

Calaamadaha Xadgudubka Jirka ee Dhallaanka

Carruurta mar walba ma sheegi karaan marka ay dhibaato jirto, sidaas darteed waa in si dhow loo fiiriyo calaamadaha muujin kara in ilmuhu u baahan yahay daryeel iyo qiimeyn caafimaad.

Waa Maxay Xadgudubka Jirka?

Xadgudubka jireed wuxuu dhacaa marka ilmo si ula kac ah u dhaawaco qofkii daryeelayay. Dhallaanka ka yar 6 bilood ayaa si gaar ah ugu nugul xadgudubyada jireed oo halis ah marka loo eego carruurta waaweyn.

Xadgudubka dhallaanka waxa geysan kara qof kasta oo daryeela ilmaha, sida waalidka, daryeelaha, shaqaalaha xannaanada carruurta, qaraabada, ama dadka ay qoysku yaqaanaan oo ku kalsoon yihiin. Tusaalooyinka xadgudubka jireed ee dhallaanka waxaa ka mid ah laad, ruxitaan, qanjarufo, qaniinyo, feer, dharbaaxo, garaac, ceeji iyo gubid.

Shilalku way dhici karaan, dhallaankuna way dhaawacmi karaan xitaa haddii si taxaddar leh loo daryeelo. Waxaase muhiim ah in si degdeg ah loogu raadiyo daryeel caafimaad.

Calaamadaha xadgudubka jirka ee ay tahay in laga digtoonaado

Dhaawacyada aan caadiga ahayn ee soo gaadha dhallaanka ka yar 6 bilood waxay noqon karaan calaamado muujinaya dhibaato caafimaad ama xadgudub. Isla markiiba raadi daryeel caafimaad haddii aad aragto. Dhallaanka qaarkood ma dhaq-dhaaqi karaan waxaana macquul ah iyagu inay is dhaawacaan.

Nabarrada ama dhaawacyada maqaarka

Dhaawac kasta oo soo gaadha ilmo aan socon waa in si dhab ah loo qiimeeyaa.

Fiiro gaar ah u yeelo:

- Nabarro meel kasta oo jirka ah ku yaal.
- Xoqid, qaniinyo, ama calaamado aan caadi ahayn oo maqaarka ku yaal.
- Dhaawacyada afka ama wejiga, sida dhiig ka yimaada afka, sanko ama indhaha.

Calaamadahan waa in had iyo jeer dhaqtarku qiimeeyaa.



Dhaawac culus oo madaxa ku dhaca

Dhaawac culus oo madaxa ku dhaca (mararka qaarna loo yaqaan Shaken Baby Syndrome) waxay dhacdaa marka ilmaha si xoog leh loo ruxo. Tani waxay keeni kartaa dhaawac maskaxeed, dhibaato culus ama dhimasho.

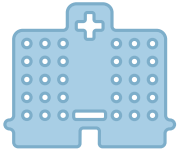
U fiirso calaamadahan:

- Aan ka jawaabin taabasho, codad ama hadal.
- Dhibaato ayaa ka haysata soo jeedka.
- Matag (caano ama cunto si xoog leh uga soo baxda afka).
- Cunid ka yar sida caadiga ah.
- Midabka maqaarka oo aad u cadaada.
- Suuxdin.
- Oohin aad u badan oo aan ilmaha la aamusin karin.

Isla markiiba raadi gargaar caafimaad haddii ilmahaagu leeyahay mid ka mid ah calaamadahan.



Waxa ay tahay inaad samayso haddii aad welwelsan tahay



Isla markiiba raadi daryeel caafimaad

Wac 9-1-1 haddii ay tahay xaalad degdeg ah. Haddii kale, ilmaha gee xarunta daryeelka caafimaadka ee degdega ah.



Qor waxaad aragto

Haddii aad awooddo, sawir ka qaad dhaawaca oo qor goorta aad aragtay, cidda dareelaysay ilamhaaga iyo isbeddel kasta oo ku yimaada dabeecaddiisa.

Habka loo gudbiyo xadgudubyada jireed ee laga shakisan yahay

Haddii aad u malaynayso in ilmahaaga loo geystay xadgudub, waxaad arrintaas u gudbin kartaa hay'adaha ku habboon.

- La xiriir degmada ama wakaaladda adeegyada bulshada ee qabiilka uu ilmahaagu ku nool yahay si aad u soo sheegto xadgudubka laga shakisan yahay. Liiska degmooyinka iyo wakaaladaha ilaaliya carruurta waxaa laga heli karaa bogga [Waxda Carruurta, Dhallinyarada Qoysaska iyo Qabiilada \(https://dcyf.mn.gov/directory-county-and-tribal-child-protection-agencies\)](https://dcyf.mn.gov/directory-county-and-tribal-child-protection-agencies).
- La xiriir Waxda Carruurta, Dhallinyarada iyo Qoysaska ee Minnesota adigoo wacaya 651-539-8222 ama iimayl udiraya si aad u soo gudbiso xadgudub looga shakisan yahay inuu ka dhacay xarunta daryeelka carruurta dcyf.licensingintake@state.mn.us.

Kheyraad

Taageero iyo kheyraad ayay heli karaan waalidiinta iyo dareelayaasha u baahan caawimaad dheeraad ah.

- [Xarumaha Kheyraadka Bulshada \(https://dcyf.mn.gov/community-resource-centers\)](https://dcyf.mn.gov/community-resource-centers) waxay bixiyaan taageero iyo hagid dhaqan ahaan ku habboon qoysaska carruurta haysta, kuwa filaya dhalmo, dhallinyarada iyo waalidiinta.
- [Help Me Connect \(https://helpmeconnect.web.health.state.mn.us/HelpMeConnect\)](https://helpmeconnect.web.health.state.mn.us/HelpMeConnect) is a resource directory for expecting and parenting families with young children, and those working with them.
- [TEN-4-FACESp \(https://www.house.mn.gov/comm/docs/I7V1cjt1Hkyhzs4KS1mysw.pdf\)](https://www.house.mn.gov/comm/docs/I7V1cjt1Hkyhzs4KS1mysw.pdf) waa hagaha kheyraadka ee qoysaska filaya dhalmo, waalidiinta haysta carruurta yaryar iyo dadka la shaqeeya si ay u helaan adeegyo iyo taageero.

Contact

Minnesota Department of Health
Child and Family Health Division
625 Robert Street N, St. Paul, MN 55164
651-201-3650 | health.mch@state.mn.us



More
information

To obtain this information in a different format, call 651-201-3650

June 2026

Scan the QR code or visit:
www.health.state.mn.us/people/womeninfants/infantabuse.html