結核性腦膜炎及粟粒性結核所造成的後遺症或死亡，因此愈早接種愈好。
  2. 極少數的寶寶會有嚴重複合型免疫缺乏症，發生率約為十萬分之一；此類寶寶可能因為接種卡介苗(活性減毒疫苗)，感染卡介苗內之結核菌引發疾病。因此，在篩檢前，家長需簽署SCID新生兒篩檢同意書，並權衡疫苗的效益和風險後，可以選擇於未知結果報告下，於出院前即接種卡介苗。
  3. 若未於住院期間完成卡介苗接種，篩檢後，若送驗醫療院所通知家長檢驗報告異常，則不應接種卡介苗，且應請依指示至轉介醫院做進一步治療。
  4. 若無3的情形，且未於住院期間完成卡介苗接種，則接種卡介苗最遲應於出生滿1個月接種B型肝炎疫苗第2劑時，同時完成。
- 四、白喉、破傷風混合疫苗(DT)係提供6歲以下不適合接種百日咳疫苗的兒童接種，例如曾因注射含白喉破傷風百日咳混合疫苗而有嚴重反應者，可預防白喉和破傷風。
- 五、流感疫苗接種對象為年滿6個月以上至國小6年級學童，除8歲(含)以下兒童首次接種需接種2劑外，曾接種者或9歲以上每年接種1劑即可。國小學童於學校集中接種，全面提供1劑公費流感疫苗。
- 六、水痘疫苗接種對象為92年元月以後出生且滿12個月以上之幼兒(得過水痘的幼兒不用再接種水痘疫苗)。
- 七、自102年起「麻疹腮腺炎德國麻疹混合疫苗(MMR)第2劑」、「減量破傷風白喉非細胞性百日咳及不活化小兒麻痺混合疫苗(Tdap-IPV)」及日本腦炎疫苗第4劑提前於滿5歲至入國小前完成。

# Reminders to parents about preventive vaccination

- I. Please follow the listed types of vaccine, vaccination time schedules and receive inoculation in time to assure vaccination effectiveness. Be sure to bring the Child Health Handbook and the insurance card in times of inoculation for checking and registering. Vaccination records should be properly stored permanently to prepare for inspections before entering a primary school, studying or working abroad, immigration and other health check-ups.
- II. Babies whose mothers are carriers of highly contagious hepatitis B (positive HBsAg and HBeAg)
  - Shall be injected with hepatitis B immunoglobulin and hepatitis B vaccine no later than 24 hours after birth, as soon as possible. The sooner the better.
  - 10% babies born by mothers who are HBeAg positive will become carriers. Thus, they should be tested for HBsAg and anti-HBs when they turn 12 months old. For relevant suggestions after the test, please refer to the hepatitis B follow up check-up items and records in children on page 229.
- III. For those who choose to receive severe combined immuno-deficiency (SCID) screening at their own expenses should note the following:
  1. BCG vaccination can prevent tuberculous meningitis and complications or death caused by miliary tuberculosis. Thus, it is better to receive the inoculation sooner.
  2. A few babies have severe combined immuno-deficiency with an incidence of about 10 per million owing to BCG vaccination (live attenuated vaccines) which leads to an infection of tubercle bacillus.  
Therefore, prior to the screening, parents must sign a consent of SCID newborn screening and weigh the benefits and risks of the vaccine. You can choose to receive BCG vaccination before hospital discharge without knowing the results.
  3. For children who failed to complete the BCG vaccination during hospitalization, after the screening, if the medical institutions inform parents that the inspection results are abnormal, the BCG vaccination should not be conducted. Children should then be referred to a hospital for further treatment in accordance with instructions.
  4. If the situation mentioned in article 3 did not appear and children still failed to complete the BCG vaccination during hospitalization, they should receive the BCG vaccination together with the second hepatitis B vaccination when they turn 1 year old.
- IV. Diphtheria and tetanus mixed vaccines (DT) are provided to children under 6 years of age who are not suitable for pertussis vaccination, including those who suffer from severe reactions after inoculation of diphtheria, tetanus and pertussis mixed vaccine. It could prevent diphtheria and tetanus.
- V. Influenza vaccinations are for children aged from six months or more to Grade 6 primary school students. Children under (inclusive) 8 years old who received the vaccination for the 1st time should be injected again. Others with a vaccination history or children older than 9 years old can be vaccinated once annually.  
Primary school students will be vaccinated centrally in their schools. We offer 1 dose of influenza vaccination at public expense.
- VI. The target group of varicella vaccination are children born after Jan. 2003 and are older than 12 months old (young children who have had chickenpox do not need to be vaccinated again)
- VII. Since 2013, the "Measles, mumps and rubella combined vaccine (MMR), 2nd dose", the "reduction tetanus, diphtheria, acellular pertussis and inactivated polio mixed vaccine (Tdap-IPV)" and the 4th dose of Japanese encephalitis vaccine are applied in children who are older than 5 years old before entering a primary school.

# 按時預防接種小寶貝健康沒煩惱

寶寶誕生了！提醒家長們，預防接種是最直接、最有效的傳染病預防措施。讓您的寶寶贏在起跑點，主動預防，快樂接種！

## 目前由政府提供學幼童接種的疫苗

### 常規預防接種項目

- 卡介苗
- B型肝炎疫苗
- 白喉破傷風非細胞性百日咳、b型嗜血桿菌及不活化小兒麻痺五合一疫苗
- 13價結合型肺炎鏈球菌疫苗
- 水痘疫苗
- 麻疹腮腺炎德國麻疹混合疫苗
- 日本腦炎疫苗
- 破傷風白喉非細胞性百日咳及不活化小兒麻痺混合疫苗
- 每年10月起於流感疫苗接種計畫實施期間，提供6個月以上至國小6年級之學幼童接種流感疫苗

### A型肝炎疫苗

設籍於30個山地鄉、9個鄰近山地鄉之平地鄉鎮及金馬地區出生滿1歲之幼童。

註：實施地區可撥打各縣市預防接種專線（第232頁）洽詢或至疾病管制署網站（<http://www.cdc.gov.tw/>預防接種專區）查閱。

### 接種單位、應攜帶文件及相關費用

- 現今提供學幼童預防接種服務的單位包括各縣市之衛生所（室）及各衛生單位合約之醫院診所，相關資訊可撥打各縣市預防接種專線（參閱232頁）洽詢。
- 幼兒預防接種應攜帶兒童健康手冊及健保卡，初次赴該單位接種者，請同時攜帶戶口名簿，以利幼兒接種資料之登錄。至於結合型肺炎鏈球菌疫苗則請依所屬類別另檢具證明文件（如診斷證明書、低/中低收入戶證明或戶口名簿）。
- 兒童接受常規預防接種，疫苗由政府免費提供，合約醫院診所所得依據各縣市所訂收費標準酌收掛號、診察等費用。而低收入戶及中低收入戶13歲以下兒童至合約院所接種常規疫苗或學齡前幼兒至合約院所接種流感疫苗，其診察費則由政府支付接種院所。
- 如同時接種兩項以上疫苗或因其他看診或實施預防保健健康檢查已申請健保給付者，則該診察費、掛號費不再另加。

# Receive preventive vaccinations routinely Free your baby from health problems

The baby was born! We remind parents that vaccination is the most direct and effective way to prevent infectious disease. Let your baby win at the starting point. Take the initiative to prevent and receive vaccinations happily!

## Vaccines provided by the government for school children

### Routine vaccination programs

- BCG
- Hepatitis B vaccine
- Diphtheria, tetanus, acellular pertussis, B type Haemophilus and inactivated polio 5 in 1 vaccine
- 13-valent conjugated pneumococcal vaccine
- Chickenpox Vaccine
- Measles, mumps and rubella combined vaccine
- Japanese encephalitis vaccine
- Reduction tetanus, diphtheria, acellular pertussis and inactivated polio mixed vaccine
- Every October, during the implementation of influenza vaccination program, the government will provide children aged from six months or more to Grade 6 primary school students with influenza vaccinations.

### Hepatitis A Vaccine

Infants older than 1 year old in 30 mountainous towns, 9 villages and towns near mountainous areas and the Jinma Region.

Note: you can call the preventive vaccination hotline in each county and city (page 233) to consult or visit the website of the Disease Control Department ([http://www.cdc.gov.tw/preventative\\_vaccination](http://www.cdc.gov.tw/preventative_vaccination)).

### Vaccination institutions, materials to be prepared and relevant charges

- Institutions that provide preventive vaccination services for school children include clinics (clinical rooms) in each county and city as well as clinics in authorized hospitals. For more relevant information, please call the preventive vaccination hotline in each county and city (refer to page 233).
- When conducting children vaccinations, you should bring the children's health insurance card and the Children Health Handbook. For those who receive vaccination for the first time, please also bring with you the household registration in order to facilitate the registration of the children's vaccination information. As for conjugated pneumococcal vaccines, please bring with you other documents according to the Category (such as a certificate of diagnosis, low / middle income households proof or household registration).
- When children are receiving routine vaccinations, the free vaccines are provided by the government. Authorized hospitals and clinics will charge for registration, examination and other expenses according to standards of each county and city. Children under 13 years old who are from low-income households or low-income households can go to an authorized hospital to receive routine vaccinations. Pre-schoolers can go to an authorized hospital to receive influenza vaccinations. Examination fees are paid by the government.
- When more than 2 vaccine inoculations are needed, or those who have applied for paying through health insurance due to other diagnosis or preventive health check-ups, the examination fee, registration fee will not be charged repeatedly.



# 按時預防接種小寶貝健康沒煩惱

## 什麼情況下不能接種疫苗

常見父母因幼兒的小病不斷，而一再延遲疫苗接種，其實一般除發高燒及染患急性疾病，考量接種疫苗後的反應可能會影響病情的判斷不要接種外，如感冒已進入恢復期僅流鼻水等症狀，是可以接種的，如父母仍不放心，應請醫師評估。而先前接種該項疫苗曾發生嚴重反應或未經治療的結核病患，亦列為接種禁忌。

此外，活性減毒疫苗（包括麻疹腮腺炎德國麻疹混合疫苗、水痘疫苗）有下列禁忌：

1. 免疫不全或正接受免疫抑制劑治療者。（服用類固醇者，請與醫師討論是否適合接種疫苗）。
2. 染患嚴重疾病、營養不良致免疫力低下者。
3. 孕婦。
4. 接受血液製劑後與麻疹腮腺炎德國麻疹混合疫苗、水痘疫苗應注意下列接種間隔：
  - 一般肌肉注射免疫球蛋白或B型肝炎免疫球蛋白，應間隔3個月。
  - 輸過血或接受靜脈血液製品者，應間隔6個月（Washed RBC 無須間隔）。
  - 靜脈注射高劑量（ $\geq 1\text{g/kg}$ ）免疫球蛋白，應間隔11個月。

※ 幼兒如有接受呼吸道融合病毒（RSV）預防性單株抗體（Palivizumab），與各項疫苗無須間隔。
5. 接種卡介苗尚有下列禁忌：嚴重濕疹與有明顯皮膚表皮缺損的其他皮膚病、免疫機能不全者。另，如有下列情況，應特別注意：
  - a. 疑似結核病人及疑似被結核菌感染者，勿直接接種卡介苗。
  - b. 早產兒或出生體重在2,500公克以下之新生兒（體重一旦超過2,500公克，經醫師診察確定可接種不在此限）。
  - c. 發燒或正患有急性中重度疾病者，宜待病情穩定後再接種。
  - d. 麻疹及水痘感染，待復原期（6週）後再接種。
  - e. 請父母確認父母雙方家人沒有疑似先天性免疫缺失之家族史（如幼年因不明原因感染而死亡）。

## 疫苗接種部位及途徑

幼兒預防接種為盡量避開有神經及血管的部位，一般選擇於大腿前外側或上臂三角肌接種，針對2歲以下嬰幼兒，建議接種部位為大腿前外側。而水痘、日本腦炎及麻疹腮腺炎德國麻疹混合疫苗採皮下注射，其餘不活化疫苗則採肌肉注射。

# Receive preventive vaccinations routinely Free your baby from health problems

## Circumstances where vaccinations cannot be conducted

It is common that parents repeatedly delayed vaccinations due to ailments in children. In fact, except for a high fever and acute diseases whose conditions may be influenced after vaccination, under circumstances including catch a cold which has entered the recovery phase merely with a runny nose and other symptoms, your child can be vaccinated. If you are still worried, you should ask a physician for evaluation. Those who had a serious reaction after vaccination or those with untreated tuberculosis must not be vaccinated.

