

愛嬰資訊

Baby Friendly Newsletter

2015年4月號 April 2015



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與寶寶肌膚親密接觸－醫護人員與媽媽齊爭取

Skin-To-Skin Contact after Caesarian birth



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

unicef
聯合國兒童基金會

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主席的話

Message from the Chairman



隨着社會各界，包括政府及多個志願團體的共同努力下，部分市民尤其是準媽媽對於母乳哺育的好處明顯有更多的認識，然而持續餵哺率卻仍處相當低的水平，情況令人關注。今期「愛嬰資訊」的內容讓我們更深入思考母親們在不同層面所需的支援。封面故事〈愛嬰天使計劃〉，令我們從實踐中體會哺乳媽媽同儕支援的好處和重要性；而外國的最新研究報導，則為醫護人員和家長們提供有助母乳餵哺的資訊。

現時，不少人尚未明白持續以母乳哺育是一個相當漫長而具挑戰性的過程，各方面的支援和配合極其重要。哺乳媽媽所需的並不局限於醫護人員的協助和同儕的鼓勵，家人的支持、市民的認同、公眾場所設施的配合也非常重要，而雇主和工作間的支援更是在職媽媽能否持續的最大關鍵。

歸根究底，大眾必須意識到母乳哺育其實是與每個人息息相關的，只是各人的需要在時間先後上有所不同。再者，今天的嬰孩就是社會未來的棟樑，他們的身心健康直接影響香港的將來；盼望有更多社會人士能高瞻遠矚，洞察支持母乳餵哺之重要性，為推廣及發展工作出一分力。

With the continuous effort of the government and various breastfeeding support groups, more Hong Kong people, especially expectant mothers, have better understanding of the benefits of breastfeeding. However, the sustained breastfeeding rate is still very low requiring attention. This issue of our newsletter provides a platform for us to reflect on the different levels of support required by breastfeeding mothers. The cover story on the Peer Counselling Pilot Project makes us realize the benefits and value of peer support programmes in practice. Baby Friendly Updates highlight recent researches that are helpful to health care workers and parents in support of breastfeeding.

Nowadays, still many people are not aware that sustaining breastfeeding is a long and challenging process which relies on the support and cooperation of different sectors in the society as a whole. Apart from the assistance from health care workers and encouragement from peers, the support from family members, the acceptance by the general public and availability of breastfeeding friendly facilities in the community are very important. For those working mothers who want to continue to breastfeed after their maternity leave, employers' understanding and support at the workplace are crucial.

After all, everyone must realize that breastfeeding is actually closely related to all of us. The difference is only a matter of time. Furthermore, children are the future pillars of our society. Their physical and psychological health has a profound impact on Hong Kong for many years to come. We sincerely hope that more people in our society have the farsightedness to perceive the importance of breastfeeding and contribute to the work of promotion and support of breastfeeding.

孔美琪博士 銅紫荊星章
Dr Maggie Koong BBS





令人不捨的 …… 愛嬰天使計劃 Unforgettable Moments - Baby Friendly Angels walking with New Mothers on a Challenging Path in Life

2011年12月，愛嬰醫院香港協會及衛生署家庭健康服務攜手推出了一項名為「愛嬰天使計劃」的朋際輔導先導計劃，旨在鼓勵哺乳媽媽分享授乳經驗，同時建立哺乳媽媽的互助支援網絡。28位受訓完畢學員擔任母乳餵哺輔導員向新手媽媽分享餵哺母乳心得，定期於母嬰健康院內主持「哺乳媽媽輕鬆談」互助小組，以訓練中獲得的專業知識和輔導技巧，及自身授乳的經驗向朋輩及大眾推廣母乳餵哺。本計劃於2015年3月結束。以下是一些天使和參與母親的心聲。

In December, 2011 Baby Friendly Hospital Initiative Hong Kong Association and Family Health Service of Department of Health launched a peer counselling pilot project called "Baby Friendly Angels." The project aimed to encourage mothers to share their breastfeeding experiences and at the same time establish a support network among them. 28 candidates, after acquiring professional lactation and counselling skills through training, started to host a support group called "Happy Talk for Breastfeeding Mothers" regularly to share their experiences and expertise with new mothers. The project ended in March 2015. The following are some sharing from our peer counsellors and participating mothers.



