

# Qorshahayga Fayo-qabka Dhalmada Kadib

Qorshaha dhalmada ka dib waxaa loo qaabeeyay inuu kaa caawiyo inaad ka fikirto caafimaadkaaga dhimirka iyo ladnaantaada, taageerada, iyo agabyada aad u baahan karto inta lagu jiro wakhtigan muhiimka ah ee nolashaada iyo ilmahaaga. Waa go'aankaaga haddii aad rabto inaad qorshahan la wadaagto dadka kale.

## Hurdo

Hurdadu aad ayey muhiim ugu tahay caafimaadkaaga, laakiin dhalidda ilmo cusub waxay ka dhigi kartaa hurdo kugu filan inaad hesho mid caqabad ah. Waa wax iska caadi ah in dhallaanku ay ku seexdaan meelo fidsan, kuwaas oo sii dheeraada markay sii weynaanaayan. Hurdadaadu sidoo kale waxay u badan tahay inay isbedeli doonto ka dib dhalashada ilmahaaga laakiin waxaad isku dayi kartaa waxyaalahan si aad naftaada uga caawiso inaad hesho nasashada loo baahan yahay.

- Waxaa laga yaabaa inaad u baahato inaad seexato 2-3 saacadood markiiba, adigoo isku tirinaya si aad u heshid 7-9 saacadood oo aad u baahan tahay.
- Haddii aad guriga ku haysato qof kale oo kaala qayb qaata xiliyada canug quudinta, u dhiib ilmaha qof kale oo weyn oo seexo.
- Haddii aadan hurdada ku soo laaban karin ka dib marka ilmuhu tooso, iska ilaali qalabka elektaroonigga ah; akhri, joornaal, ama dhegayso si aad uga firsato beddelkeeda.
- Haddii ay kugu sii adkaato in hurdada ku noqoto kadib marka ilmuhu seexo, la xiriir dhakhtarkaaga.
- Ka faa'iidayso dalabyada caawinta ama waydiiso saaxiibadaa ama qoyska inay u yimaadaan si ay u caawiyaan ilmaha si aad u seexato, u qubeysato ama u maydhato, ama aad u hesho dhexgalka dadka waaweyn.

## Si wanaagsan Wax u Cun oo Fuuqaagu ha Joogo

- Waa inaad heshaa: nafaqo, khudaar, midho, cuntooyinka miraha ah oo dhan.
- Hayso cuntooyinka “qabso oo tag” si aad wax u cunto inta aad nasanayso ama aad xanaanaynayso ilmaha.
- Ku hayso koob ama dhalo biyo ah meel kuu dhaw wakhti kasta oo biyaha u cab si joogto ah.

## Dhakhso oo Banaanka u Bax

- Ka hubi adeeg bixiyahaaga daryeelka caafimaadka haddii aad bilaabi karto jimicsiyo ama dhaqdhaqaaqyo culus.
- Ujeedo 30 daqiiqo dhaqdhaqaaq maalintii. Si fudud ku bilow! Socodka, shaqada guriga ee fudud (nadiifinta, dharka dhaqida, karinta) ama beerta, safar degdeg ah oo dukaanka ama la bax dadka kale.
- Isku day inaad dibadda u baxdo maalin kasta, xataa haddii aad si tartiib ah u socoto.

## Ku xirnow

- Ku xirnow qoysaska iyo asxaabta taageerada kuu ah.
- Ku dhiiri geli booqashooyinka gaagaaban oo aad u caddayso “saacadaha booqashada”.



## Khayraadka

[Sidee u Noqon kartaa Waalid Cusub oo Saamayn ku yeelato Hurdadu? \(https://www.sleepfoundation.org/sleep-deprivation/parents\)](https://www.sleepfoundation.org/sleep-deprivation/parents)

[Iga Caawi Si aan ugu Xirmo \(https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/\)](https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/)

[Nafaqada marka loo eego Marxaladaha Nolasha \(https://www.nutrition.gov/topics/nutrition-life-stage\)](https://www.nutrition.gov/topics/nutrition-life-stage)