Furthermore, the active attenuated vaccines (including measles, mumps, rubella combined vaccine and varicella vaccine) have the following contraindications:

1. Patients with immuno-deficiencies or are undergoing an immuno-suppressive therapy. (those who are taking steroids, please discuss with physicians whether it is appropriate to be vaccinated).
2. Infected with a serious disease, low immunity caused by malnutrition.
3. Pregnant women.
4. After receiving a blood product, be aware of the following inoculation interval when you are going to receive the measles, mumps and rubella vaccine or the varicella vaccine:
  - The interval for those who have received general intramuscular immunoglobulin or hepatitis B immunoglobulin should be 3 months.
  - The interval for those who have received intravenous transfusion of blood or blood products should be 6 months (receiving Washed RBC does not need an interval).
  - The interval for those who have received intravenous injection high doses ( $\geq 1\text{g} / \text{kg}$ ) of immunoglobulin should be 11 months.

※ If children have received the respiratory syncytial virus (RSV) monoclonal antibody prophylactic (Palivizumab), there should be no intervals.
5. BCG vaccination still has the following contraindications: severe eczema and other skin diseases with significant epidermis defects, immune function insufficiency. Also, if the following conditions occur, you should pay particular attention to them:
  - a. Suspected tuberculosis patients and those who are suspected of being infected with tuberculosis should not directly receive BCG vaccinations.
  - b. Pre-mature babies born with a weight lower than 2,500 grams (once the weight exceeds 2,500 grams, they might be vaccinated after a doctor's exam).
  - c. Patients having a fever or are suffering from acute moderate to severe diseases should wait until conditions are stable.
  - d. Measles and chickenpox infection. They should not be vaccinated before the recovery period (six weeks).
  - e. Please confirm that families of both parents do not have a suspected family history of congenital immuno-deficiency (such as childhood deaths due to infections for unknown reasons).

## Vaccination areas and methods

When conducting children vaccinations, we should try to avoid the areas of nerves and blood vessels. We will usually select in the antero-lateral thigh or upper arm deltoid for vaccination. For infants under 2 years of age, we recommend that the vaccination area should be the antero-lateral thigh. The chicken pox, Japanese encephalitis and measles, mumps and rubella combined vaccinations are conducted subcutaneously. Other inactivated vaccines are inoculated intramuscularly.

# 按時預防接種小寶貝健康沒煩惱

## 接種疫苗後可能發生的反應與處理

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，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，應儘速就醫診察，找出真正的病因。如本身有熱性痙攣的病史，在接種疫苗後，可能會增加出現熱性痙攣之機會，除需注意體溫變化外，亦請於接種前告訴醫師，俾利其評估退燒藥之服用時機。

各項疫苗接種後的反應及處理方法如下表，若仍有預防接種相關問題，可撥打各地衛生局預防接種專線洽詢。（參閱232頁）。

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>一般少有特別反應。</li> </ul>
白喉破傷風非細胞性百日咳、b型嗜血桿菌及不活化小兒麻痺五合一疫苗 #	<ul style="list-style-type: none"> <li>接種後1-3天可能發生注射部位紅腫、酸痛，偶爾有哭鬧不安、疲倦、食慾不振或嘔吐等症狀，通常2-3天後會恢復。</li> <li>不停啼哭或發高燒之症狀較為少見；而嚴重不良反應如嚴重過敏、昏睡或痙攣則極為罕見。</li> <li>如接種部位紅腫持續擴大、接種後持續高燒超過48小時或發生嚴重過敏反應及嚴重不適症狀，應儘速請醫師處理。</li> </ul>
水痘疫苗⊙	<ul style="list-style-type: none"> <li>局部腫痛，注射後5-26天於注射部位或身上出現類似水痘的水泡。</li> </ul>
麻疹腮腺炎德國麻疹混合疫苗⊙	<ul style="list-style-type: none"> <li>在接種後5-12天，偶有疹子、咳嗽、鼻炎或發燒等症狀。</li> </ul>
日本腦炎疫苗 #	<ul style="list-style-type: none"> <li>一般少有特別反應。</li> </ul>
減量破傷風白喉非細胞性百日咳及不活化小兒麻痺混合疫苗 #	<ul style="list-style-type: none"> <li>接種部位常有紅腫、疼痛現象，通常都是短暫的，會在數天內恢復，請勿揉、抓注射部位。</li> <li>如接種部位紅腫、硬塊不退、發生膿瘍或持續發燒，請儘速就醫。</li> <li>偶爾有食慾不振、嘔吐、輕微下痢、腸胃不適等症狀。</li> </ul>
流感疫苗 #	<ul style="list-style-type: none"> <li>局部腫痛，偶有發燒、頭痛、肌肉酸痛、噁心、皮膚搔癢、蕁麻疹及紅疹等全身性輕微反應，一般會在發生後1-2天內自然恢復。</li> </ul>
13價結合型肺炎鏈球菌疫苗 #	<ul style="list-style-type: none"> <li>接種後少數的人可能發生注射部位疼痛、紅腫的反應，一般於接種2天內恢復。</li> <li>發燒、倦怠等嚴重副作用極少發生，接種後如有持續發燒、嚴重過敏反應，如呼吸困難、氣喘、眩暈、心跳加速等不適症狀，應儘速就醫，請醫師做進一步的判斷與處理。</li> </ul>
A型肝炎疫苗 #	<ul style="list-style-type: none"> <li>一般少有特別反應，少數為接種部位紅腫痛。系統性反應不常見。</li> </ul>

⊙活性減毒疫苗 #不活化疫苗

# Receive preventive vaccinations routinely Free your baby from health problems

## Possible reactions after vaccinations and their treatment

After vaccination, there may occur local redness, swelling and pain. They usually will disappear within 2 to 3 days. As in the case of fever, ask your doctor for antipyretics. When a high fever lasts and other specific symptoms occur, your child may be infected with other diseases. Please go to see a doctor immediately to find out the real cause. For babies who have a history of thermal convulsion, it may increase the chance of heat cramps after vaccination. Except for noting changes in body temperatures, you should also inform the doctor before vaccination to serve the benefit of its assessment of the timing to take antipyretics.

The reaction and treatment of vaccinations are shown in the following table. If there are issues related to vaccinations, please call the vaccination hotline of local health bureau. (refer to page 233).

Type of vaccines	Reactions and treatment
BCG ☉	<ul style="list-style-type: none"> <li>After inoculation, there are usually small red nodules in the injection area which do not need special treatment. When they turn into a slight pustule or ulcer, you do not need to squeeze it or wrap it up. You just need to keep the area clean and it will heal naturally in 2 to 3 months.</li> <li>If there are large amounts of pus or ipsilateral axillary lymphadenopathy in the injection area, please go to a doctor for treatment.</li> </ul>
Hepatitis B vaccine #	<ul style="list-style-type: none"> <li>Generally, there is quite few special reactions.</li> </ul>
Diphtheria, tetanus, acellular pertussis, B type Haemophilus and inactivated polio 5 in 1 vaccine #	<ul style="list-style-type: none"> <li>1 to 3 days after vaccination, it may show at the injection area redness and pain. Babies would occasionally cry. There may also be anxiety, fatigue, loss of appetite or vomiting and other symptoms. They usually will recover in 2 to 3 days.</li> <li>Constant crying or fever with a high temperature are rare. Serious adverse reactions such as severe allergies, lethargy or seizures are extremely rare.</li> <li>When the swelling continues to expand in the vaccination area, a fever lasting over 48 hours after inoculation or suffering from severe allergic reactions and severe symptoms, please see a doctor as soon as possible for treatment.</li> </ul>
Chickenpox vaccine ☉	<ul style="list-style-type: none"> <li>Local swelling may appear 5 to 26 days after inoculation at the injection area. Or there are chickenpox-like blisters occurring on the body.</li> </ul>
Measles, mumps and rubella combined vaccine ☉	<ul style="list-style-type: none"> <li>Rash, coughing, rhinitis or fever and other symptoms occur occasionally 5 to 12 days after vaccination.</li> </ul>
Japanese encephalitis vaccine #	<ul style="list-style-type: none"> <li>Generally, there are quite a few special reactions.</li> </ul>
Reduction tetanus, diphtheria, acellular pertussis and inactivated polio mixed vaccine #	<ul style="list-style-type: none"> <li>There are usually redness, swelling and pain occurring in the vaccination area which are usually short-lived and will recover in a few days. Do not rub or grasp the injection area.</li> <li>If the injection area swells, the lumps do not eliminate, abscess or a persistent fever occurs, please go to a doctor as soon as possible.</li> <li>Symptoms such as loss of appetite, vomiting, mild diarrhea, stomach discomfort and others occur occasionally.</li> </ul>
Flu vaccine #	<ul style="list-style-type: none"> <li>Local swelling and pain may occur. Sometimes a fever, a headache, muscle aches, nausea, pruritus, urticaria, rash and other minor systemic reactions may also occur which will usually naturally recover after 1 to 2 days.</li> </ul>
13-valent pneumococcal conjugated vaccine #	<ul style="list-style-type: none"> <li>After inoculation, pain and swelling may occur at the injection area in a few people. Generally, they will recover within 2 days of vaccination.</li> <li>Serious side effects of fever, fatigue and others are rare. If a persistent fever or severe allergic reactions occur after vaccination such as dyspnea, shortness of breath, dizzy faint, rapid heartbeat and other symptoms, go to see a doctor as soon as possible. Your physician will make further judgment and treatment.</li> </ul>
Hepatitis A vaccine #	<ul style="list-style-type: none"> <li>Generally, there are quite a few special reactions. Local redness, swelling and pain may occur on a few people.</li> </ul>

☉ Activity attenuated vaccines # Inactivated vaccine

# 按時預防接種小寶貝健康沒煩惱

## 疫苗接種間隔

- 活性減毒疫苗可同時接種，如不同時接種最少要間隔1個月。如為口服活性減毒疫苗則可與其他活性減毒注射式疫苗同時或間隔任何時間接種。
- 不活化疫苗可同時（分開不同部位接種）或間隔任何時間接種。
- 活性減毒與不活化疫苗可同時（分開不同部位接種）或間隔任何時間接種，但黃熱病與霍亂疫苗應間隔3週以上。

## 疫苗漏打或延遲，應如何補種

各項疫苗規定的接種時程一般是經研究達到最佳的免疫效果，寶寶如非因接種禁忌或特殊情形延遲接種，請家長按時為寶寶補完各劑應接種疫苗。漏打的疫苗不用從頭接種，但應儘速依衛生單位規定進行補種或繼續完成。

## 寶寶兩地跑，預防接種該如何接續

若攜子女居住或往來於兩國之間，由於各國之預防接種項目與時程，可能因該國的疾病流行趨勢等相關因素而有些微不同，至當地應先瞭解該國之預防接種項目與時程，再依其規定接續完成各項預防接種；回國後其預防接種之接續，可攜帶原使用保存之預防接種紀錄至各地衛生所（室）及各縣市預防接種合約醫院診所完成補接種。

## 預防接種紀錄保存與補發

嬰幼兒自出生後各項疫苗接種的日期及接種單位等資料，應登記在本手冊的「預防接種時程及紀錄表」上，妥善永久保存，以提供後續醫護人員接種之參考。幼兒及國小新生入學時，必須繳交該紀錄影本，經校方及衛生單位檢查，若有未完成接種的疫苗，則安排進行補接種。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。幼兒接種紀錄丟了，可向原接種單位申請補發，如在各不同地點接種，可先向現戶戶籍所在地衛生所洽詢，如接種資料均經衛生所登入電腦（通常在衛生所或衛生單位合約的醫院診所接種，相關資料會轉介回戶籍地衛生所），則可由衛生所統一補發。



## Receive preventive vaccinations routinely Free your baby from health problems

### Intervals of vaccination

- Live attenuated vaccines can be inoculated simultaneously or with an interval of at least a month. Orally active attenuated vaccines can be inoculated with other active attenuated injectable vaccines together or at any time intervals.
- Inactivated vaccines can be inoculated at the same time (separately in different injection areas) or at any time intervals.
- Live attenuated and inactivated vaccines can be inoculated simultaneously (separately in different injection areas) or at any time intervals. Yellow fever and cholera vaccines, however, should be separately inoculated with an interval of more than three weeks.