新手媽媽的心聲：

回想當日我全無經驗，「傻更更」的，若不是參加了「哺乳媽媽輕鬆談」，相信我的「人奶路」不會如此暢順。透過愛嬰天使義工們的分享，不但讓我初步掌握初生時期的餵哺知識；之後在定期的聚會上，更獲得不少非常實用的資料及建議，令我能持續以母乳餵哺孩子。

曾接受過義工幫助的我，現在已成為了聯合醫院的「綠衣天使——母乳餵哺」義工，到產後房間與新手媽媽分享餵哺母乳的經驗呢！

我的寶寶已享用母乳 16 個月了，目標是自然離乳。謝謝「哺乳媽媽輕鬆談」的一群愛嬰天使，讓我們一家得到很大的支持與鼓勵，使我更有信心持續讓孩子享受母乳。

Words from A New Mother:

Recalling the days when I had no experience at all, had I not joined "Happy Talk for Breastfeeding Mothers", I believe my breastfeeding experience would not have been so smooth. Through sharing sessions with the volunteer Baby Friendly Angels, not only did I master basic breastfeeding knowledge for my new baby, thereafter, other information and constructive suggestions shared in regular gatherings have also helped me sustain my breastfeeding.

Having received advice and support from the volunteers myself, I now become a volunteer at United Christian Hospital to share my breastfeeding experiences with new mothers in the postnatal ward!

I have been breastfeeding my baby for 16 months and I will continue as long as my child wants to. Thank you to all the Baby Friendly Angels at the "Happy Talk for Breastfeeding Mothers" support group! You have given my family and I the greatest support and encouragement, enabling me to continue to let my baby enjoy breastfeeding with confidence.

Sunny Fok

愛嬰天使的感言（一）

感謝良師林志愛女士及余婉玲女士教授我們專業而豐富的哺乳知識。

令我最感安慰的是幫助了不少媽媽成功哺乳，亦不捨得一班志同道合的愛心媽媽。

Words from Baby Friendly Angels (I):

Thank you to Christine Lam and Maggie Yu, our fine teachers for teaching us professional and rich knowledge on breastfeeding. What gave me the greatest sense of comfort was my being able to assist mothers to successfully breastfeed. I will miss all my caring and passionate teammates in the programme.

Connie Chan



愛嬰天使的感言 (二)

很感激 UNICEF Baby Friendly 這幾年的安排，使我們一班“愛嬰天使”，能將母乳餵哺的好處和有興趣哺乳的準生 / 初生家庭分享。經歷了近 3 年的學習和服務，眼見部份參與我們聚會的媽媽，由大著肚子來聽，然後抱著剛出生的 bb 來詢問，再到 bb 都會行會走，還專程繼續來與撐著大肚子的準媽媽們分享其經歷

其實，我們一班“天使”也十分享受這些過程！因為，我們都有同樣的經歷！當我們知道這個先導計劃快要結束時，實在有點失落和感慨，深信所有愛嬰天使和一些仍需支援和鼓勵的媽媽都有點不捨得。希望類似的計劃可以很快又再展開，讓更多的準媽媽 / 初生媽媽們，在哺乳路上得到更貼身的同輩支援！

祝 貴會各人身體健康，工作順利！

Words from Baby Friendly Angels (II):

Very grateful to UNICEF Baby Friendly for organising the programme over the past few years. It has given us, the Baby Friendly Angels, an opportunity to share with expecting mothers and new mothers the benefits of breastfeeding. During nearly 3 years of practice and service, I have seen expectant mothers join our gatherings, then bring their new babies for consultation, to when the babies take their first steps, they still purposely came back to share their experience with other expectant mothers...

Actually, we “Angels” also enjoyed the process because we all had similar experiences. When we realized that this pilot project was about to end, we felt a bit at loss and sad. I believe all the Baby Friendly Angels, and mothers who still need support and encouragement will miss the programme. I hope a similar programme will start soon so more new and expecting mothers can receive attentive peer support on their path of breastfeeding.

Wish everyone in Baby Friendly Hospital Initiative Hong Kong Association the best of health and success at work!

Millie Wong

總結

以上的心聲和感言正反映了為何世界衛生組織及聯合國兒童基金會共同倡儀「朋輩支援」為「成功母乳餵哺十項指引」的其中一項指引。建立哺乳媽媽的互助小組有助授乳媽媽提升自信，持續哺乳。「愛嬰天使計劃」推行至今初見成效，深盼在不久的將來，政府會投放更多資源推動有效幫助哺乳媽媽的同輩支援計劃。

Conclusion

The feedback and comments above demonstrate exactly the importance of breastfeeding support groups, and why World Health Organization (WHO) and The United Nations Children's Fund (UNICEF) recommended it as a step in the “Ten Steps to Successful Breastfeeding.” The establishment of breastfeeding support groups can increase mothers' confidence in breastfeeding and promote sustained breastfeeding. The Baby Friendly Angels peer counselling programme is beginning to show results. We hope that the government will allocate more resources in developing effective breastfeeding support programmes in the near future.



