



# FOORMULADA DHALLAANKA: WAXA AY TAHAY INAAD OGAATO



Growing a Baby-Friendly Ontario!



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Resource Centre/Centre de ressources  
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DHALLAANKA U FIICAN  
XEELADDA HIRGALINEED  
ONTARIO

# ISTICMAALKA BUUG-YARAH

Qoysasku waxay ku quudiyaa foormula sababo caafimaad ama shaqsiyeed dartood, si khaas ah ama kabid ahaan. Khayraadkan wuxuu ka caawin waalidiinta, qoysaska, daryeelayaasha, iyo bixiyayaasha daryeelka ilmaha inay u diyaariyaan, quudiyaa oo u kaydiyaan foormulada si badbaado leh. Macluumaaadka waxa loola jeedaa dhallaanka caafimaadka qaba ee waqtigoodii ku dhashay. Buug-yarahan waxa ku qoran macluumaaad kusaabsan halisaha iyo kharashka quudinta foormulada si looga caawiyo qoysasku inay qaataan go'aan xogogaal ah.

## Buug-yarahan wuxuu kugu hagi doonaa inaad:

- Qaadato go'aan xogogaal ah.
- U diyaariso saddex nooc oo foormula ah si badbaado leh.
- U quudiso ilmahaaga adiga oo raacaya baaqyada quudinta ilmahaaga.
- U kaydiso oo u qaaddo foormulada si badbaado leh.

## Buug-yarahan, erayga “foormula” ayaa la isticmaala. Magacyada kale ee foormula waa:

- Caanaha macmalka ah ee dhallaanka.
- Beddelka caanaha naaska.
- Foormulada dhallaanka ee ganacsiga loogu talogalay.
- Caanaha dhallaanka ee warshadaysan.
- Caanaha hooyada ee warshadaysan.
- Caanaha aan aadanaha ka iman.

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## KA FEKERISTA QUUDINTA FOORMULADA

Ururka Caafimaadka Adduunka, Health Canada, Dhakhaatiirta Cuntada Kanada, iyo Ururka Caafimaadka Carruurta Kanada waxay ku taliyaan naasnuujinta dhallaanka iyo socod-baradyada, gaar ahaan lixda bilood ee u horreeya, iyo in la sii wado ilaa laba sano ama ka badan quudin habboon oo dhammaystir ah.

Waalidiinta waxa laga yaabaa inay u siiyaan dhallaankooda foormulada dhallanka sababo kala duwan. Waalidiintu waxa laga yaabaa inay siiyaan ilmahoooda foormula kaliya, ama siiyaan xoogaa foormula ah iyo xoogaa caanaha naaska ah. Siinta foormulada waxa laga yaabaa inayna ahayn doorashadooda koowaad. Haddii aad u baahato inaad wax ugu kabto naasnuujinta ilmahaaga, fiiri bogga 4.

Waalidiintu waxa laga yaabaa inay dareemaan xanuun ama inay dambi galeen marka la eego siinta ilmahooga ee foormula. Haddii aad dareento sidan, waxa laga yaabaa inaad ka faa'iddo inaad la hadasho bixiye daryeelka caafimaadka.

Haddii siinta foormulada ay tahay go'aanka saxda ah marka la eego adiga iyo ilmahaaga, waxa muhiim ah inaad haysato macluumaadka aad u baahan tahay si aad ugu dareento degganaan qorshahaaga. Haddii aad rajaynayso inaad ku laabato naasnuujinta, la xiriir bixiyahaaga daryeelka caafiamadka ama la-taliyaha caano soosaarka si uu kaaga caawiyoo inaad diyaarsato qorshayaal iyo taageerooyin si aad arrintan u gaarto.



Waxa muhiim ah in qoysaska oo dhan, kuwaasi oo ka fekeraya siinta ilmahaaga foormulada, ay haystaan macluumaaadka soo socda si ay u qaataan go'aan xogogaal ah.

### Saamaynta Caafimaad

- Siinta foormulada ilmaha naasnuugaya waxay yarayn kartaa caanaha naaska hooyada waxayna saamayn ku yeelan kartaa qorshaheeda naasnuujinta.
- Carruurta aan naaska jaqin waxay halis badan ugu jiraan bukoodka dhegaha, dhibaatooyinka sambabka iyo neefsiga, shuban, iyo Xaaladda Dhimashada Lama-filaanka ee Degdeega ah ee Ilmaha (SIDS). Noloshooda dambe waxa jri kara haliso caafimaad oo sii kordahaya sida cayilka, buuri xad dhaaf ah iyo xanuunada jiitama sida sonkorowga.
- Hooyooyinka aan naasnuujinta samayn waxay halis badan ugu jiraan dhibaatooyin caafimaad sida dhiigbaxa dhalmada kadib, sonkorowga nooca 2, kansarka naasaha iyo kansarka ukun sameeyaha.