### When you missed or delayed a vaccination, how to make it up

The vaccine inoculation process is generally defined by studies to achieve the best immune effect. Babies should be vaccinated on time if not delayed due to vaccination contra-indications or special circumstances. Missed vaccines do not need to be injected once again. You should make it up as soon as possible in accordance with the provisions of the health institution.

### When babies are living in two places, how to guarantee preventive vaccinations

If your child resides or travels between Taiwan and another region, due to differences of vaccination programs and time schedules owing to factors relevant to epidemic trends of diseases, you should understand the local prevention and vaccination programs first, and then complete vaccinations accordingly. When you come back to Taiwan to continue the vaccination, you can carry vaccination records and go to a health center (room) and authorized hospitals to complete the inoculation.

### Preservation and replacement of preventive vaccination records

After your child's birth, information including the dates when receiving inoculations and institutions of performing vaccinations should be recorded in the "time schedule and records of vaccinations" of this handbook and be permanently stored properly in order to provide a reference for health care workers in follow-up vaccinations. Young children and schoolchildren should hand in records to be proved and inspected by schools and medical institutions. If vaccines are not completed, arrangements will be made to complete them. For those who are going to study or work abroad or who are willing to immigrate, you will also be asked to provide multiple vaccination proofs. When your child's vaccination record is lost, you can apply for a replacement in the original inoculation institution. If he received inoculations in various locations, you may first consult with household domicile clinics for vaccination data were stored by health bureaus in computers (usually, vaccinations are conducted in clinics or authorized hospitals and the relevant information would be referred back to the domicile clinics), a replacement can be handed out by the clinic.

## 認識自費疫苗

由於陸續有新疫苗或混合疫苗核准上市，政府亦審慎評估，未來將這些疫苗納入常規接種之可行性及必要性，並依優先順序積極爭取經費。在政府未全面實施前，父母可評估寶寶的需求，至醫院診所自費接種。同時請醫護人員將相關接種資料詳細登錄於預防接種紀錄卡。

### 肺炎鏈球菌疫苗

肺炎鏈球菌常可發現存在於正常人的呼吸道內，當免疫力不佳時，可能會受其感染，甚或引起嚴重的侵襲性肺炎鏈球菌感染症。目前國內上市的肺炎鏈球菌疫苗計有3種廠牌，分別為10價與13價的結合型疫苗(Pneumococcal conjugate vaccine, PCV)及23價的多醣體疫苗(Pneumococcal polysaccharide vaccine, PPV)。其中23價的多醣體疫苗不適用於2歲以下幼兒。另國內專家建議：5歲以下幼童初次接種肺炎鏈球菌疫苗，建議使用結合型的肺炎鏈球菌疫苗。

### 輪狀病毒疫苗

輪狀病毒是5歲以下幼兒腸胃炎之主要原因之一，它可引起嘔吐、水瀉、發燒、腹痛、食慾不振、甚或脫水。此疫苗目前國內上市的廠牌有兩種，均為口服疫苗，接種劑次分2劑與3劑，請依建議時程完成。

### A型肝炎疫苗

A型肝炎的流行與環境有密切關係，好發於衛生條件不佳的地區。其主要的傳染途徑是食用遭A型肝炎病毒污染的食物或水而感染。感染後的症狀包括疲倦、厭食、發燒，黃疸、尿的顏色變濃、上腹部疼痛等，大多數都會自然痊癒，並產生抗體；只有極少數病例會發生猛爆型肝炎，嚴重的話可能致死，其致死率約千分之一。接種A型肝炎疫苗是預防A型肝炎病毒感染的有效方法之一。目前國內上市的A型肝炎疫苗有兩種廠牌，均為不活化疫苗，核准的接種年齡為出生滿12個月以上，接種劑次為2劑，2劑間隔至少6個月。接種1劑後約95%以上可產生保護抗體，接種第2劑，其免疫力可維持20年。

# Know about self-funded vaccines

Since new or mixed vaccines were approved for sale, the government has carefully assessed the feasibility and necessity of including these vaccines into routine vaccination in the future and actively seek funds according to priorities. Before the full implementation by the government, parents can assess the needs of the baby and go to a hospital or a clinic for vaccination at their own expense. Also, detailed medical information relevant to vaccines shall be recorded on the preventive vaccination card by medical staffs.

## Streptococcus pneumonia vaccine

Streptococcus pneumonia can often be found in respiratory tracts of ordinary people. When the immune system is in a poor condition, it is easier for you to get infected, or even get severe invasive pneumococcal infections. There are three brands of pneumococcal vaccines currently available in Taiwan's market, namely 10-valent pneumococcal conjugate vaccine (PCV), 13-valent PCV and 23-valent pneumococcal polysaccharide vaccine (PPV). 23-valent PPV is not appropriate for use among children under 2 years old. In addition, experts in Taiwan suggested that pneumococcal conjugated vaccine is recommended in the primary vaccination of pneumococcal vaccine in children under the age of 5.

## Rotavirus vaccine

Rotavirus is one of the main reasons for children under 5 years of age to get gastroenteritis. It can cause vomiting, watery diarrhea, fever, abdominal pain, loss of appetite, or even dehydration. There are 2 brands of this vaccine currently available in Taiwan's market, both of which are oral vaccines. They can be separately inoculated for 2 or 3 times. Please complete the process according to the recommendations.

## Hepatitis A Vaccine

An epidemic of hepatitis A is closely related to the environment, occurring in areas with poor sanitary conditions. The main route of infection is taking food or water contaminated by hepatitis A virus. Symptoms of infection include fatigue, anorexia, fever, jaundice, thickening of urine color, upper abdominal pain, etc. Most cases will naturally heal and antibodies will be produced. Fulminant hepatitis only occurs in a handful of cases. Severe cases may be fatal. Its fatality rate is about one-thousandth. Inoculating the vaccine of hepatitis A is an effective way to prevent the infection of hepatitis A virus. Currently, there are two brands of hepatitis A vaccines in Taiwan's market. They are both inactivated vaccines with an approved vaccination age at above 12 months. The vaccinations shall be conducted twice separately with an interval of at least six months. After inoculating with the first vaccine, more than 95% of the population can produce protective antibodies. With the inoculation of the second vaccine, the immunity can be maintained for 20 years.

## 卡介苗資訊

預防重於治療，接種卡介苗可避免幼童發生結核性腦膜炎及粟粒性結核病，研究顯示，未接種卡介苗的幼童較接種卡介苗者罹患結核性腦膜炎增加了47倍的風險（我國未接種卡介苗之幼童結核性腦膜炎發生率約為百萬分之152.5），此類疾病若未及早診治會造成腦積水、脊髓障礙、腦血管病變、腦梗塞等不可逆病變，最後導致終身殘疾（無法行走及自理生活、長期臥床、智商受損、發展遲緩）的後遺症，且其伴隨著高致死率（約20%~40%）。嬰幼兒的抵抗力弱，如受到結核菌的感染，可能發生急性結核病（如結核性腦膜炎或粟粒性結核病）而危及生命，因此，對於沒有接種卡介苗禁忌症的嬰幼兒，宜依建議接種時程施打。

我國目前尚屬結核病中度負擔之國家，且結核菌之傳播途徑為空氣傳染，任何人都有受感染的機會。依照我國目前出生率及國內結核病發生資料推估，倘國內停止施打疫苗，則每年將新增約30例之幼兒結核性腦膜炎病例。而目前結核病發生率較我國低的鄰近國家包括日本、新加坡，還有南韓、泰國、越南等，也都實施全面性新生兒接種卡介苗，尚未有選擇性接種的情形。

卡介苗為一活性減毒疫苗，當大規模接種時，確實會有少數的小孩因某些尚未可確定的因素，產生副作用，而目前確也無法以簡單的方式篩選出可能發生副作用的小孩。部分兒童在接種後，可能發生局部膿瘍、淋巴結炎等較常見但不嚴重的不良反應，極少數幼童可能發生較嚴重的副作用，如：骨炎、骨髓炎等。經過醫療照顧後，幼童多半能恢復正常生活。

在接種前請父母確認父母雙方家人沒有疑似先天性免疫缺失之家族史（如幼年因不明原因感染而死亡）。另對於後天免疫不全病毒（HIV）感染的母親所生之新生兒，請諮詢感染科醫師後始得接種。



## Information about BCG

Prevention is more important than treatment. BCG vaccination can prevent the occurrence of tuberculous meningitis and miliary tuberculosis in children. Studies have shown that the risk of tuberculous meningitis in children without BCG vaccination was 47 times higher than those who have received BCG vaccination (in Taiwan, the incidence of tuberculous meningitis in children without BCG vaccination is approximately 152.5 ppm). These diseases, if not diagnosed and treated early, can cause hydrocephalus, spinal cord disorders, cerebrovascular disease, cerebral infarction and other irreversible lesions, leading to complication of permanent disability (patients are unable to walk and take care of themselves and suffer from being bedridden, IQ impairment, developmental delay). Its fatality rate is high (about 20% to 40%). Infants, with weak resistances, when infected by mycobacterium tuberculosis, may cause acute tuberculosis (such as tuberculous meningitis or miliary tuberculosis) that can be life-threatening. Therefore, for infants without contraindications of BCG vaccination should be inoculated in accordance with the recommended timetable.

Taiwan is still with a moderate burden of tuberculosis and tuberculosis is transmitted through the air. Any one has the chance to get infected. In accordance with Taiwan's current birth rate and the incidence of tuberculosis, if Taiwan stops providing its vaccination, there will be an increase of about 30 new cases of children affected with tuberculous meningitis every year. At present, neighboring countries with an incidence of tuberculosis lower than us include Japan, Singapore, South Korea, Thailand and Vietnam. They also have implemented comprehensive neo-natal BCG vaccination. Yet there has not been a selective vaccination.

BCG is a live attenuated vaccine. When a mass vaccination is conducted, side effects will occur in a small number of children due to certain unknown factors. At present, there are no simple method to screen out children who may suffer from side effects. After vaccination, localized abscess, lymph nodes and other common but less serious adverse reactions may occur in some children. A handful of young children may suffer from more serious side effects, such as osteitis, osteomyelitis and so on. After medical care, most children can resume their normal lives.

Before inoculation, please confirm that families of both parents do not have a history of a congenital immune deficiency (such as deaths due to unknown reasons of infections in childhood). For babies born to mothers affected with HIV, please consult a doctor in the infection department before vaccination.



# 卡介苗資訊

自2007年起我國開始主動監測卡介苗不良反應，而近幾年之發生數已可掌握且穩定，除了芬蘭、瑞典及加拿大之外，其他國家尚未建立該項目之監測系統。監測資料亦顯示，我國卡介苗接種後造成骨炎、骨髓炎發生比率約百萬分之55(如下表一)，尚在世界衛生組織估計的範圍內。

表一、我國2008~2009年主動監測及世界衛生組織2000年報告之接種卡介苗副作用發生率對照表

資料來源	副作用發生率	骨炎/骨髓炎	瀰漫性卡介苗感染
我國監測資料 (2008-2009出生世代)		55例/每百萬人口	0例/每百萬人口
世界衛生組織 2000年報告		2-700例/每百萬人口	2例/每百萬人口

國際間亦非常重視卡介苗相關問題，並已花費相當長的時間及資源積極開發新的疫苗以取代卡介苗，倘有所成，我國亦會主動進行疫苗之調整以減輕不良反應之風險。在此之前，疑似因接種卡介苗受傷害者，得透過接種地之縣市衛生局的說明與協助，申請預防接種受害救濟。

接種卡介苗後之1至2週內，注射部位會呈現一個小紅結節，之後逐漸變大，微有痛癢但不發燒。4至6週後會變成膿瘍或潰爛，不必擦藥或包紮，只要保持清潔及乾燥，如果有膿流出可用無菌紗布或棉花拭淨，應避免擠壓。平均2至3個月會自動癒合結痂，留下一個淡紅色小疤痕，經過一段時間後會變成膚色。

5歲以下幼童如果出現局部膿瘍/腫脹等疑似卡介苗不良反應時，宜提醒醫師將卡介苗接種因素納入評估；或洽地方衛生局(所)協助轉介醫院小兒科診治(或請小兒科醫師進行會診)，以便進一步釐清病因，經過適當處置後絕大多數均可康復，不會留下長期傷害。



## Information about BCG

Since 2007, Taiwan has started to monitor adverse reactions of BCG. In recent years, cases of adverse reactions have been controlled and stabilized. Except for Finland, Sweden and Canada, other countries have not established such monitoring systems. According to the monitor, incidence of osteitis and osteomyelitis after inoculating BCG in Taiwan is about 55/ million (Shown in Table 1) which is in the range estimated by the World Health Organization.

