

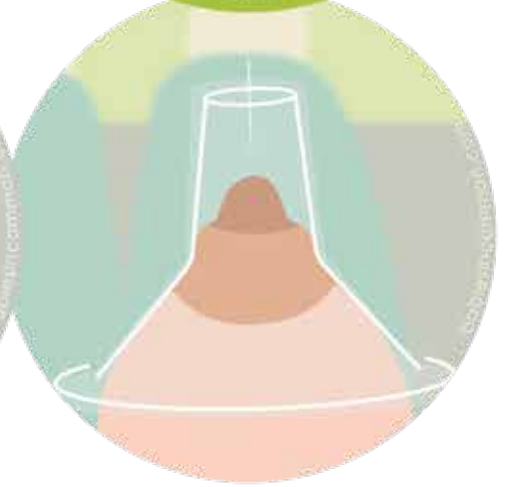
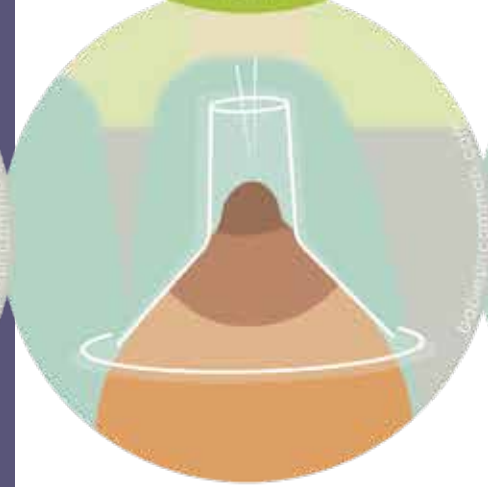
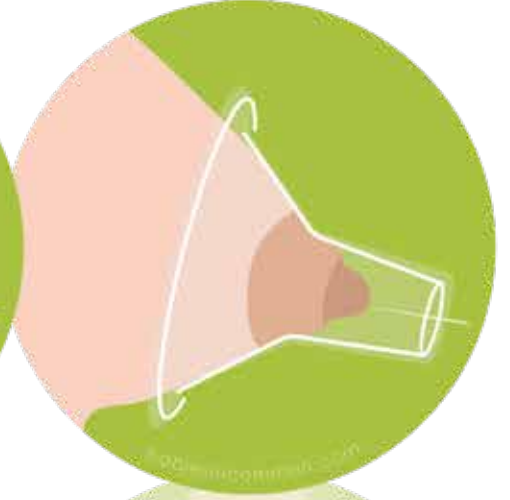
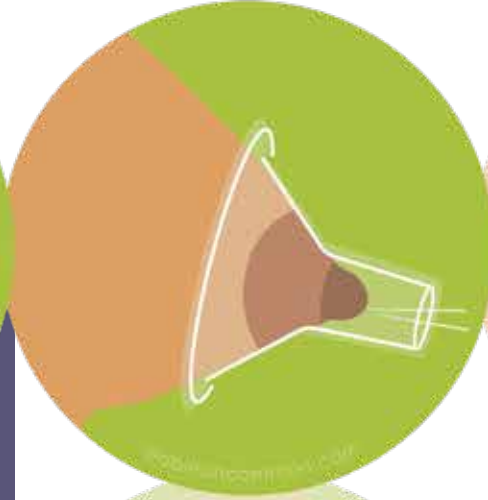
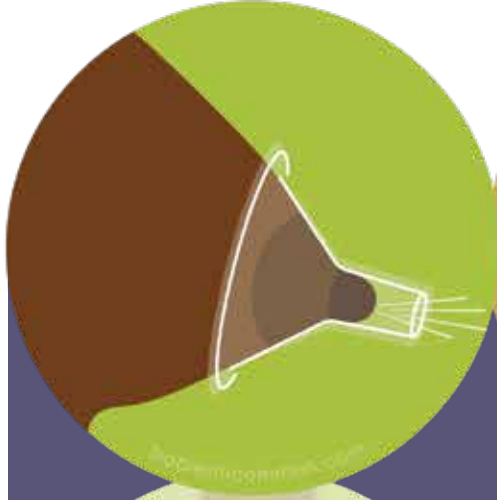
# Tusmada Ikhtiyaariga ah ee Taayirka

ee nasiinada ugu badan, tashiilka iyo dararka caanaha  
qaab ku dhisan natiijo oo lagu liso naasaha

Dareen — Teembada — Daran — ee Aalada

EEGMADA GEESKAGEESKA

EEGMADA WAALIDKA



## Qaabka Ugu Fiican

- keliya ibta oo la gasho dibaalada
- geesaha ibta oo taabanaaya darbiyada dibaalada
- ibta ayaa wax yar dib iyo horey uga baxaysa dibaalada
- buufinta caanaha inta lagu jiro lisida naasaha
- waxaa ugu habboon in la liso 15-20 daqiiqo (labada geesba isku mar)
- malahan dareen ama taabasho dabacsan