與寶寶肌膚親密接觸 – 醫護人員與媽媽齊爭取 Skin-To-Skin Contact after Caesarian birth

多與初生嬰兒肌膚接觸會帶來很多意想不到的好處：

Positive effects of skin-to-skin contact immediately after birth to both mothers and infants are many:

寶寶 Enable Infants to

- 保持體溫
sustain their body temperature
- 維持更穩定的血糖水平
maintain a more stable blood sugar level
- 減低出生過程帶來的負荷
lower stress level
- 哭鬧較少
cry less
- 表現平靜
exhibit calmer behaviors
- 比在嬰兒床睡得好
sleep better than an infant placed in a crib

媽媽 Advantages to mothers

- 寶寶的小手在你乳房的撫摸有助分泌催產素
infants' hand movements on mothers' breasts
stimulate oxytocin release
- 催產素促進媽媽產生乳汁
oxytocin prepares mothers to provide milk
- 激發保護和照顧寶寶的母性
may strength mothers' instincts to protect and
care for their infants

相比自然分娩的媽媽，剖腹分娩媽媽一般較遲才有機會與寶寶肌膚接觸，而分泌催產素和促乳素的水平欠佳，導致奶量不足，因此首次餵哺母乳往往延後。

Compared to mothers delivered vaginally however, there is a delay in skin-to-skin contact between mothers who delivered by caesarean section and their infants. In addition, mothers who gave birth by caesarean section were found to have less optimal oxytocin and prolactin patterns, suggesting lower milk supply. As a result, there is a greater time lapse between birth and the first breastfeed.

2012年瑞典就有關課題作出研究，在斯德哥爾摩三間醫院訪問8位助產士，總結了阻礙剖腹分娩後母嬰肌膚接觸的因素：

To identify existing barriers of uninterrupted skin-to-skin contact after caesarean deliveries, a research was conducted in Sweden in 2012. Researchers interviewed eight midwives at three hospitals in Stockholm. The study found the following obstacles to skin-to-skin contact between mothers and infants after caesarean birth:



- 父母缺乏母嬰肌膚接觸好處的知識
Parents' lack of knowledge in the benefits of skin-to-skin contact
- 社會文化忌諱問題，如不願將寶寶的衣服脫下
Cultural issues like unwillingness to undress infant
- 媽媽在剖腹後感到疼痛和活動不便
Mothers' sensation of pain and decreased mobility after caesarean section
- 醫護人員缺乏母嬰肌膚接觸好處的知識
Health care workers' lack of knowledge in the benefits of skin-to-skin contact
- 沒有把肌膚接觸納入母嬰護理程序
Absence of incorporation of practice in care of mothers and infants
- 未能與其他醫護人員協調
Poor collaboration with other health care workers
- 助產士在手術室未有足夠時間和空間去協助肌膚接觸
Lack of space and time in operating theatre for midwife to assist skin-to-skin contact

母嬰肌膚接觸促進親子關係，亦有助母乳餵哺。受訪的助產士清楚肌膚接觸對母嬰有多種已證實的好處及成本效益，對於因種種因素而未能做到感到氣餒。要加強母嬰肌膚接觸，必須先讓準父母和醫護人員明白其好處，醫療機構亦宜制定相關指引，令母嬰同得益處。

Skin-to-skin contact can nourish a greater bond between mothers and infants, as well as facilitate breastfeeding. Interviewed midwives were aware that the practice is a cost-effective intervention with proven advantages to both mothers and infants. They felt frustrated when they failed to implement the practice due to various reasons. To combat the lack of skin-to-skin contact between mothers and infants after caesarean births, it is crucial for expecting parents and all health care professionals involved to be better informed about its benefits and health care organizations to develop guidelines for its implementation.

參考書目 Reference:

Zwedberg S, et al. Midwives' experiences with mother-infant skin-to-skin contact after caesarean section: 'fighting an uphill battle'.
Midwifery, 2015 Jan;31(1):215-20



愛嬰醫院認證要聞 News on Baby Friendly Hospital Designation

「愛嬰醫院運動」是世界衛生組織及聯合國兒童基金會在 1991 年發起的全球運動，主要目的是提倡所有提供婦產服務的醫院致力達到「愛嬰醫院」的服務標準及要求，為媽媽及嬰兒提供母乳哺育所需支援。

In 1991, Baby Friendly Hospital Initiative (BFHI) was launched by World Health Organization (WHO) and United Nations Children's Fund (UNICEF). BFHI aims to advocate and enhance breastfeeding practice in all hospitals with maternity unit, as well as providing breastfeeding support for mothers and babies.