Table 1, comparison of adverse reactions of BCG monitored between 2008 and 2009 in Taiwan and WHO's report of 2000

Sources of materials	The incidence of side effects	
	Osteitis / osteomyelitis	Disseminated BCG infection
Monitoring data in Taiwan (the generation born in 2008-2009)	55 cases / 1 million population	0 case / 1 million population
World Health Organization Report of 2000	2-700 cases / 1 million population	2 case / 1 million population

BCG related issues have aroused international attention. Efforts have been made in developing new vaccines to replace BCG for a long time. Progress has also been achieved. Taiwan has actively adjusted vaccines to decrease risks of adverse reactions. Before the monitoring, suspected BCG victims had to report to the city or county health bureau in the inoculation place about the situation and ask for support and apply for relief of preventive inoculation victims.

One or two weeks after BCG inoculation, a little red nodule is found in the injection area which would grow gradually. You may feel mild pains and itchiness without having a fever. After 4 to 6 weeks, the lesion progresses to abscess or ulceration. You do not need to wrap it with medicine or bind it up. You just need to keep it clean and dry. When there is pus running out of the wound, you can clean it with a sterile gauze or cotton. Squeezing should be avoided. It will generally heal on its own into a scab after 2 to 3 months, leaving a small scar in light red. After a while, it will turn to the skin color.

When suspected BCG adverse reactions take place in children under 5 years old including local abscess / swelling, it is proper to inform doctors to include BCG inoculation into evaluation or go to the pediatric department of a referral hospital authorized by the local health bureau (institution) for treatment (or ask a pediatrician for consultation) to further confirm the cause. Most cases can be cured after proper treatment without long-term damages.

# B型肝炎檢查紀錄表

幼兒B型肝炎追蹤檢查紀錄表（可沿虛線撕下保存）

姓名：\_\_\_\_\_ 出生日期：\_\_\_\_\_ 身分證字號：\_\_\_\_\_

項目 結果 時間	B型肝炎表面抗原（HBsAg） （-陰性；+陽性）	B型肝炎表面抗體（anti-HBs） （-陰性；+陽性）	肝功能檢查		超音波 * 建議填列有無肝硬化等資訊	檢查單位
			★AST（GOT）	★ALT（GPT）		

- ※ 母親為e抗原（HBeAg）陽性者，其所生小孩於接種B型肝炎免疫球蛋白（HBIG）及3劑B型肝炎疫苗後，B型肝炎帶原機率由90%左右大幅降低，但仍可能有**10%之帶原機會**。為利及早發現幼兒帶原狀況及瞭解疫苗接種成效，並定期進行追蹤檢查，政府自99年9月起提供母親為e抗原陽性之幼兒（97年7月以後出生者），於滿12個月大時，進行B型肝炎表面抗原（HBsAg）及B型肝炎表面抗體（anti-HBs）檢測，若幼兒經檢驗已有抗體，則無需再接種，若無B型肝炎表面抗原（HBsAg陰性）及B型肝炎表面抗體（anti-HBs陰性）者，可免費追加1劑B型肝炎疫苗，1個月後再抽血檢驗抗體，若表面抗體仍為陰性，後續可於第1及第6個月提供公費疫苗接種完成第2、3劑。如經此補種仍無法產生抗體者，則無需再接種；但仍應採取B型肝炎之相關預防措施，並定期追蹤B型肝炎表面抗原（HBsAg）之變化。
- ※ e抗原陽性之母親請攜帶孕婦健康手冊之「孕婦B型肝炎檢查紀錄及追蹤表」等相關資料，提供臨床醫師，以為幼兒HBsAg及anti-HBs檢測之參考資料。
- ※ B型肝炎帶原者，若其肝功能正常，建議每6個月至1年追蹤1次；如肝功能異常，則由醫師決定其肝功能及超音波複檢時間。
- ★ GOT（AST）：麩胺酸苯醋酸轉氨基酶；GPT（ALT）：麩胺酸丙酮酸轉氨基酶。

可沿虛線撕下保存

# Records of hepatitis B checkup

Children's hepatitis B **records of follow up check-up** (cut along the dotted line and save it)

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ ID No. \_\_\_\_\_

Time	Item	HBsAg (- Negative; + Positive)	anti-HBs (- Negative; + Positive)	Liver function test		Ultrasonic exam * Information including conditions such as cirrhosis is suggested to be filled in	Check-up institution
	Results			★AST (GOT)	★ALT (GPT)		

※ 90% of babies whose **mothers are proven positive for HBeAg** after receiving HBIG have a smaller chance of becoming a chronic carrier. There is still **10% risks** for babies. To detect whether infants are carriers and to know about the efficiency of vaccination and conduct routine follow up check-ups, since Sep. 2010, **the government has provided babies born to mothers who tested positive for HBeAg (born after Jul. 2008) with tests for HBsAg and anti-HBs when they turn 1 year old.** There is no need for babies detected with positive antibodies to be inoculated. Babies who are HBsAg negative and anti-HBs negative can receive one more hepatitis B vaccination and be tested for antibodies after 1 month by drawing blood. If the results for anti-HBs is still negative, the baby can receive the second and the third inoculations at the public expense in the first and the sixth month, respectively. There is no need for further vaccination if antibodies failed to emerge after inoculations. Preventive measures related to hepatitis B should be conducted. Follow up check-ups should also be carried out to observe the change in HBsAg levels.

※ **Mothers who are tested positive for HBeAg should bring relevant materials in the Maternal Health Handbook including "Maternal records and follow up charts of hepatitis B" to clinical doctors as references for the children's tests for HBsAg and anti-HBs.**

※ Carriers of hepatitis B with normal liver function are suggested to receive follow-up checks every **6 months to 1 year**. If the carriers have abnormal liver functions, doctors will decide to re-check times for liver functions and ultrasonic examinations.

★ GOT (AST): Glutamine benzeneacetic acid transaminase; GPT (ALT): Glutamine pyruvic acid transaminase.

(cut along the dotted line and save it)







# 縣市衛生局聯絡地址及電話

各縣市衛生局	地址、網址	電話	預防接種專線
基隆市衛生局	20147 基隆市信義區信二路266號	02-24230181	02-24276154
	<a href="http://www.klchb.gov.tw">http://www.klchb.gov.tw</a>		
臺北市府衛生局	11008 臺北市信義區市府路1號	02-27208889	02-23754341
	<a href="http://www.health.gov.tw">http://www.health.gov.tw</a>		
新北市府衛生局	22006 新北市板橋區英士路192-1號	02-22577155	02-22588923
	<a href="http://www.health.ntpc.gov.tw">http://www.health.ntpc.gov.tw</a>		
桃園市政府衛生局	33053 桃園市桃園區縣府路55號	03-3340935	03-3363270
	<a href="http://www.tychb.gov.tw">http://www.tychb.gov.tw</a>		03-3382157
新竹縣政府衛生局	30210 新竹縣竹北市光明7街1號	03-5518160	03-5511287
	<a href="http://www.hcshb.gov.tw">http://www.hcshb.gov.tw</a>		
新竹市衛生局	30041 新竹市東區中央路241號11樓	03-5355191	03-5355130
	<a href="http://dep.hcchb.gov.tw">http://dep.hcchb.gov.tw</a>		
苗栗縣政府衛生局	35646 苗栗縣後龍鎮大庄里21鄰光華路373號	037-722620	037-558100
	<a href="http://www.mlshb.gov.tw">http://www.mlshb.gov.tw</a>		
臺中市政府衛生局	42053 臺中市豐原區中興路136號	04-25265394	04-25270780
	<a href="http://www.health.taichung.gov.tw">http://www.health.taichung.gov.tw</a>		
彰化縣衛生局	50049 彰化縣彰化市中山路2段162號	04-7115141	04-7115141#103
	<a href="http://www.chshb.gov.tw">http://www.chshb.gov.tw</a>		04-7115141#104
南投縣政府衛生局	54062 南投縣南投市復興路6號	049-2222473	049-2220904
	<a href="http://www.ntshb.gov.tw">http://www.ntshb.gov.tw</a>		049-2230607
雲林縣衛生局	64054 雲林縣斗六市府文路34號	05-5373488	05-5345811
	<a href="http://www.ylshb.gov.tw">http://www.ylshb.gov.tw</a>		
嘉義縣衛生局	61249 嘉義縣太保市祥和二路東段3號	05-3620600	05-3620607
	<a href="http://www.cyshb.gov.tw">http://www.cyshb.gov.tw</a>		05-3620600#201
嘉義市政府衛生局	60097 嘉義市西區德明路1號	05-2338066	05-2341150
	<a href="http://www.cichb.gov.tw">http://www.cichb.gov.tw</a>		

# Addresses and phone numbers of health bureaus in each county and city

Health bureaus in each county and city	Address. Website	Phone number	Preventive inoculation hotline
Keelung City Public Health Bureau	No.266, Xin 2nd Rd., Xinyi Dist., Keelung City, 20147 <a href="http://www.klchb.gov.tw">http://www.klchb.gov.tw</a>	02-24230181	02-24276154
Department of Health, Taipei City Government	No.1, Shifu Rd., Xinyi Dist., Taipei City, 11008 <a href="http://www.health.gov.tw">http://www.health.gov.tw</a>	02-27208889	02-23754341
Public Health Department, New Taipei City Government	No.192-1, Yingshi Rd., Banqiao Dist., New Taipei City, 22006 <a href="http://www.health.ntpc.gov.tw">http://www.health.ntpc.gov.tw</a>	02-22577155	02-22588923
Department of Public Health, Taoyuan	No.55, Xianfu Rd., Taoyuan Dist., Taoyuan City, 33053 <a href="http://www.tychb.gov.tw">http://www.tychb.gov.tw</a>	03-3340935	03-3363270 03-3382157
Public Health Bureau of Hsin-Chu County Government	No.1, Guangming Seven Rd., Zhubei City, Hsinchu County, 30210 <a href="http://www.hcshb.gov.tw">http://www.hcshb.gov.tw</a>	03-5518160	03-5511287
Hsinchu City Health Bureau	11th Floor, No.241, Zhongyang Rd., Eastern Dist., Hsinchu City, 30041 <a href="http://dep.hcchb.gov.tw">http://dep.hcchb.gov.tw</a>	03-5355191	03-5355130
Public Health Bureau of Miaoli County Government	No. 373, Guanghua Rd., No. 21 Lane, Dazhuangli, Ho Lung Town, Miaoli County, 35646 <a href="http://www.mlshb.gov.tw">http://www.mlshb.gov.tw</a>	037-722620	037-558100
Health Bureau of Taichung City Government	No.136, Zhongxing Rd., Fengyuan Dist., Taichung City, 42053 <a href="http://www.health.taichung.gov.tw">http://www.health.taichung.gov.tw</a>	04-25265394	04-25270780
Changhua County Public Health Bureau	No.162, Section 2, Zhongshan Rd., Changhua City, Changhua County, 50049 <a href="http://www.chshb.gov.tw">http://www.chshb.gov.tw</a>	04-7115141	04-7115141#103 04-7115141#104
Health Bureau, Nantou County Government	No.6, Fuxing Rd., Nantou City, Nantou County, 54062 <a href="http://www.ntshb.gov.tw">http://www.ntshb.gov.tw</a>	049-2222473	049-2220904 049-2230607
Public Health Bureau, Yunlin County	No.34, Fuwen Rd., Douliu City, Yunlin County, 64054 <a href="http://www.ylshb.gov.tw">http://www.ylshb.gov.tw</a>	05-5373488	05-5345811
Chiayi County Health Bureau	No.3, Sec. E., Xianghe 2nd Rd., Taibao City, Chiayi County, 61249 <a href="http://www.cyshb.gov.tw">http://www.cyshb.gov.tw</a>	05-3620600	05-3620607 05-3620600#201
Chiayi City Health Bureau	No.1, Deming Rd., Western Dist., Chiayi City, 60097 <a href="http://www.cichb.gov.tw">http://www.cichb.gov.tw</a>	05-2338066	05-2341150