## Aad u Balaaran

## Aad iyo Aad u Balaaran

- dhib ayuu kuu keeni karaa
- waxaa laga heli karaa caano yar ama dhibco ka yar buufinta
- ibta ayaa gees mar ugu leexan karta dibaalada
- lisida ayaa qaadan karta waqti dheer
- fursad badan oo keenaysa bararka ama waxyeelada ibta
- qaybta hore ee naaska ayaa galaysa dibaalada wayna barari kartaa
- tallooyin waqtigoodu dhacay ayaa sheegaaya in tani tahay aalada ugu habboon; cadayn caafimaad oo cusub ayaa u aragta aaladaan mid aad u balaaran

# Dareenka afka aalada (xajmiga, qaabka, qalabka laga sameeyay)

## Waa kee xajmiga, qaabka ama nooca afka aalada ee ugu wanaagsan (laakiin sidoo kale caanaha kasoo saaraaya naaska)?

Badanaa, afka ugu dhow xajmiga rasmiga ah ee ibta naaska ayaa ah kan ugu fiican (caanaha intooda badan kasoo saara naaska). Ku biloow adoo cabiraaya balaarka caarada ib kasta (ibta bidix ayaa ka duwanaa karta tan midig).

1. Si tartiib ah u taabo/u tuuji ibta si ay si ay waxoogaa banaanka ugu soo baxdo.
2. Adeegso cabiraha sentimitirka (cm) ama mili-mitirka (mm). Ku biloow cabirka 0 cirifka hal gees oo ibta ah. Aaladu uma baahna inay taabato ibta.
3. Ku shid bamka xawaare hooseeya/heer fudud kadibna tijaabi inaad bam garayso 2 ama 3 aaladaha bamka naaska ah; mid wax yar kayar ibta, mid le'eg ibta, iyo mid wax yar ka wayn ibta.
  - **Kan ugu le'eg ama ugu haboon:** Geesaha ibta ayaa taabta geesaha afka dibaalada ibta ayaana si tartiib ah horey iyo gadaal ugu soconaysa. Sidoo kale waa inaysan xanuun lahayn caanuhuna waa inay si fudud ugasoo baxaan.
  - **Aad u yar:** Ibta ayaan si fudud ugu dhex soconayn dibaalada isla markaana caano yar/wax caano ah ayaan soo baxayn.
  - **Aad u Balaaran:** Xanuun ayay abuuri kartaa, waxay balaarin kartaa ibta naaska in ka badan sidii caadiga ahayd (barar) caano badana kama imaanayaan.

*Cad yar oo saliid qunbe ah ama labeen la mariyo qarka aalada ayaa yareyn kara xanuunka. Naas lisidu waa inaysan xanuun keenin waana inay soo saartaa caano badan!*

# Xawaaraha bamka (cadaadiska/buufinta aariyada)

## Xawli intee dhan ayuu bamku tuujinayaa ibta?

Xawliga tuujinta ibta lagu tuujinaayo dibaalada bamka ayaa ku xiran nooca bamka. Bamamka oo dhan isku mid maaha. Maaha in dhammaan waalidiinta bamka isku lisaaya ay u wada baahan yihiin tuujin xawli badan marka ay is lisaayaan. Marka caanuhu soo lismaan uusan jirin wax xanuun ah, ku hay heerkaas xawliga oo badbadel xawaaraha inta jeer ee bamku tuujinaayo.

Kordhi xawliga tuujinta inta lagu jiro naas lisida haddii aysan xanuun abuurayn aadna u aragto in caano badan soo baxayaan.

*Bam ku lisida naasku waa inaysan xanuun keenin biloow ilaa dhammaad - waa inaysan noqon wax "u baahan dulqaad." Ibtu waa inaysan wax cilad ah lahayn marka lisida bamku dhammaato. Xajmiga ibta (balaca) waa inuu noqdaa ku dhawaaq isla sidii uu ahaa kahor intaan bam lagu lisiin (laakiin ibta ayaa ka dheeraan karta sidii hore kadib marka bamka laga bixiyo).*

## Ka waran dibaaladaha iyo afafka silikoonka ah?

Waalidiinta doonaaya inay caano badan iska lisaan inta ay bamka ku lisaayaan laakiin doonaaya inay tijaabiyaan dibaaladaha silikoonka, waxaa ugu fiican inay iskudayaan dibaaladaha caaga ah marka hore si ay u helaan xajmiga saxda ah ee ib kasta. Kadibna iskuday dibaaladaha silikoonka iyo/ama afafka kadibna ay arkaan sida raaxada iyo cadaadka caanaha la lisyay u le'eg yihiin kuwa adeegsiga dibaalada ugu haboon ee adag. Dad badan ayaa caano badan ka hela adeegsiga dibaalada adag ee leh xajmiga habboon, wayna ku qanacsan yihiin gebi ahaanba.

**Ma u baahan tahay caawimaad?** Hel xirfadle dhanka nuujinta ah kaasoo khibrad u leh kormeerida bamamka caanaha la iskaga liso oo leh dookhyada kaladuwan ee dibaalada. Waxay samayn karaan kulan shaqsi ah ama muugaal ah si ay kaaga caawiyaan helitaanka dibaalada kuugu haboon. Haddii aad qabto su'aalo ama doonayso in lagaa caawiyo helitaanka qof kuu dhow oo kaa caawin kara dibaalada, fadlan la xirii rugtaada maxaliga ah ee WIC.

