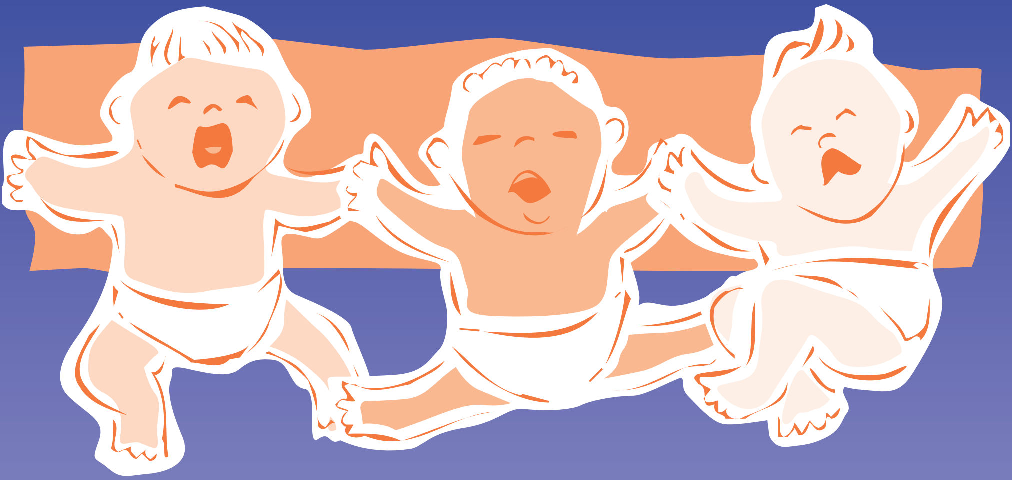
OOHINTA ILMAHA...



Ma fududa korinta ilmuhu.
Waxaa ku yaraan karra degenaanshaha,
wuuna oohin badnaan karaa.

Haddii uu joojin waayo ilmahaagu oohinta adiguna aad isku buuqdo:

- Dhig cunuga meel aanu ka dhicin ama dhibaato ka soo gaari karrin, kana maqnow qolka daqiiqado yar...Oohintu ma dhaawacayso ilmaha.
- samee wax sax ah si aad u degto...Dhegayso musig, u yeero saaxiib, qubayso.
- U yeero qof haddii uu ku dejin karro, ama kula sheekaysan karro inta aad ka degaysid.
- haddii aad u malaynayso in cunugaagu jiran yahay, wac dhakhtarkaaga.

(rog)

ilaali ama dhig cunugaaga meel aan dhibaato ka soo gaarayn.....

Si kasta ood isugu buuqdo HA RUXIN CUNUGA!

Ruxida iyo wax kaga dhufashada madaxa cunuga waxay gaysan kartaa in maskaxda dhaawac ka gaadho, indho la'aan ama dhimasho.

CAAWIN WAYDIISASHADU WAA CALAAMAD ADKAANEED

Haddii cunugaagu joojin waayo oohinta, ama aad qabtid su'aal waxaad samayn kartaa i naad wacdo dhakhtarkaaga ama caafimaad ilaaliyahaag.

HADDII AAD GAADHID MEESHA UGU DAMBAYSA AWOODAADA

- WAC 911...
  deega degdega ahi waa kuu diyaar inuu ku caawiyo
- ______________________________
  ____
  ____

Hubi inaad u sheegtid qof kasta oo ilaaliya cunugaaga \...

WELIGAA, WELIGAA HA RUXIN ILMAHA!

NEVER NEVER NEVER SHAKE A BABY!!!

Twin Cities Metro
Shaken Baby Syndrome
Prevention Program