# 縣市衛生局聯絡地址及電話

各縣市衛生局	地址、網址	電話	預防接種專線
臺南市政府衛生局	73064 臺南市新營區東興路163號 (東興辦公室)	06-6357716	06-6357716#360
	70151 臺南室東區林森路1段418號 (林森辦公室)		06-2679751#372
	<a href="http://health.tainan.gov.tw/tnhealth">http://health.tainan.gov.tw/tnhealth</a>		
高雄市政府衛生局	80276 高雄市苓雅區凱旋二路132之1號	07-7134000	07-7134000#1377
	<a href="http://khd.kcg.gov.tw">http://khd.kcg.gov.tw</a>		07-7230513
屏東縣政府衛生局	90054 屏東縣屏東市自由路272號	08-7370002	08-7380208
	<a href="http://www.ptshb.gov.tw">http://www.ptshb.gov.tw</a>		08-7362986
宜蘭縣政府衛生局	26051 宜蘭縣宜蘭市女中路2段287號	03-9322634	03-9357011
	<a href="http://www.ilshb.gov.tw">http://www.ilshb.gov.tw</a>		03-9322634#1206
花蓮縣衛生局	97058 花蓮縣花蓮市新興路200號	03-8227141	03-8226975
	<a href="http://www.hlshb.gov.tw">http://www.hlshb.gov.tw</a>		
臺東縣衛生局	95043 臺東縣臺東市博愛路336號	089-331171	089-331171#215
	<a href="http://www.ttshb.gov.tw">http://www.ttshb.gov.tw</a>		
連江縣衛生局	20941 連江縣南竿鄉復興村216號	083-622095	083-622095#8855
	<a href="http://www.matsuhb.gov.tw">http://www.matsuhb.gov.tw</a>		
金門縣衛生局	89148 金門縣金湖鎮新市里復興路1-12號	082-330697	082-330697#609
	<a href="http://www.kmhb.gov.tw">http://www.kmhb.gov.tw</a>		
澎湖縣政府衛生局	88041 澎湖縣馬公市中正路115號	06-9272162	06-9270508
	<a href="http://www.phchb.gov.tw">http://www.phchb.gov.tw</a>		06-9272162#211

衛生福利部疾病管制署網際網路網址：

<http://www.cdc.gov.tw/>

電話：02-23959825

衛生福利部國民健康署網際網路網址：

<http://www.hpa.gov.tw/>

電話：02-29978616，04-22172200

# Addresses and phone numbers of health bureaus in each county and city

Health bureaus in each county and city	Address. Website	Phone number	Preventive inoculation hotline
Department of Health, Tainan City Government	No.163, Dongxing Rd., New Camp Dist., Tainan City, 73064 (Dongxing office)	06-6357716	06-6357716#360
	No.418, Section1, Linsen Rd., Eastern Dist., Tainan City, 70151 (Linsen office)		06-2679751#372
	<a href="http://health.tainan.gov.tw/tnhealth">http://health.tainan.gov.tw/tnhealth</a>		
Department of Health, Kaohsiung City Government	No.132-1, Kaixuan 2nd Rd., Lingya Dist., Kaohsiung City , 80276	07-7134000	07-7134000#1377
	<a href="http://khd.kcg.gov.tw">http://khd.kcg.gov.tw</a>		07-7230513
Pingtung County Health Bureau	No.272, Ziyou Rd., Pingtung City, Pingtung County, 90054	08-7370002	08-7380208
	<a href="http://www.ptshb.gov.tw">http://www.ptshb.gov.tw</a>		08-7362986
Public Health Bureau, Yilan County	No.287, Section 2, Nuzhong Rd., Yilan City, Yilan County, 26051	03-9322634	03-9357011
	<a href="http://www.ilshb.gov.tw">http://www.ilshb.gov.tw</a>		03-9322634#1206
Hualien County Health Bureau	No.200, Xinxing Rd., Hualien City, Hualien County, 97058	03-8227141	03-8226975
	<a href="http://www.hlshb.gov.tw">http://www.hlshb.gov.tw</a>		
Public Health Bureau, Taitung County	No.336, Boai Rd., Taitung City, Taitung County, 95043	089-331171	089-331171#214
	<a href="http://www.ttshb.gov.tw">http://www.ttshb.gov.tw</a>		
Lienchiang County Health Bureau	No.216, Fuxing College, Nangan Town, Liencheng County, 20941	083-622095	083-622095#8855
	<a href="http://www.matsuhb.gov.tw">http://www.matsuhb.gov.tw</a>		
Public Health Bureau, Kinmen County	No.1-12, Fuxing Rd., Xinshili, Kinmen Town, Kinmen County, 89148	082-330697	082-330697#609
	<a href="http://www.kmhb.gov.tw">http://www.kmhb.gov.tw</a>		
Public Health Bureau, Penghu County	No.115, Zhongzheng Rd., Magong City, Penghu County, 88041	06-9272162	06-9270508
	<a href="http://www.phchb.gov.tw">http://www.phchb.gov.tw</a>		06-9272162#211

**Website of the Department of Disease Control, Ministry of Health and Welfare :**

<http://www.cdc.gov.tw/>

Telephone: 02-23959825

**Website of the Health Promotion Administration, Ministry of Health and Welfare :**

<http://www.hpa.gov.tw/>

Telephone: 02-29978616, 04-22172200



# 早產兒追蹤檢查服務同意書

出生體重 $\leq 1500$ 公克之極低出生體重早產兒比一般足月兒在認知與動作發展上較易發生遲緩的情形。有鑒於此，早產兒基金會於全國追蹤檢查專案合作之22家院區推廣極低出生體重早產兒追蹤檢查工作，安排極低出生體重早產兒回門診進行追蹤檢查評估(視力、聽力及心智發展評估檢查)，及早發現、及時轉介，以期達到早期療育之效。

為確保您了解追蹤檢查工作，讓您與孩子獲得最即時的服務，基金會將於您簽署同意書並回傳後，先以電話與您聯絡，以便轉介全國各地的早療評估中心。基金會亦將秉持保密原則，妥善處理包括您與孩子的個人辨識資料，絕不會洩漏或用於其他用途。感謝您的支持與協助，敬祝您與孩子身體健康。

財團法人臺灣早產兒基金會 敬啟

- 註： 1. 若您的孩子出生於下表追蹤檢查專案合作之22家院區內，或醫院已代為安排追蹤檢查門診者，則毋需回傳同意書。  
2. 早產兒基金會追蹤檢查諮詢專線：02-2522-1792；02-2523-0908，  
傳真：02-2521-7723

## 極低出生體重早產兒追蹤檢查服務卡

我了解極低出生體重早產兒追蹤檢查的重要性，同意讓家中的極低出生體重孩子接受早產兒之追蹤檢查及早期療育的轉介服務。

家長姓名：\_\_\_\_\_ 連絡電話：\_\_\_\_\_  
連絡地址：\_\_\_\_\_ 中華民國 \_\_\_\_\_ 年 \_\_\_\_\_ 月 \_\_\_\_\_ 日

## 早產兒基金會追蹤檢查服務專案參與院所

區域	參與醫院	聯絡電話(洽各區個案管理師)
北一區	臺大醫院、婦幼醫院、國泰醫院、永和耕莘醫院	(02)23123456#71602 0968-571749
北二區	新光醫院、臺北榮民總醫院、臺北長庚醫院、三軍總醫院	(02)28332211#2590 (02)28378347
北三區	馬偕醫院	(02)25433535#3266
北四區	林口長庚醫院	(03)3281200#8243 0978-103153
臺中區	中國醫附設醫院、中山醫附設醫院	(04)22052121#4120
	臺中榮民總醫院、彰化基督教醫院	(04)23592525#5994
臺南區	成大附設醫院、新樓醫院、奇美醫院、郭綜合醫院	(06)2353535#7141
	嘉義基督教醫院	(05)2765041#5882
高雄區	高雄榮民總醫院、高雄長庚醫院	(07)7317123#8111 (07)7333266
	高醫附設中和紀念醫院	(07)3121101#6522、6525

# Consent of follow up checkup services for prematures

Compared with full-term babies, it is easier for pre-mature infants with a very low birth weight that is  $\leq 1500$  g to get developmental delays in cognition and actions. Considering this, the Pre-mature Baby Foundation, together with 22 authorized hospitals that provide follow up services, has carried out follow up check-ups for pre-mature infants with a very low birth weight, arranging follow up evaluations for them in outpatients (visual, hearing and mental development assessment and exams) to achieve goals of early detection, timely referral and early treatment.

To make sure that you understand the follow up check-ups and that you and your children receive timely services, the foundation will call you before asking you to sign the consent and return it. It will be more convenient for referring to the evaluation center of early treatment that you need. The foundation will also adhere to the principle of confidentiality and take care of the personal materials and information for you and your children. We will never leak them or use them for other purposes. Thank you for your support and cooperation. May you and your children be healthy.

Pre-mature Baby Foundation of Taiwan

- Note: 1. If your children were born in one of the following 22 authorized hospitals that provide follow up services, or the hospital has arranged follow ups Check-ups, there is no need for you to return the consent.  
2. Follow up check-up counseling hotline of the Pre-mature Baby Foundation: 02-2522-1792; 02-2523-0908, Fax: 02-2521-7723

## Follow up check-up service card for pre-mature infants with a very low birth weight

I have known the importance of follow up checkups for premature infants with a very low birth weight. I agree the premature infant with a very low birth weight in my family to receive follow up checkups and referral services for early treatment.

Parents: \_\_\_\_\_ Phone number: \_\_\_\_\_  
Address: \_\_\_\_\_ Date: \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year

Cooperating hospitals with the Pre-mature Baby Foundation in providing follow up check-up

Region	Hospital	Phone number (case manager in each region)
North region 1	Taiwan University Hospital, Women and Children's Hospital, Cathay General Hospital, Yonghe Gengzi Hospital	(02)23123456#71602 0968-571749
North region 2	Xinguang Hospital, Taipei Veterans General Hospital, Taipei Chang Gung Memorial Hospital, Tri-Service General Hospital	(02)28332211#2590 (02)28378347
North region 3	Mackay Memorial Hospital	(02)25433535#3266
North region 4	Linkou Chang Gung Memorial Hospital	(03)3281200#8243 0978-103153
Taichung Region	Chinese Medical University Hospital, Chung Shan University Hospital	(04)22052121#4120
	Taichung Veterans General Hospital, Changhua Christian Hospital	(04)23592525#5994
Tainan Region	National Cheng Kung University Hospital, Madou Sin-Lau Hospital, Chi Mei Medical Center, Huo General Hospital	(06)2353535#7141
	Chiayi Christian Hospital	(05)2765041#5882
Kaohsiung Region	Kaohsiung Veterans General Hospital, Kaohsiung Chang Gung Memorial Hospital	(07)7317123#8111 (07)7333266
	Kaohsiung Medical University Chung-Ho Memorial Hospital	(07)3121101#6522, 6525

# 兒童發展評估轉介單

(交付家長用)

親愛的家長

您好！您的寶寶已於\_\_\_\_\_年\_\_\_\_\_月\_\_\_\_\_日

☐ 接受了第\_\_\_\_\_次兒童預防保健服務

☐ 疾病就醫，經初步檢查：

☐ 動作，☐ 語言，☐ 認知，☐ 社會情緒，☐ 其他：\_\_\_\_\_

有疑似遲緩的情形。

為了持續關心寶寶的健康狀況，本院（診所）將依兒童及少年福利與權益保障法轉介寶寶的資料，提供衛生局、聯合評估中心（評估醫院）及社福單位進行追蹤管理；並請您儘速帶寶寶就近至國民健康署委託之兒童發展聯合評估中心（見下頁），儘速就診，早期確認寶寶的健康狀況。



醫事機構：

\_\_\_\_\_

轉介醫師：

\_\_\_\_\_

聯絡電話：

\_\_\_\_\_



# Referral chart of children's developmental evaluation

(used by parents)

Dear parents,

Hi! Your baby has

On \_\_\_\_\_ Day \_\_\_\_\_ Month \_\_\_\_\_ Year

☐ Received the \_\_\_\_\_ time of children's preventive care service

☐ Went to a doctor for the disease, after preliminary exams:

☐ Movements, ☐ Language, ☐ Cognition, ☐ Social emotions ☐ Others: \_\_\_\_\_

Developmental delay is suspected.