自 2013 年醫院管理局宣布全港設有產科的公立醫院將分階段參與「愛嬰醫院」認證計劃後，在各醫院的醫護人員努力下，本港醫院在 2014 年獲得顯著進展。

In 2013, Hospital Authority announced their participation in BFHIHKA's Baby Friendly Hospital Designation process. With the combined effort of healthcare professionals, hospitals in Hong Kong made significant progress in 2014.

認證程序 Process of Designation	醫院名稱 Hospital	日期 Date
意向登記 Registration of Intent	伊利沙伯醫院 Queen Elizabeth Hospital	2013 年 6 月 June 2013
	廣華醫院 Kwong Wah Hospital	2013 年 11 月 November 2013
	瑪麗醫院 Queen Mary Hospital	2013 年 12 月 December 2013
	威爾斯親王醫院 Prince of Wales Hospital	2014 年 12 月 December 2014
承諾證書 Certificate of Commitment	伊利沙伯醫院 Queen Elizabeth Hospital	2014 年 1 月 January 2014
	瑪麗醫院 Queen Mary Hospital	2014 年 12 月 December 2014
認可第一階段參與 Award of Level 1 Participation	伊利沙伯醫院 Queen Elizabeth Hospital	2014 年 11 月 November 2014

現時，有一所醫院正進行第二階段認證程序，亦有一所正參與承諾證書認證程序；各醫院在實踐「成功母乳餵哺十項指引」方面均付出不少努力，成效得到很大程度的提升。深信不久的未來，香港將會出現首間認可愛嬰醫院，為本地孕婦帶來喜訊，提供更優質的服務。

Currently, one hospital is undergoing the designation process of level 2 participation and one hospital is applying for the certificate of commitment. Hospitals in Hong Kong have spent much effort in implementing the "Ten Steps to Successful Breastfeeding" with significant outcome. We believe that the first Baby-Friendly hospital will be designated in the near future, bringing good news to our expectant mothers that they will receive much enhanced services.



保護下一代 規管配方奶粉營養及健康聲稱 Protect our children Prohibit formula milk nutritional and health claims

2015年2月10日，葉麗嫦醫生代表本會出席食物安全及環境衛生事務委員會立法會會議¹，並提交書面建議促請政府嚴格規管所有36個月以下配方奶粉及嬰幼兒包裝食品的營養及健康聲稱，並表明嬰幼兒食品可容許的營養聲稱應該是對嬰幼兒健康極為重要及擁有嚴緊科學證實。

根據世衛在2013年有關配方奶粉營銷指引，即使嬰兒成長至六個月或以上，配方奶粉亦不宜作母乳的替代品²。除了立法嚴格規管外，政府必須加強教育大眾市民有關嬰幼兒營養飲食的認識，以保護下一代的健康。

Baby Friendly Hospital Initiative Hong Kong Association made a written submission¹ and a verbal response to the Legco Panel on Food Safety and Environmental Hygiene in February 2015. We urged the government to adopt a restrictive approach in the regulation of nutritional and health claims on formula and prepackaged food products for infants and young children under the age of 36 months. Any nutrient claims allowed for infant and young child foods should have high importance to the health of young children and have strict scientific proof.

According to WHO, follow-up formula is "unsuitable when used as a breast-milk replacement from six months of age onwards."² Apart from implementing a restrictive approach in the regulation, it is essential that the government educates the general public on appropriate infant and young child feeding to protect the health of our next generation.

¹ <http://www.legco.gov.hk/yr14-15/english/panels/fseh/papers/fseh20150210cb2-814-9-e.pdf> accessed 2015.3.28

² Information on concerning the use and marketing of follow-up formula. WHO 2013. http://www.who.int/nutrition/topics/WHO_brief_fufandcode_post_17July.pdf?ua=1 accessed 2015.3.28

為醫療人員 提供的新資源： 母親友善分娩護理與 母乳餵哺 New resource for health professionals: Mother-friendly Childbirth Care and Breastfeeding

衛生署在2015年1月為醫療人員提供了網上版〈支援母乳餵哺自學資源套〉，當中加插了新增單元〈母親友善分娩護理與母乳餵哺〉。如醫療人員對此自學資料有興趣，可與本會聯絡。

The Department of Health launched a web-based version of the "Self-learning kit on Breastfeeding for Health Professionals" together with a new supplementary chapter on Mother-Friendly Childbirth Care and Breastfeeding in January 2015. Interested health professionals who wish to access the resource through BFHIHKA can contact our association.



