



## NAAS NUUJINTA:

•••KULAABASHADA SHAQADA AMA DUGSIGA•••

Naas nuujintu waa waqti qaas u ah hooyada iyo cunuga. Inaad naaska nuujiso markaad gurigga tagto adoo kayimid shaqo ama dugsiga waa qaab nasiino leh ood adigga iyo cunugaagu islakula joogi kartaan. Qaar badan oo kamid ah hooyooyinka shaqeeya ayaa aaminsan in naas nuujintu kafududahay masaasada ilmaha.

## MARKAAD UUR LEEDAHAY:

- Lahadal kormeerahaaga ama maaxa dugsigaaga si aad uwaydiisato meelaha aad caanaha iskaga lisi karto iyo hadaad kordhin karto mudada aad nasaneyso hadaad ubaahato.
- Iskahubi meesha aad canaha iskaga lisayso.
- Raadso daryeele caruurta ah si uu kuucaawiyo intaad naaska nuujinayso. Iskuday inaad macluumaadka masaasada caanaha ilmaha lawadaagto qofka daryeelaaya cunugaaga si aad uga fogaato in caanaha laga badsho ilmaha.

## 1 IALAA 2 ASBUUC KAHOR INTAADAN SHAQADA AMA DUGSIGA KULAABAN

- Biloow inaad caanaha iskalisto si aad xoogaa caano qaboow gacanta ugu haysato ood markaas ula qabsato caano kalisida naaska. Qabooji caano hal ama labo ounce ah.
- Usheeg qof aan ka ahayn hooyada inuu ilmaha siiyo caanaha kujira dhalada masaasada. Haduu ilmuhu diido masaasada, iskuday wax kale oo cinjir leh ama koob.

## MARKAAD JOOGTO SHAQADA AMA DUGSIGA:

- Iskalis caanaha ilaa inta ilmahaagu ubaahanyahay. Ilmaha yaryar mudadaan waxay noqon 2- ama 3 dii saacba mar. Inta jirkaagu sii jilcaayo, cunugaaguna siiwaynaanaayo, waxaa suuragal ah inadan ubaahan inaad sidaan badan caano iskaga listo.
- Inaad cunugaaga naasaha nuujiso kahor intaad shaqada aadin iyo islamarka aad shaqada kasoo laabato waxay yaraysaa tirada mararka aad ubaahantahay inaad naasaha caanaha kalisto markaad shaqada ama dugsiga joogto.



Wac WIC, lataliyahaaga naas nuujinta ama dhakhtarkaaga hadaad qabto wax su'aalo ama wlaacyo ah oo laxariira naas nuujinta.



## QALABKA CAANAHA NAASKA KALISA

- Waydii WIC inay kuusheegaan noocyada lisida caanaha iyo meelaha aad kahelayso bamka caanaha lisa.
- Bamka caanaha lisa waa inuu lahaadaa cadaadis aan aadna usarayn aadna uhoosayn.
- Bamka caadiga ah ama gacanta ayaa ah mid laqaadan karo wuxuuna muhiim uyahay markaad marar dhif ah caanaha iskalisayo.
- Mababka naaska ee gaarka ah oo korontada kushaqeeya waxaa badanaa adeegsada haweenka kulaabanaaya shaqada ama dugsiga.
- Inaad labada naasba iskumar caanaha kalisto ama aad adeegsato “bamka gacmaha lagu tuujo” ayaa boobsiin karta lisida caanaha kaana keeni karta caano badan.
- Xaaladaha qaar, dhakhtarka daryeelka caafimaadka ayaa kugula talin kara bamka korontada ah ee caanaha lagu liso oo waxyaabo badan oo isticmaalo. Sug ilaa cunugu kadhawso si aad uhesho nooca bamka naasaha ee kugu haboon.
- Hadaad hesho bomka shaqsiga ah ee korontada kushaqeeya ayna kusiiyaan MA, hayso. MA ayaa bixisa bamamka naasaha lagu liso halmar 3 dii sanaba.

## TILMAAMAHA NAAS LISIDA

- Gacmaha kutuuji caanahaaga si aad ugodlato, aadna gacanta ugu listo hadaad soo iloowdo bamkaaga.
- Sooqaado sawirka ama cad kamid ah dharka cunugaaga. Tani waxay kuusahlaysaa “inaad godlato”
- Cadiis yar kubiloow lisida kadibna siikordhi sidaan hadba ubaahato.
- Marka koobaad ee aad lisida caanaha bilowdo, waxaa suuragal ah inaad caano badan soosaarin. Tani way dhacdaa. Waqti ayay qaadataa inaad laqabsato bamka.
- “Bamka gacmaha lagu tuujo” ama tuugida naasaha ayaa kaacaawin kara inaad caano badan iskalisto.
- Inta badan bambooyinka naasaha looguma talagalin in lawadaago.
- Magac kuqor oo taariikh usamee caanahaaga. Kukaydi 4 maalmood talaagada iyo 6 bilood oo galinayso qaboojiyaha.

## ILAHA ADEEGYADA

- [www.usbreastfeeding.org/workplace-guide-mn](http://www.usbreastfeeding.org/workplace-guide-mn)
- [med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html](http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html)
- [www.womenshealth.gov/supporting-nursing-moms-work/lactation-break-time-and-space-all-industries](http://www.womenshealth.gov/supporting-nursing-moms-work/lactation-break-time-and-space-all-industries)