To constantly care for your baby's health status, our hospital (clinic) will provide you with baby's referral materials according to the Child and Youth Welfare and Protection Act to health bureaus, evaluation centers (evaluation hospitals) and social welfare institutions for further follow up management. Please take your baby to the nearest evaluation center for children development authorized by the Health Promotion Administration as soon as possible (see the following page) for timely treatment and early confirmation of your baby's health conditions.



Medical Institution: \_\_\_\_\_

Referral Doctor: \_\_\_\_\_

Phone number: \_\_\_\_\_



# 兒童發展評估轉介單

衛生福利部國民健康署輔導兒童發展聯合評估中心

縣市	醫院名稱	聯絡電話
臺北市	臺北醫學大學附設醫院	02-27372181*1236
	臺北榮民總醫院	02-28712121 *2932/2940
	國立臺灣大學醫學院附設醫院	02-23123456 *67883
新北市	行天宮醫療志業醫療財團法人恩主公醫院	02-26723456*3305
	佛教慈濟醫療財團法人臺北慈濟醫院	02-66289779*7713
	醫療財團法人徐元智先生醫藥基金會附設亞東紀念醫院	02-77281034
	天主教耕莘醫療財團法人耕莘醫院	02-22193391*67403
	國立陽明大學附設醫院	03-9325192*2120
宜蘭縣	財團法人天主教靈醫會羅東聖母醫院	03-9544106*6516
	衛生福利部桃園醫院	03-3699721*1203
桃園市	壠新醫院	03-4941234*8270
	長庚醫療財團法人長庚紀念醫院	03-3281200*8148
新竹縣	東元綜合醫院	03-5527000*1617
新竹市	國立臺灣大學醫學院附設醫院新竹分院	03-5326151*3523
	財團法人馬偕紀念醫院新竹分院	03-6119595*6040
	財團法人為恭紀念醫院	037-676811*53382
苗栗縣	大千綜合醫院	037-357125*75103
	臺中榮民總醫院	04-23592525*5936
臺中市	光田醫療社團法人光田綜合醫院	04-26625111*2624
	佛教慈濟醫療財團法人臺中慈濟醫院	04-3606066*3980
	童綜合醫療社團法人童綜合醫院	04-26581919*4848
	彰化基督教醫療財團法人彰化基督教醫院	04-7238595*1164
彰化縣	衛生福利部彰化醫院	04-8298686*2043/2041

縣市	醫院名稱	聯絡電話
南投縣	埔基醫療財團法人埔里基督教醫院	049-2912151*2012
	國立臺灣大學醫學院附設醫院雲林分院	05-5323911*6125
雲林縣	天主教若瑟醫療財團法人若瑟醫院	05-6337333*2237
嘉義市	衛生福利部嘉義醫院	05-2319090*2229
	戴德森醫療財團法人嘉義基督教醫院	05-2765041*6707
嘉義縣	佛教慈濟醫療財團法人大林慈濟醫院	05-2648000*5773
臺南市	奇美醫療財團法人奇美醫院	06-2812811*55005
	國立成功大學醫學院附設醫院	06-2353535*4619
高雄市	義大醫療財團法人義大醫院	07-6150011*5751
	高雄榮民總醫院	07-3422121*5017
	長庚醫療財團法人高雄長庚紀念醫院	07-7317123*8167
	財團法人私立高雄醫學大學附設中和紀念醫院	07-3121101*6468
	屏基醫療財團法人屏東基督教醫院	08-7368686*2417
屏東縣	安泰醫療財團法人安泰醫院	08-8329966*2012
	佛教慈濟醫療財團法人花蓮慈濟醫院	03-8561825*12311
花蓮縣	臺灣基督教門諾會醫療財團法人門諾醫院	03-8241240
	馬偕紀念醫院臺東分院	089-351642
臺東縣	東基醫療財團法人臺東基督教醫院	089-960115
	澎湖縣 財團法人天主教靈醫會惠民醫院	06-9272318*120
金門縣	衛生福利部金門醫院	082-331960
連江縣	連江縣立醫院	0836-23995*1316

備註：兒童發展聯合評估中心資訊，可撥打02-2522-0654洽詢或至國民健康署網站（首頁/健康主題/婦幼健康/兒童健康/主題公告）查閱。

各縣市衛生局委託或認可之聯合評估醫院，請逕洽各縣市衛生局。

如受檢者不同意接受受案健康管理，得隨時以書面通知衛生福利部國民健康署（臺北市大同區塔城街36號），並註明受檢人姓名、身分證字號、檢查時間及檢查單位，如未通知，視為同意。



# Referral chart of children's developmental evaluation

Ministry of Health and Welfare National Health Administration  
Joint Assessment Center for Supervision of Children Development

Counties and cities	Hospital	Phone number
Taipei City	Taipei Medical University Hospital	02-27372181*1236
	Taipei Rongmin General Hospital	02-28712121*2932/2940
	National Taiwan University, College of Medicine Hospital	02-23123456*67883
New Taipei City	Temple Medical Foundation En Chu Kong Hospital	02-26723456*3305
	Buddhism Tzu Chi Medical Foundation Taichung Tzu Chi Hospital	02-66289779*7713
	Far Eastern Memorial Hospital	02-77281034
	Catholicism Gengzi Medical Foundation Gengzi Hospital	02-22193391*67403
	National Yang-Ming University Hospital	03-9325192*2120
Yilan County	Catholicism Medical Society St. Mary's Hospital Luodong	03-9544106*6516
Taoyuan City	The Ministry of Health and Welfare Taoyuan Hospital	03-3699721*1203
	Landseed Hospital	03-4941234*8271
	Chang Gung Medical Foundation Linkou Chang Gung Memorial Hospital	03-3281200*8148
Hsinchu County	TungYuan General Hospital	03-5527000*1617
Hsinchu City	Taiwan University Hospital Hsinchu Branch	03-5326151*3523
	Mackay Memorial Hospital Hsinchu Branch	03-6119595*6040
Miaoli County	Wei Gong Memorial Hospital	037-676811*53382
	Da Chien General Hospital	037-357125*75103
Taichung City	Taichung Rongmin General Hospital	04-23592525*5936
	Huang Tien General Hospital	04-26625111*2624
	Taichung Tzu Chi Hospital	04-36060666*3980
	Children General Hospital	04-26581919*4848
Changhua County	Changhua Christian Hospital	04-7238595*1164
	Ministry of Health and Welfare Changhua Hospital	04-8298686*2043/2041

Counties and cities	Hospital	Phone number
Nantou County	Puli Medical Foundation Puli Christian Hospital	049-2912151*2012
Yunlin County	National Taiwan University, College of Medicine Hospital Yunlin Branch	05-5323911*6125
	St. Joseph's Medical Foundation St. Joseph's Hospital	05-6337333*2237
Chiayi City	Ministry of Health and Welfare Chiayi Hospital	05-2319090*2229
	Ditmanson Medical Foundation Chiayi Christian Hospital	05-2765041*6707
Chiayi County	Dalin Tzu Chi Hospital	05-2648000*5773
Tainan City	Chi Mei Medical Foundation Chi Mei Medical Center	06-2812811*55005
	National Cheng Kung University Hospital	06-2353535*4619
Kaohsiung City	E-Da Medical Foundation E-Da Hospital	07-6150011*5751
	Kaohsiung Rongmin General Hospital	07-3422121*5017
	Chang Gung Medical Foundation Chang Gung Memorial Hospital	07-7317123*8167
	Chung-Ho Memorial Hospital	07-3121101*6468
Pingtung County	Pingji Medical Foundation Pingtung Christian Hospital	08-7368686*2417
	Antai Medical Foundation Antai Hospital	08-8329966*2012
Hualien County	Buddhist Hualien Tzu Chi General Hospital	03-8561825*12311
	Mennonite Christian Hospital	03-8241240
Taitung County	Mackay Memorial Hospital, Taitung Branch	089-351642
	Tungji Medical Foundation Taitung Christian Hospital	089-960115
Penghu County	Huimin Hospital	06-9272318*120
Kinmen County	Ministry of Health and Welfare Kinmen Hospital	082-331960
Lienchang County	Lienchiang County Hospital	0836-23995*1316

Note: The evaluation center of children's development, please call 02-2522-0654 or visit the website of Health Promotion Administration (Front page / Health Topics / Women and Children's Health / Children's Health / Announcement). For information about evaluation hospitals authorized or endorsed by the health bureau in each county and city, please contact the health bureaus.

If a subject disagrees to accept his health management, please inform in a written form to the Health Promotion Administration, Ministry of Health and Welfare at any time (No.36, Tacheng St., Datong Dist., Taipei City) and note the name, ID number, check-up date and check-up institution of the subject. If you receive no notification, your application has been proven.

# 發展遲緩兒童通報轉介中心

縣市	通報中心	服務區域	辦理單位	地址	電話
新北市	新北市政府兒童健康發展中心	全新北市	新北市政府社會局	新北市板橋區中山路一段161號25樓	02-29950885
臺北市	臺北市發展遲緩早期療育通報及轉介中心	全臺北市	臺北市政府社會局	臺北市松山區民生東路5段163-1號7樓	02-27568852
臺中市	臺中市兒童發展通報中心	全臺中市	財團法人臺灣兒童暨家庭扶助基金會附設臺中市私立家扶發展學園	臺中市北區民權路400號1樓	04-22083688
臺南市	臺南市兒童早期發展服務管理中心(溪北區)	新營、鹽水、後壁、白河、東山、柳營、佳里、西港、七股、學甲、將軍、北門、麻豆、下營、六甲、官田	財團法人天主教伯利恆文教基金會	726臺南市學甲區華宗路517號	067835670
臺南市	臺南市兒童早期發展服務管理中心(溪南區)	新化、玉井、南化、左鎮、善化、新市、安定、山上、楠西、永康、仁德、歸仁、關廟、龍崎、大內	財團法人天主教臺南市私立德蘭啟智中心	714臺南市玉井區中華路200號	06-5746623
臺南市	臺南市兒童早期發展服務管理中心(市區)	東、南、北、中西、安平	財團法人臺南市私立天主教美善社會福利基金會	708臺南市中華西路二段315號5樓	06-2996648
高雄市	高雄市早期療育綜合服務中心	三民、苓雅、左營、楠梓、新興、前金、鹽埕、鼓山、前鎮、小港、旗津	財團法人高雄市私立博正兒童發展中心	高雄市三民區九如一路775號	07-3985011

# Report and referral center for children with developmental delays

Counties and cities	Report center	Service region	Organization	Address	Phone numbe
New Taipei City	New Taipei City children's healthy development center	Whole city of New Taipei City	New Taipei City Municipal Bureau of Society	5F., No.161, Sec. 1, Zhongshan Rd., Banqiao Dist., New Taipei City	02-29950885
Taipei City	Taipei City report and referral center for early treatment of development delays	Whole city of Taipei City	Taipei City Municipal Bureau of Society	7th Floor, No.163-1, Section 5, Eastern Minsheng Rd., Songshan Dist., Taipei City	02-27568852
Taichung City	Taichung City children's development report center	Whole city of Taichung City	Taiwan children and family supporting foundation Taichung private family supporting development school	1st Floor, No.400, Minquan Rd., Northern Dist., Taichung City	04-22083688
Tainan City	Tainan City service and management center of early stage of children's development (Xibei Region)	Xinying, Yanshui, Houbi, Baihe, Dongshan, Liuying, Jiali, Xigang, Qigu, Xuejia, Jiangjun, Beimen, Madou, Xiaying, Liujia, Guantian	Catholic Bethlehem cultural foundation	No.517, Huazong Rd., Xuejia Dist., Tainan City, 726	06-7835670
Tainan City	Tainan City service and management center of early stage of children's development (Xinan Region)	Xinhua, Yujing, Nanhua, Zuozhen, Shanhua, Xinshi, Anding, Shanshang, Nanxi, Yongkang, Rende, Furen, Guanmiao, Longqi, Danei	Catholic Tainan private DeLan QiZhi center	No.200, Zhonghua Rd., Yujing Dist., Tainan City, 714	06-5746623
Tainan City	Tainan City service and management center of early stage of children's development (Downtown Region)	Eastern, Southern, Northern, Midwestern, Annan, Anping	Tainan private catholic beauty and kindness social welfare foundation	5F., No.315, Sec. 2, Zhonghua W. Rd., Anping Dist., Tainan City 708	06-2996648
Kaohsiung City	Kaohsiung comprehensive service center for early treatment	Sanmin, Lingya, Zuoying, Nanzi, Xinxing, Qianjin, Yancheng, Gushan, Qianzhen, Xiaogang, Qijin	Kaohsiung private Bozheng children development center	No.775, Jiuru 1st Rd., Sanmin Dist., Kaohsiung City	07-3985011