安全的睡眠：循證建議

Speaking Out on Safe Sleep: Evidence-Based Infant Sleep Recommendations

Breastfeeding Medicine 期刊的一篇研究文章指出母嬰同床可促進母乳餵哺，而授乳媽媽傾向與寶寶同床。由於哺乳母親與嬰兒同睡的姿勢和非哺乳母親並不相同，因此文章指出授乳母嬰同床的風險亦會較低。多位研究人員提出需重新檢視美國兒科學院提出減低嬰兒猝死症的建議，其中一項是母嬰不可同床，這可能引致疲累的父母與寶寶在梳化不知不覺睡著，反令嬰兒死亡風險提高。

事實上沒有一個絕對安全的睡眠環境，嬰兒床也有其風險。文章列證更多已知的高風險因素，如吸煙、在梳化同睡、與服藥或飲酒的人同睡和餵食配方奶粉。公眾教育必須針對這些高風險因素而避免母乳餵哺受到不必要的負面影響。更需要投放資源去處理這些因素和配方奶粉商的激進銷售手法及消除奶粉商和關顧嬰幼健康機構的利益衝突。



The authors pointed out considerable research supports that bedsharing may facilitate breastfeeding and that breastfeeding mothers are more likely to share a bed with their infants. Breastfeeding mothers sleep with their infants differently from formula feeding mothers and do not have the same risks. The authors reviewed the evidence for the recommendations of the American Academy of Pediatrics to reduce Sudden Infant Death Syndrome, one of which was against all bedsharing for sleep. This may lead to unintended consequences like increased deaths when tired parents sleep with their babies on sofas. In fact current evidence shows there are stronger risks such as smoking, shared sleep on sofas, sleeping next to caregivers who are influenced by alcohol or drugs, and formula feeding.

No sleep environment is completely safe including cribs. Public health messages must target the high risk factors and avoid an unintended negative impact on breastfeeding. Resources should focus on these risks, address the aggressive marketing of formula milk and eliminate the conflict of interest between formula companies and organizations dedicated to child health.

Bartick M, Smith LJ. Breastfeed Med. 2014 Nov;9(9):417-22

以下是更多關於安全同睡的資訊 Further information on Safe Sleep can be found at:

UK UNICEF BFI:

給父母的指引 For Parents: http://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/caringatnight_web.pdf

給醫護人員的參考 For Professionals:

http://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/HPs_Guide_to_Coping_At_Night_Final.pdf

Infant Sleep Information Source: <https://www.isisonline.org.uk/>



需要你的支持！ *Need Your Support!*

為了給孩子們一個好的開始，我們誠邀你登記支持本會活動或捐款。本會會定期和大家分享母乳育嬰的資訊。詳情請瀏覽本會網站 www.babyfriendly.org.hk 或致電 2591 0782 查詢。

We need your support to give our children the best start in life. You are cordially invited to join us as our supporter or make a donation. We will share with you the latest news and information about breastfeeding. For more information, please visit us at www.babyfriendly.org.hk or call at 2591 0782.



捐款 / 登記表格 Donation / Application Form

本人欲捐助HK\$_____於愛嬰醫院香港協會。收據人/機構為_____。
I wish to donate HK\$_____ to the Association. Please issue receipt in the name of _____.
(港幣\$100元以上捐款，可申請免稅。Donation of HK\$100 or more is tax-deductible)

本人欲協助愛嬰醫院香港協會義務工作。
I wish to assist in voluntary activities organized by the Association.

本人希望收取電子版的“愛嬰資訊”及其他最新消息，不需要郵寄。
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請將填妥表格交回本會：香港跑馬地藍塘道60號3樓，傳真至 2338 5521 或 電郵至 bfhi@unicef.org.hk。如欲捐助，請填妥表格連同劃線支票抬頭人“Baby Friendly Hospital Initiative Hong Kong Association” 郵寄至本會上述地址。

Please complete this form and post it to *Baby Friendly Hospital Initiative Hong Kong Association, 3rd Floor, 60 Blue Pool Road, Happy Valley, Hong Kong* or by fax/email at 2338 5521 / bfhi@unicef.org.hk. For making a donation, please post to us a crossed cheque payable to “Baby Friendly Hospital Initiative Hong Kong Association” together with this form.

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電郵 E-mail: bfhi@unicef.org.hk

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愛嬰醫院運動是聯合國兒童基金致力推動、保護及支持母乳餵哺的全球性運動。

Baby Friendly Hospital Initiative (BFHI) is an UNICEF initiative to promote, protect and support breastfeeding.