

Qorshaha Daryeelka Caafimaad Umusha

HURDADA

inta badan way adag tahay in aad nasato ama seexato marka aad ilmo aad dhasho, ilmaha yar ma seexdo habeenkii oo dhan. Waxaa dabeecad u ah in ay seexdaan 2-3 saacadood markiiba. Tani wey isbedeshaa marka ilmuhu koroba. Hurdada waa mid muhim u ah caafimaadkaaga. Hurdadaadu way isbedeysaa marka ad dhaso, laakiin waxa aad isku dayi kartaa sida soo socota si aad u nasato.

- Waxa aad u baahan tahay in aad seexato 2-3 saacadood, si ay u dabolaan 7-9ka saacadood ee aad u baahan tahay.
- Mudadaas, wax kale ha sameyn oo siku day in aad seexato. Haddii aad doonto in aad kacdo oo naaska nuujiso, ama aad xafaayadda ka bedesho, markiiba hurdada dib ugu noqo. Nalalka dami, ama gaabi ama isticmaal nal midab leh. Ha daawan telefshanka, muusig ha shidin ama ha fiirin telefoonkaaga ama waxyaabaha kale ee elektarooniga ah.
- Ka dhig mid hurdo ku haboon—mugdi, shanqar la'aan, raaxo leh oo aanay laheyn wax dhawaaq ah.
- Marka laga reebo xilliga hurdada, naso oo indhaha is geli marka ilmuhu seexdo. Waqtigaas ha us isticmalin in aad qabato hawsha guriga.
- Adiga iyo ilmahaaga waxa aad u baahan tihii in aad waqti wada qaadataan. Ogolow marka dadka kale doonayaan in ay kaa caawiyaan hawsha guriga.
- Haddii aad dareemeyso in aad isku buuqday ama cabsaneyso, waxa aad u baahan in aad 5-6 saacadood oo xiriir ah aad seexato—waxaa cilmi baaris lagu ogaaday in ay xaaladaadu ka soo reyneeyso haddii aad seexato. Xilligaas qof kale waa inuu ilmaha quudiyaa oo daryeela.

CUNTADA SI WANAAGSAN U QAADO

- Inta badan haka koobnaato: borotiin, khudaar, faakiho iyo cuntada gamadigu ku badan yahay.
- Inta mar kaliya la cuno ee loo sii diyaariyey qaado.
- Wax yar oo afka la gashto diyaarso marka aad ilmaha quudineyso.
- Biyo badan cab, diyaarna ha kuu ahaadaan.

DHAQDHAQAAQ oo Dibadda u bax

- Dabeecad ka dhigo in aad socoto 30 daqiiqo maalintii. Si fudud ku biloow! Soco, beeta guriga ka shaqee, dukaanka u soco oo so adeego ama makabadda.
- Maalin kasta dibadda u bax, xitaa haddii tartiib u lugeyso.



KU XIRNOOW

- Ehelkaaga iyo qoyskaaga ku sirnoow ii teleefanka iyo emailka am farriimaha taleefanka kula xiriir
- Dhiiri gelin in lagu soo bqoodo oo xadid "saacadaha booqashada". Ogolow marka lagu soo bandhigo in lagu caawiyo.
- Weydiiso in dadku ku caawiyaan marka aad u baahan tahay.

Tixraac

Helitaanka Hurdo Wanaagsan:

www.sleep.org

Koritaanka Ilmaha:

www.helpmegrowmn.org

Nafaqeynta Haweenka

Dhalmadu Ugu Horeyso:

<http://www.health.state.mn.us/wic/nutrition/morenutinfo.html>

Goobaha aad kula kulmi karto

waalidiinka kale/Hooyooyinka

da'da yar:

- Waxbarshada Hore ee Qoyska iyo Caruurta
- Booqashada Qoyska ee Guriga
- Maktabadaha iyo Jardiinooyinka Bulshada

MDH Minnesota
Department of Health

MATERNAL AND CHILD HEALTH SECTION

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SII QORSHEE

Meesha ugu wanaagsan ee aan ku nasto gurigeysa waa _____

Cuntada wanaagsan ee caafimaadku ku jiro ee aan jecelahay waa:

Dadka aan caawinaad weydiisan karo marka aan doonayo waa:

1. _____ 2. _____

Sida aan jecelahay in aan u jimicsado ama ugu xirnaado dadka kale aniga oo ilmahayga yar

wata waa: 1. _____ 2. _____

HADDII LOO BAAHDO

Ilmo kuu dhashaa waa isbedel weyn.

Waxaa jira goobo dadka ka caawiya sidii ay ula qabsan lahaayeen. Waxaa lagaa caawin karaa sidii aad adiga iyo ilmahaaga caafimaad jirka iyo maskaxda ah ugu waari lahaydeen. Haddii aan xaalaakagu fiicneyn waxaa muhim in aad ogaato in aad heli karto caawinaad.

Calaamadaha ugu horeeya ee aan ku garto in aan isku buuqsanahay ama aan cabsanayo waa:

- _____
- _____

Wa kugu adkaan kartaa in aad ka hadasho haddii aan xaalkaagu fiicneyn: Haddii aan sidaas dareemo, waa ayo 3da qof ee aad kala hadli karto:

1. _____
2. _____
3. _____

Maxaad u sheegeysaa?

CAAWINAAD LAGUU FIDIYO

Haddii aanay aheyn xaalad degdeg ah, waxa aan talo weydiisanayaa:

- Telefoonka Dhakhtarka ee xiliga shaqada: _____
- Telefoonka dhakhtarka ee saacadaha shaqada ka dib: _____
- Khadka Uureyda iyo Umusha: soo wax ama fariin u soo dir: 612-787-7776
- Barnaamijka Hooyada iyo Caruurta: (Telefoon u dir, iyaga ayaa dib kuugu soo celinaya): 612-873-HOPE(4673)

Haddii ay xaaladdu tahay degdeg oo aan ka cabsado in aan dhaawac u geysto nafteyda ama ilmaha:

* 911

* Crisis hot line (khadka gurmada : 866-379-6363

fadlan soo booq boggeena internetka si aad uga hesho macluumaad dheeraad ah ama aad u daabacato qorshahan

<http://www.health.state.mn.us/divs/cfh/topic/pmad/>