

รวมบทความเกี่ยวกับ แอลฟาแล็ค สฟิงโกไมอีลิน ตัวช่วยพัฒนาสมอง
บทความ

Test01

ก.ย. 23, 2025

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6-ทำอุ้งให้หมูลูก_680_3.png

6 ท่าอุ้มให้นมลูก สำหรับคุณแม่มือใหม่



ท่าอุ้มนอนขวางบนตักแม่
(Cradle Hold)



ท่าอุ้มนอนขวางบนตักแบบประยุกต์
(Modified/Cross Cradle Hold)



ท่าอุ้มลูกฟุตบอล
(Clutch Hold/Football Hold)



ท่าอุ้มนอนตะแคง
(Side Lying Position)



ท่าเอนตัว
(Laid-back Hold)



ท่าตัวตรง
(Upright or Standing Baby)

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6-ท่าอุ้มให้นมลูก_680_1.png

6 ท่าอุ้มให้นมลูก สำหรับคุณแม่มือใหม่



ท่าอุ้มนอนขวางบนตักแม่
(Cradle Hold)



ท่าอุ้มนอนขวางบนตักแบบประยุกต์
(Modified/Cross Cradle Hold)



ท่าอุ้มลูกฟุตบอล
(Clutch Hold/Football Hold)



ท่าอุ้มนอนตะแคง
(Side Lying Position)



ท่าอุ้มนอนตัว
(Laid-back Hold)



ท่าอุ้มนอนตรง
(Upright or Standing Baby)

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6 ท่าอุ้มให้นมลูก สำหรับคุณแม่มือใหม่



ท่าอุ้มนอนขวางบนตักแม่
(Cradle Hold)



ท่าอุ้มนอนขวางบนตักแบบประยุกต์
(Modified/Cross Cradle Hold)



ท่าอุ้มลูกฟุตบอล
(Clutch Hold/Football Hold)



ท่าอุ้มนตะแคง
(Side Lying Position)



ท่าเอนตัว
(Laid-back Hold)



ท่าตั้งตรง
(Upright or Standing Baby)

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สฟิงโกไมอีลิน

ช่วยการส่งสัญญาณ
ของเซลล์ประสาท

แอลฟา แอล
สฟิงโก ไมอีลิน

สร้าง **สมองไวกว่าเดิม**

เชื่อมต่อเซลล์สมอง

100,000 ล้าน เซลล์

*เทียบระหว่างเซลล์สมองที่มีปลอกไมอีลินกับไม่มี **เซลล์สมองมีมากกว่า 1 แสนล้านเซลล์
***นมแม่มีสารอาหารมากกว่า 200 ชนิด รวมทั้ง แอลฟา-แล็คติลูบูนิน, สฟิงโกไมอีลิน
****สฟิงโกไมอีลินช่วยในการสร้างปลอกไมอีลิน และแอลฟา-แล็คติลูบูนิน ช่วยในการสร้างสารสื่อประสาท

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6 ท่าอุ้มให้นมลูก สำหรับคุณแม่มือใหม่



ท่าอุ้มนอนขวางบนตักแม่
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(Clutch Hold/Football Hold)



ท่าอุ้มนอนตะแคง
(Side Lying Position)



ท่าอุ้มนอนตัว
(Laid-back Hold)



ท่าอุ้มตั้ง
(Upright or Standing Baby)

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