Tusmada Flange FITS™ oo ay qortay Jeanette Mesite Frem MHS, IBCLC, RLC, CCE.

Dib u daabicid iyo qaybinta ayaa la ogol yahay ayadoo la xusaayo cida leh. Lama ogola wax ka badel ama naqshad badelid. Caawimaada Daabacaada: Nikki Lee, RN, BSN, MS, IBCLC, RLC, CCE iyo Washington State Dept of Health WIC (Waaxda Caafimaadka Gobalka Washington) ee Barnaamijka WIC. Stephanie Audette Connor, naqshad-yahan.

Xogta ku qoran dukumiintigaan waxaa lagasoo xigtay Babies in Common. Turjumaado ka danbeeyay ayay samaysay Washington State Department of Health WIC Program (Waaxda Caafimaadka Gobalka Washington ee Barnaamijka WIC) ayadoo ujeedadu tahay si loo helo helitaanka loo siman yahay xogta ku qoran dukumiintigaan oo keliya.

# Teembada bamka (xawaaraha inta jeer ee uu tuujinaayo, jaanta, gariirka)

## Waa maxay teembada ugu fiican ee bamku?

Waa kan sahlaaya in caanaha ugu badan soo baxaan. Teembadu maaha keliya xawaaraha, ama mareegta, laakiin sidoo kale jaanta. Bamamka qaar waxay leeyihiin teembooyin fudud halka qaar kale leeyihiin teembooyin kaladuwan. Kasoo qaad teembada sida muusiga dheesha. Qaar kamid ah teembooyinku waa kuwa degdeg ah, gaabis ah, ama leh iskudarka boobsiis iyo gaabis. Fiiri waxa sida ugu habboon ugu shaqaynaaya jirkaaga adoo adeegsanaaya bamkaaga. Bamamka qaar ayaa leh jaanta teembada halka qaar kale ay leeyihiin gariir badan.

### Tilmaamo Muhiim ah:

- Ku biloow teembada ugu boobsiiska badan kadibna marka caanuhu socdaan 20-30 sikin, u badel teembo ka xawli yar - caano dheeri ah waa inay soo dhiqaan.
- Haddii caanaha dhiqaaya joogsadaan inta aad wado bam garaynta, ku celi teembada qaabka boobsiiska ah 1 -2 daqiiqo kadibna markale gaabi.

*Waxaa jira dad ku sugnaada teembada degdega ah inta ay caanaha iska lisaayaan oo dhan - ku bedbedal teembada si aad u hesho waxa ugu fiican ee aad caanaha ugu badan kusoo saari karto adoon xanuun dareemin. Waalidiinta qaarkood ayaa u baahan kara inay helaan bam nooc kale oo si fiican ugu shaqaynaaya jirkooda. Ku lisida bamka ayaa sida fiican soconaya 15-20 daqiiqo.*

# Cadadka caanaha (dhibcaha, tififiq; dhihiid xoog badan ayaa fiican)

## Cadad intee dhan oo caano ah ayay tahay inuu qofku iskasoo saaro markuu bam isku lisaayo?

Jawaabta ayaa ku xiran waxyaabo badan laakiin yoolka ayaa ah in la arko caanaha soo dhiqaaya inta lisida la wado. Dhibcaha iyo tififiqada ayaa ah qayb muhiim ah oo kamid ah caano lisida laakiin, sida fiican, dhihiidka ayaa la arkaa/la maqlaa inta badan mudada caano lisida.

### Tilmaamo Muhiim ah:

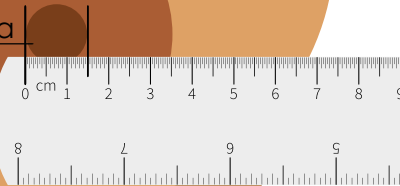
- Dad badan ayaa caano badan iska lisa marka ay helaan dibaalada ugu fiican. Sidoo kale waxay iska lisi karaan isla cadaadkaas ama caano ka badan muddo kooban gudaheed marka ay caanaha iskaga lisaan bamka badalkii ay isticmaali lahaayeen dibaaladaha.
- Bamamka gacanta lagu tuujiyo inta lagu jiro caano lisida iyo caanaha gacanta lagu liso kadib bam ku lisida ayaa kordhinaaya caanaha la iska liso.
- Naaska bidix ayaa soo saari kara caano kayar ama ka badan naaska midig
- Waa wax caadi ah inaad hesho caano badan saacadaha subixii.

*Haddii aad doonayso inaad caano badan iska listo guud ahaan, waxaa ugu habboon inaad caawimaad ka codsato khabiir dhanka naas nuusjinta ah kaasoo ku taqasusay lisida iyo caanaha naaska.*

Cabir ibta naaska kahor intaadan lisiin qiyaas xajmiga dibaalada.

qaybta hore ee naaska

caarada ibta



1cm = 10mm. Xajmiga dibaaladuhu waa mm.