# 發展遲緩兒童通報轉介中心

縣市	通報中心	服務區域	辦理單位	地址	電話
高雄市	高雄市鳳山區兒童早期療育發展中心	鳳山、林園、大寮、大樹、大社、仁武、鳥松	財團法人伊甸社會福利基金會	高雄市鳳山區體育路65號	07-7422971
高雄市	高雄市岡山身心障礙福利服務中心	岡山、橋頭、燕巢、路竹、阿蓮、茄萣、田寮、梓官、彌陀、永安、湖內	財團法人平安社會福利慈善事業基金會	高雄市岡山區公園東路131號	07-6226730
高雄市	高雄市旗山區兒童早期療育發展中心	旗山、美濃、內門、杉林、六龜、甲仙、那瑪夏、桃源、茂林、內門	財團法人伊甸社會福利基金會	高雄市旗山區文中路7號	07-6618106
宜蘭縣	宜蘭縣通報轉介中心	全宜蘭縣	財團法人一粒麥子社會福利慈善事業基金會	宜蘭市同慶街95號2樓	03-9334040
桃園市	桃園市兒童發展通報轉介中心	全桃園市	財團法人伊甸社會福利基金會桃園分事務所	桃園市桃園區四維街12號	03-3330210
新竹縣	發展遲緩兒童早期療育通報轉介暨個案管理中心	全新竹縣	財團法人私立天主教華光智能發展中心	新竹縣關西鎮正義路126號	03-5170643
苗栗縣	苗栗縣兒童早期療育通報轉介中心	全苗栗縣	財團法人伊甸社會福利基金會苗栗分事務所	苗栗縣大湖鄉靜湖村和平路28號	037-997152 037-997157
彰化縣	彰化縣兒童發展通報轉介中心	全彰化縣	財團法人基督教瑪喜樂社會福利基金會	彰化縣田尾鄉北曾村福德巷343號	04-8837588
南投縣	南投縣早期療育通報轉介暨個案管理中心	全南投縣	中華民國發展遲緩兒童早期療育協會	南投市南崗二路87號2樓	049-2205345

# Report and referral center for children with developmental delays

Counties and cities	Report center	Service region	Organization	Address	Phone number
Kaohsiung City	Kaohsiung City Fengshan District development center for children's early treatment	Fengshan, Linyuan, Daliao, Dashu, Dashe, Renwu, Wusong	Eden social welfare foundation	No.65, Tiyu Rd., Fengshan Dist., Kaohsiung City	07-7422971
Kaohsiung City	Kaohsiung City Okayama disabled welfare service center	Okayama, Qiaotou, Yanchao, Luzhu, Alian, Qieding, Tianliao, Ziguan, Mituo, Yongan, Hunei	Safety and social welfare charity foundation	No.131, Eastern Gongyuan Rd., Okayama Dist., Kaohsiung City	07-6226730
Kaohsiung City	Kaohsiung City Qishan District development center for children's early treatment	Qishan, Meinong, Neimen, Shanlin, Liugui, Jiaxian, Namaxia, Taoyuan, Maolin, Neimen	Eden social welfare foundation	No.7, Wenzhong Rd., Qishan Dist., Kaohsiung City	07-6618106
Yilan County	Yilan County report and referral center	Whole county of Yilan County	A grain of wheat social welfare charity foundation	2nd Floor, No.95, Tongqing Street, Yilan City	03-9334040
Taoyuan City	Taoyuan City report and referral center for children development	Whole city of Taoyuan City	Eden social welfare foundation Taoyuan branch	No.12, Siwei Rd., Taoyuan Dist., Taoyuan City	03-3330210
Hsinchu County	Case management center for report and referral of early stage treatment of children with developmental delays	Whole county of Hsinchu County	Private Catholic Huaguang intelligence development center	No.126, Zhengyi Rd., Guanxi Town, Hsinchu County	03-5170643
Miaoli County	Miaoli County report and referral center for children's early treatment	Whole county of Miaoli County	Eden social welfare foundation Miaoli branch	No.28, Heping Rd., Jinghu Village, Dahu Town, Miaoli County	037-997152 037-997157
Changhua County	Changhua County report and referral center for children development	Whole county of Changhua County	Christian Joy social welfare foundation	No.343, Fude Alley, Beiceng Village, Tianwei Town, Changhua City	04-8837588
Nantou County	Nantou County case management center for report and referral of early treatment	Whole county of Nantou county	Chinese Association of Early Intervention	2F., No.87, Nangang 2nd Rd., Nantou City	049-2205345



# 發展遲緩兒童通報轉介中心

縣市	通報中心	服務區域	辦理單位	地址	電話
雲林縣	財團法人臺灣兒童暨家庭扶助基金會附設雲林縣私立家扶發展學園	全雲林縣	財團法人臺灣兒童暨家庭扶助基金會雲林分事務所	雲林縣虎尾鎮穎川里頂南56號	05-6361712
嘉義縣	嘉義縣兒童發展通報轉介中心	全嘉義縣	戴德森醫療財團法人嘉義基督教醫院	嘉義市保建街100號7樓	05-2718661
屏東縣	屏東縣發展遲緩兒童及身心障礙者通報轉介暨個案管理中心(屏東區)	東港、新園、新埤、林邊、佳冬、枋寮、枋山、車城、滿州、恆春、琉球、南州、來義、春日、獅子、牡丹、崁頂	財團法人伊甸社會福利基金會屏東分事務所	屏東縣東港鎮中正路一段10-1號	08-831008
屏東縣	屏東縣發展遲緩兒童及身心障礙者通報轉介暨個案管理中心(屏東區)	屏東、麟洛、長治、九如、里港、內埔、鹽埔、竹田、萬丹、泰武、萬巒、潮州、高樹、霧臺、瑪家、三地門	財團法人屏東基督教勝利之家	屏東縣屏東市建豐路180巷35號2樓	08-7382592
臺東縣	臺東縣發展遲緩兒童早期療育通報轉介暨個案管理中心	全臺東縣	中華民國發展遲緩兒童早期療育協會(臺東中心)	臺東市正氣路372巷2號	089-333905、333973
花蓮縣	花蓮縣發展遲緩兒童早期療育通報轉介暨個案管理中心	全花蓮縣	中華民國發展遲緩兒童早期療育協會	花蓮市華西路123號弘道樓	03-8227813、8227823

# Report and referral center for children with developmental delays

Counties and cities	Report center	Service region	Organization	Address	Phone number
Yunlin County	Yunlin County Child Development and Learning Center, Taiwan Fund for Children and Families	Whole county of Yunlin County	Taiwan children and family supporting foundation Yunlin Branch	No.56, Dingnan, Huwei Township, Yunlin County	05-6361712
Chiayi County	Chiayi County report and referral center for children development	Whole county of Chiayi County	Ditmanson Medical Foundation Chiayi Christian Hospital	7th Floor, No.100, Baojian Rd., Chiayi City	05-2718661
Pingtung County	Pingtung County case management center for report and referral of children with developmental delay and the disabled (Pingnan Region)	Donggang, Xinyuan, Xinbi, Linbian, Jiadong, Fangliao, Fangshan, Checheng, Manzhou, Hengchun, Liuqiu, Nanzhou, Laiyi, Chunri, Shizi, Mudan, Kanding	Eden social welfare foundation Pingtung branch	No.10-1, Sec. 1, Zhongzheng Rd., Donggang Township, Pingtung County	08-831008
Pingtung County	Pingtung County case management center for report and referral of children with developmental delays and the disabled (Pingbei Region)	Pingtung, Linluo, Changzhi, Jiuru, Ligang, Neipu, Yanbu, Zhutian, Wandan, Taiwu, Wanluan, Chaozhou, Gaoshu, Wutai, Majia, Sanjimen	Pingtung Christian home of victory	2nd Floor, No.35, 180 Valley, Jianli Rd., Pingtung Dist., Pingtung County	08-7382592
Taitung County	Taitung County case management center for report and referral of early stage treatment of children with developmental delays	Whole county of Taitung County	Association of early treatment for children with developmental delays (Taitung center)	No.2, 372 Valley, Zhengqi Rd., Taitung City	089-333905, 333973
Hualien County	Hualien County case management center for report and referral of early stage treatment of children with developmental delays	Whole county of Hualien County	Chinese Association of Early Intervention Professional for Children with Developmental Delays	Hongdao Building, No.123, Huaxi Rd., Hualien City	03-8227813, 8227823

# 發展遲緩兒童通報轉介中心

縣市	通報中心	服務區域	辦理單位	地址	電話
澎湖縣	澎湖縣早期療育通報轉介暨個案管理中心	全澎湖縣	澎湖縣政府衛生局	澎湖縣馬公市中正路115號	06-9260256
基隆市	基隆市兒童發展通報轉介暨個案管理中心	全基隆市	基隆市身心障礙福利服務中心	基隆市東信路282之45號	02-24662355
新竹市	新竹市兒童發展早期療育資源轉介中心	全新竹市	財團法人伊甸社會福利基金會	新竹市竹蓮街6號1樓	03-5612921
嘉義市	嘉義市兒童發展通報轉介暨個案管理中心	全嘉義市	戴德森醫療財團法人嘉義基督教醫院	嘉義市保健街100號7樓	05-2719509
金門縣	金門縣早期療育聯合服務中心	全金門縣	財團法人瑪利亞社會福利基金會	金門縣金湖鎮中正路1-1號1樓	082-337886
連江縣	連江縣政府民政局社會課	南竿、北竿、莒光、東引	連江縣政府民政局社會課	連江縣南竿鄉介壽村156號3樓	0836-25022-313

# Report and referral center for children with developmental delays

Counties and cities	Report center	Service region	Organization	Address	Phone numbe
Penghu County	Penghu County case management center for report and referral of early stage treatment	Whole county of Penghu County	Public Health Bureau, Penghu County	No.115, Zhongzheng Rd., Magong Dist., Penghu County	06-9260256
Keelung City	Keelung City case management center for report and referral of children's development	Whole city of Keelung City	Keelung City disabled welfare service center	No.282-45, Dongxin Rd., Keelung City	02-24662355
Hsinchu City	Hsinchu City referral center of resources on early treatment of children's development	Whole city of Hsinchu City	Eden social welfare foundation	1st Floor, No.6, Zhulian Street, Hsinchu City	03-5612921
Chiayi City	Chiayi City case management center for report and referral of children's development	Whole city of Chiayi City	Ditmanson Medical Foundation Chiayi Christian Hospital	7th Floor, No.100, Baojian Street, Chiayi City	05-2719509
Kinmen County	Kinmen County service center of early treatment	Whole county of Kinmen County	Maria social welfare foundation	1st Floor, No.1-1, Zhongzheng Rd., Jinhua Town, Kinmen County	082-337886
Lienchang County	Lienchang County Civil Affairs Bureau, Department of Society	Nangan, Beigan, Luguang, Dongyin	Lienchang County Civil Affairs Bureau, Department of Society	3rd Floor, No.156, Jieshou Village, Nangan Town, Lienchang County	0836-25022-313

