

# Bamgareynta, Keydinta, iyo Fquudinta Caanaha naasaha

## Bilaabida

- Dhaq gacmahaaga ka hor inta aadan qaban sanduuqaaga bamka caanaha naaska iyo ka hor inta aadan bam gareynin.
- Ku dhaq dhalooyinka iyo saadadka bamgareynta saabun kulul ama maacuun dhaqaha. Raac tilmaamaha nadiifinta bamkaaga.
- Ku keydi caanaha naasaha galaas nadiif ah ama BPA-free\* dhalooyinka bacda oo wataan daboolada la ekaanta dhuuqsan.

## Markii aad Bogtid Bamgareynta

- Geli taariqda weelka.
- Haddii aad siineysid caanaha naasaha daryeel bixiyahaaga caafimaadka, ku qor magaca canugaaga. La wadaag jaheynadaan keydinta caanaha bixiyaha daryeelka canugaaga iyo dadka kale ee daryeelaya canugaaga.
- Qabooji ama qabooji caanahaaga bamkaaga kadib.
- Ku keydi caanaha gadaasha qaboojiyaha, ma ahan albaabka.
- Marka aad ula safreysid meel caanaha la bambeeyay, geli weelasha bacda qaboojiyaha illaalsan oo ay la jiraan baraf ama bacaha qaboojiyaha barafeysan.

## Tallooyinka Caanaha La qaboojinayo

- Ku qabooji caanaha tiro yar, oo qiyaastii 2 illaa 4 waqiyadood.
- Uga tag inji ama sidaas ee booska ee dusha weelka sababtoo ah caanaha waxay u kordhaan sida uu qaboojiyo.
- Ku keydi caanaha gadaasha qaboojiyaha. Haku keydin iska faalayaasha albaabka qaboojiyaha.
- Haddii aad ku dareysid caanaha la bambeeyay ee cusub caanaha barafeysan, qabooji marka koowaad.

## Tallooyinka Caanaha La barefeeyay

- Isticmaal caanaha ugu duqsan ee la keydiyay marka koowaad.
- Ku barafey caanaha la barafeeyay qaboojiyaha habeen ka dib, hoosta biyo socdo oo diiran, ama weelka biyaha diiran.
- Ku isticmaal caanaha la barafeeyay biyo diiran oo gudaha 1 saac.
- Ku isticmaal caanaha la barafeeyay qaboojiyaha oo gudaha 1 maalin (24 saacadood).
- Marnaba ha qaboojin caanaha naasaha la barafeeyay.

## Quudinta Caanaha Naasaha La keydiyay

- Si tartiib ah ugu marooji weelka si aad iskugu qastid caanaha naaska. Waa caadi in caanaha naasaha lakala gooniyeeyo.
- Marnaba mikro weef haku kuleleyn caanaha naasaha. Ku ku luleynta kiro weefka waxay baabi'isaa nafaqooyinka oo abuurtaa baro kuleel, taas oo gubi karto afka canugaaga.
- Caanaha naaska uma baahna in la diiriyo. Waa caadi in la quudiyo caanaha naashaa heer kulul qabooban ama qabow ah.
- Haddii aad dooratid in la diiriyo caanaha naasaha, ku meeley dhalo oo weel biyo diiran ku jiro ama ku qabo hoosta biyo socdo oo diiran. Tijaabi heer kululka caanaha naasaha adiga oo ku dhibcinayo qaar ka mid ah curcurka. Waa inay wax yar diiranaadaan.
- Ku tuur caanaha aan la isticmaalin ee ku haray dhalada gudaha 1 ilaa 2 saacadood kadib markii ilmaha dhameeyo quudinta.

## *Fiitro gaar ah*

Waxaan ku talineynaa iusticmaalida bacda BPA-free ama weelka dhalada ee qaboojinta caanaha sababtoo ah waxay si hooseyo ugu dhowyihiin inay waxyeeloobaan. Isticmaal bacaha keydka caanaha naasaha oo keydinta muddada gaaban.



*\*Weydii Shaqaalahaaga WIC ama waaxda caafimaadka wax ku saabsan dhalada bilaashka ah BPA-free.*

## TILMAAMAHA KEYDKA CAANAHA NAASHA WIC EE ILMAHA MUDDADA BUUXDO EE CAAFIMAADKA

	Miiska kore ama miiska	Qaboojiyaha	Qaboojiyaha oo ay la jiraan albaab gooni ah	Qaboojiye qoto dheer
Heer kululka keydka	Illaa 77°F (25°C)	Ee ama ka hooseeyo 40°F (4°C)	0°F (-18°C)	Ee ama ka hooseeyo -4°F (-20°C)
Caanaha naasaha cusub ee la bangareeyay ama la lisay	Illaa 4 saacadaha	Illaa 4 maalmood	Illaa 6 bilood	Illaa 12 bilood
Caanaha naasaha la barafeeyay	1–2 saacado	Illaa 1 maalin, ama 24 saacadood	Marnaba dib ha u qaboojin caanaha naasaha la barafeeyay	Marnaba dib ha u qaboojin caanaha naasaha la barafeeyay

La hubi daryeel bixiyaha caafimaadkaaga haddii ilmahaaga uu jiranyahay ama uu dhashay xili hore.

Jaheynadaan waxaa loogu talo galay ku isticmaalka guriga.



**DHOOR WAXYAABO AYAA KA XOOGAN HOYADA U  
BAMGAREYNEYSO CAANAHA NAASHAHEEDA OO ILMAHEEDA**