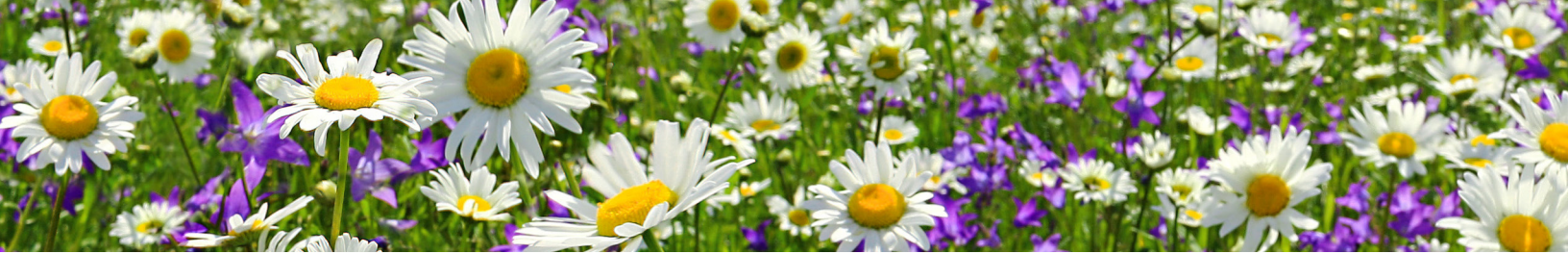
[Diwaanka Minnesota Doula \(https://www.health.state.mn.us/facilities/providers/doula/index.html\)](https://www.health.state.mn.us/facilities/providers/doula/index.html)



**DEPARTMENT  
OF HEALTH**

Waxda Caafimaadka ee Minnesota  
Qaybta Caafimaadka Hooyada iyo  
Dhallaanka  
SANDUUQA Boosta 64975  
St. Paul, MN 55164-0975  
651-201-3650

[health.mch@state.mn.us](mailto:health.mch@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)



## Qorshaha Ka hor

Meesha ugu fican ee aan ku nasto gurigaygu waa: \_\_\_\_\_

Caafimaadka leh, cuntooyinka fudud ee aan jeclahay in aan cuno waa: \_\_\_\_\_

Dadka aan caawimaad waydiisan karo markaan u baahdo:

1. \_\_\_\_\_
2. \_\_\_\_\_

Siyaabaha aan ku heli karo dhaqdhaqaaqa iyo isku xirka dadka kale taas oo aan u samayn karo ilmaha yar waa:

1. \_\_\_\_\_
2. \_\_\_\_\_

Hawlaha aan u isticmaali karo caawimaad si aan u sameeyo (dukaamaysiga, nadiifinta, iwm.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Kaliya Xaalada

Dhalashada ilmo cusub waa isbedel weyn.

Waxa jira agab diyaar u ah adiga iyo ilmahaaga. Haddii caqabado soo baxaan, way wanaagsan tahay in la aqoonsado oo la helo caawimo.

Calaamadahayga hore ee ah in aan dareemayo xumaan, niyad-jab ama walaac badan:

- \_\_\_\_\_
- \_\_\_\_\_

Way adkaan kartaa in laga hadlo inaad si fican u shaqayn. Haddii aad dareento sidan, yaad la hadli doontaa?

\_\_\_\_\_

Maxaad odhan doontaa?

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## Ka hel wixii Caawimo ah

Haddii aysan ahayn xaalad degdeg ah, laakiin waxaan u baahanahay talo:

- **Xafiska adeeg bixiyaha – wakhtiga maalintii:**  
\_\_\_\_\_
- **Adeeg bixiyaha/xarunta saacado kadib:**  
\_\_\_\_\_

### Khadka Taleefanka degdega ah

- Caawimada degdega ah **Wac 911**
- **988 Is-dilka iyo Khadka Nololaha Qalalaasaha ah:** Wac 988 (oo hore u ahaan jirtay Khadka Nololeed ee Ka Hortagga Is-dilka Qaranka) or 1-800-HADAL(8255)
- **Khadka Taleefanka Caafimaadka Maskaxda ee Qaranka:** Wac ama u qor 1-833-TLC-MAMA (1-833-852-6262)

### Khadka Telefoona aan degdega ahayn

- **Khadka Rajada Daryeelka Caafimaadka Hooyada iyo Ilmaha ee Healthcare** (612) 873-HOPE ama (612) 873-4673 – khadka Rajadu **maaha** khadka telefoonka dhibaatooyinka. Xirfadlaha caafimaadka dhimirka ayaa ku soo wici doona 2 maalmood oo shaqo gudahood.
- **Caawinta Urka & Dhalmada Kadib Minnesota:** Wac ama u qor 1-800-944-4773, u qor en Español: 971-203-7773. Taageerada iyo macluumaadka ay bixiyaan tabaruceyaasha isku faca ah 7 maalmood toddobaadkii.