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機構	電話／傳真／網址
衛生福利部國民健康署	臺北辦公室電話：02-2997-8616 臺中辦公室電話：04-2217-2200 網址： <a href="http://www.hpa.gov.tw/">http://www.hpa.gov.tw/</a>
衛生福利部疾病管制署	電話：02-2395-9825 網址： <a href="http://www.cdc.gov.tw/">http://www.cdc.gov.tw/</a>
衛生福利部食品藥物管理署	電話：02-2787-8200 網址： <a href="http://www.fda.gov.tw/">http://www.fda.gov.tw/</a>
衛生福利部中央健康保險署	健保諮詢專線：0800-030-598 網址： <a href="http://www.nhi.gov.tw/">http://www.nhi.gov.tw/</a>
衛生福利部社會及家庭署	電話：02-23565577 網址： <a href="http://www.sfaa.gov.tw/">http://www.sfaa.gov.tw/</a>
大便卡諮詢中心	電話：02-2382-0886 傳真：02-2388-1798
吞食毒物防治諮詢中心電話	電話：02-2871-7121
臺大醫院新生兒篩檢中心	電話：02-2312-3456 轉 71929 或 71930 網址： <a href="http://www.ntuh.gov.tw/gene/nbsc">http://www.ntuh.gov.tw/gene/nbsc</a>
衛生保健基金會檢驗所	電話：02-8768-1020 轉 11 網址： <a href="http://www.cfoh.org.tw/">http://www.cfoh.org.tw/</a>
臺北病理中心	電話：02-8596-2065 轉 401 或 403 網址： <a href="http://www.tipn.org.tw/INB">http://www.tipn.org.tw/INB</a>
免費戒菸專線	網址： <a href="http://www.tsh.org.tw/">http://www.tsh.org.tw/</a> 電話：0800-636363 戒菸服務醫事機構查詢電話：02-2351-0120
婦幼保護專線	電話：113

# Useful phone numbers and websites

Institution	Phone number / Fax / Website
Health Promotion Administration, Ministry of Health and Welfare	Telephone number of Taipei office: 02-2997-8616 Telephone number of Taichung office: 04-2217-2200 Website: <a href="http://www.hpa.gov.tw/">http://www.hpa.gov.tw/</a>
Department of Disease Control, Ministry of Health and Welfare	Telephone: 02-2395-9825 Website: <a href="http://www.cdc.gov.tw/">http://www.cdc.gov.tw/</a>
Food and Drug Administration, Ministry of Health and Welfare	Telephone: 02-2787-8200 Website: <a href="http://www.fda.gov.tw/">http://www.fda.gov.tw/</a>
Central Health Insurance Administration, Ministry of Health and Welfare	Health care counseling service hotline: 0800-030-598 Website: <a href="http://www.nhi.gov.tw/">http://www.nhi.gov.tw/</a>
Society and Family Administration, Ministry of Health and Welfare	Telephone: 02-23565577 Website: <a href="http://www.sfaa.gov.tw/">http://www.sfaa.gov.tw/</a>
Stool Card Counseling Center	Telephone: 02-2382-0886 Fax: 02-2388-1798
Phone number of the consulting center for prevention and treatment of poison swallowing	Telephone: 02-2871-7121
Neonatal Screening Center of the National Taiwan University Hospital	Telephone: 02-2312-3456 transfer to 71929 or 71930 Website: <a href="http://www.ntuh.gov.tw/gene/nbsc">http://www.ntuh.gov.tw/gene/nbsc</a>
Health Care Foundation Inspection Bureau	Telephone: 02-8768-1020 transfer to 11 Website: <a href="http://www.cfoh.org.tw/">http://www.cfoh.org.tw/</a>
Taipei Pathological Center	Telephone: 02-8596-2065 transfer to 401 or 403 Website: <a href="http://www.tipn.org.tw/INB">http://www.tipn.org.tw/INB</a>
Free smoking cessation hotline	Website: <a href="http://www.tsh.org.tw/">http://www.tsh.org.tw/</a> Telephone: 0800-636363 Hotline of medical institutions providing withsmoking cessation services: Telephone: 02-2351-0120
Hotline of women and children's care	Telephone: 113

## 好用的電話與網站

機構	電話／傳真／網址
孕產婦關懷專線與網站	電話：0800-870870 網址： <a href="http://mammy.hpa.gov.tw/">http://mammy.hpa.gov.tw/</a>
早產兒基金會	網址： <a href="http://www.pbf.org.tw">http://www.pbf.org.tw</a>
早產兒基金會居家護理諮詢專線	電話：02-2523-0908
雅文兒童聽語文教基金會	網址： <a href="http://www.chfn.org.tw/">http://www.chfn.org.tw/</a>
公私協力平價托嬰中心、托育資源中心	網址： <a href="http://www.sfaa.gov.tw/">http://www.sfaa.gov.tw/</a> 社會及家庭署網頁 > 便民服務 > 申辦項目 > 下載表格 > 檔案下載 > 家庭支持
育兒親職網	網址： <a href="http://babyedu.sfaa.gov.tw/">http://babyedu.sfaa.gov.tw/</a>
托育人員(保母)登記管理資訊網	網址： <a href="http://cwisweb.sfaa.gov.tw/">http://cwisweb.sfaa.gov.tw/</a>
1957 社會福利諮詢專線	網址： <a href="http://1957.mohw.gov.tw/">http://1957.mohw.gov.tw/</a>
家庭教育網站及諮詢專線	電話：412-8185 (手機撥打請加 02) 網站： <a href="http://moe.familyedu.moe.gov.tw">http://moe.familyedu.moe.gov.tw</a>
國稅局(綜合所得稅幼兒學前特別扣除額)	國稅局免付費電話：0800-000-321、 地方稅務局免付費電話：0800-086-969

# Useful phone numbers and websites

Institution	Phone number / Fax / Website
Hotline and website of maternal care	Telephone: 0800-870870 Website: <a href="http://mammy.hpa.gov.tw/">http://mammy.hpa.gov.tw/</a>
Premature Baby Foundation of Taiwan	Website: <a href="http://www.pbf.org.tw">http://www.pbf.org.tw</a>
Home care counseling hotline, Pre-mature Baby Foundation of Taiwan	Telephone: 02-2523-0908
Yawen Children Education Foundation	Website: <a href="http://www.chfn.org.tw/">http://www.chfn.org.tw/</a>
Public-private Cooperation Parity Baby Sitting Center, Nursery Resource Center	Website: <a href="http://www.sfaa.gov.tw/">http://www.sfaa.gov.tw/</a> Website of Society and Family Administration > Handy service for the public > Application > Download > File Download > Family Support
Parenting Net	Website: <a href="http://babyedu.sfaa.gov.tw/">http://babyedu.sfaa.gov.tw/</a>
Nursery Staff (Babysitters) Registration and Management Information Net	Website: <a href="http://cwisweb.sfaa.gov.tw/">http://cwisweb.sfaa.gov.tw/</a>
1957 social welfare counseling hotline	Website: <a href="http://1957.mohw.gov.tw/">http://1957.mohw.gov.tw/</a>
Family education websites and consulting hotlines	Telephone: 412-8185 (please add 02 if you call on a cellphone) Website: <a href="http://moe.familyedu.moe.gov.tw">http://moe.familyedu.moe.gov.tw</a>
Internal Revenue Service (comprehensive income tax of pre-school children enjoys special deductions)	Free hotline of Internal Revenue Service 0800-000-321, Free hotline of Local Taxation Bureau 0800-086-969



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# 緊急狀況處理



## 失去意識

呼吸



平緩移動他們側躺（如下圖），讓舌頭不會阻塞呼吸，保持呼吸道暢順，並觀察其呼吸狀況和臉色是否有發黑現象。

無↓

心肺復甦術（CPR）



## 中毒

若孩子誤食不明物品而感到身體不適，保持冷靜，並保留物品容器。

- 對外求助，立即撥打毒藥物防治諮詢中心電話 **02-2871-7121**。
- 如果孩子失去意識或睡著了，撥打 **119**，請求救護車送往醫院檢查。
- 在沒有醫師的建議下，請不要讓他們嘔吐。有些產品（如清潔劑）可能會灼傷喉嚨，如果讓他們嘔吐會增加灼傷的程度和肺部的損傷。
- 如果沒有醫師的建議，請不要給予孩子其他流質物。



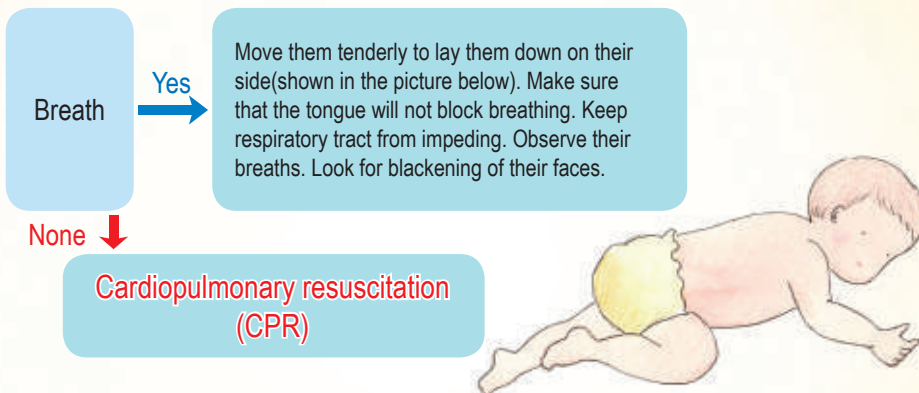
重要電話		請自行添加…
警察局	<b>110</b>	
婦幼保護專線	<b>113</b>	
消防局	<b>119</b>	
吞食毒物防治諮詢中心電話	<b>02-2871-7121</b>	



# Handling emergencies



## Unconsciousness



## Poisoning

When your children feel uncomfortable after eating unknown objects. Please stay calm and keep the container of the object.

- Ask for help. Call the consulting center for prevention and treatment of poison and drug as soon as possible: **02-2871-7121**.
- When your child lose consciousness or fall asleep, call **119** and ask for an ambulance to take your child to a hospital.
- Do not let your children vomit without 'the doctor's suggestion. Some products (such as detergents) may burn the throat. The burning may become more severe if you ask them to vomit and it will increase lung damage as well.
- Do not feed your children with other liquids without the doctor's suggestion.



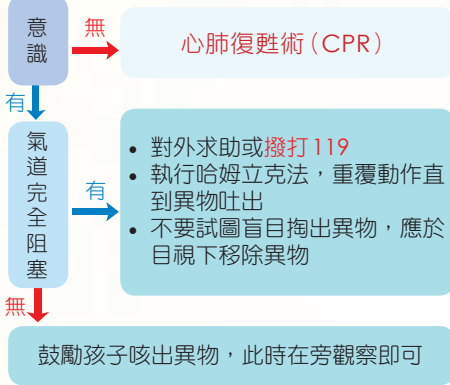
Important phone numbers		Please add by yourself
Police station	<b>110</b>	
Hotline of women and children's care	<b>113</b>	
Fire station	<b>119</b>	
Phone number of the consulting center for prevention and treatment of poison swallowing	<b>02-2871-7121</b>	



# 緊急狀況處理 ((大於一歲))



## 異物梗塞的處理



哈姆立克法 (大於1歲)

### 氣道完全阻塞

孩子無法咳嗽、發不出聲音、臉部發紫

### 哈姆立克法 (腹部壓迫法)

孩童可以站立：從背部環抱，一手握拳，虎口向內置於肚臍上方，另一手抱住拳頭並握緊，兩手快速向上向內連續擠壓 5 下

孩童倒下時：使其仰臥，跨坐其大腿，兩手十指互扣並翹起，掌根置於其肚臍上方與心窩中線，快速向下並往前推壓 5 下

## 心肺復甦術 (CPR)



「叫」 孩子，確認孩子無反應或沒有呼吸

「叫」 他人，尋求他人協助或撥打 119

- 若獨自一人，先做 2 分鐘 CPR 再打 119

「C」 胸部按壓 (Compressions)

- 單手掌或雙手掌按壓胸部兩乳頭連線中央
- 用力壓：下壓胸廓約 5 公分
- 快快壓：每分鐘 100~120 次
- 胸回彈：確保每次按壓後完全回彈
- 莫中斷：盡量避免中斷，中斷時間不超過 10 秒

「A」 打開呼吸道 (Airway)- 壓額提下巴法

「B」 人工呼吸 (Breaths)

- 口對口 (捏住鼻子) 或口對口鼻吹氣
- 吹兩口氣，每口氣一秒鐘，可見胸部起伏

重複交替「胸部按壓 30 次，人工呼吸 2 次」，直到孩子會動或醫療救護人員到達為止

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