Maalmaha hore kadib bilaabista foormulada, hooyooyinku waxa laga yaabaa inay dareemaan naasaha oo caano ka buuxaan iyo xanuun. Waxa jira tallaaboooin badan oo fiican oo aad kala hadli karto bixiyahaaga daryeelka caafimaadka, oo ay kujiraan cadaadisyada qabow, lisidda dabacsan iyo isticmaalka daawooyinka xanuun-baabi'ya ah.

### Kharashka Dhaqaale

Shaxdu waxay muujinaysaa celceliska kharashka quudinta ilmaha ee foormulada aasaasiga ah muddo hal sano ah. Tan kuma jiraan kharashka dhaloooyinka, ibta dhalada, iyo qalabka kale ee quudinta, ama kharashka diyaarinta iyo kaydinta foormulada.

| Nooca foormulada    | Kharashka sannadkii |
|---------------------|---------------------|
| U Diyar ah Quudin   | \$3,360 sannadkii   |
| Adkeeyaha Dareeraha | \$1,100 sannadkii   |
| Budada              | \$ 900 sannadkii    |



*Kani waa kharash qiyaas ah ee foormulada laga bilaabo dhalashada ilaa hal sano. Kharashku waa kala duwanaan karaa wakhtiyada wuxuuna ku xirnaan karaa meesha aad ku nooshahay. Lambarradu waxay kusalaysan yihiin qiyaasaha saddex qaybo oo Ontario ah, 2014 iyo 2015.*

### Tayada foormulada

Mararka qaar wax ayaa qaldami kara marka foormulada lagu samaynayo warshadda. Tusaale ahaan, waxa laga yaabaa in bakteeriya soo gaarto, ama waxa laga yaabaa inay jiraan kujirayaal maqan ama qaldan. Websaytka Healthy Canadian wuxuu taxayaa tabashooyinka badbaadada waxaanu xasuusiyaa akhristaha digniino. Isbarbardhig lambarrada aqoonsiga daasadda foormuladaada iyo lambarrada aqoonsiga ee websaytkaan. Si aad u aragto websaytkaan iskuna diiwaangaliso digniinaha, booqo: <http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>.

**Haddii aad go'aansato ilmahaaga inaad siiso foormula, buug-yarahan ayaa ku siinaya macluumaaadka aad u baahan tahay si aad u diyaariso, u kaydiso oo u qaaddo foormulada, iyo inaad si badbaado leh u quudiso ilmahaaga.**

**Fadlan dib-u-eeg buug-yarahan oo kala xaajoo wixii tabashooyin ah bixiyahaaga daryeelka caafimaadka, kalkaalisaada, kalkaalisaada daryeelka dadwaynaha, la-taliyaha caano soo saarka, dhakhtar cunto oo diiwaangashan, ama xirfadle kale.**

## KABISTA NAASNUUJINTA ILMABA

Haddii aad naasnuujiso oo ilmahaagu u baahan yahay tamar dheeraad ah, waxaad u baahan doontaa inaad siiso kab (dheeraad). Doorashada ugu fiican waa caanaha naaska. Kan waxa lagu lisi karaa gacanta iyo/ama bam. Siinta foormulada ee ilmaha naaska nuuga waxay yarayn kartaa caanaha naasku soosaaro. Ku kabista foormula waxa laga yaabaa inay keento soo afjaris naasnuujinta ka hor wakhtigii aad qorshaysatay inaad joojiso. Waa adkaan kartaa in dib loo bilaabo naasnuujinta kadib joojinta.

**Halkan waxa ah liis kabyida oo is-daba taxan sidii aad u isticmaali lahayd bilowga haddii ay jiraan:**

1. Caanaha naaskaaga ee dheyda ah, kuwa gacanta iyo/ama bam lagu lisay.
2. Caanahaaga naaska ee la qaboojiyey ka dibna la dhalaaliyey kahor isticmaalkooda.
3. Caanaha aadanaha ee la kariyey (caanaha naaska) ee bangiga caanaha aadanaha. Bangiyada caanaha qaarkood waxa laga yaabaa inay kaliya hayaan caano loogu talogalay carruurta baa-hiyaha gaarka ah leh sida carruurta xilligooda ka hor dhashay.
4. Foormulada ganacsiga taasi oo caanaha lo'da ka samaysan.

Inta badan carruurta cabba foormulada waxa u fiican foormulada caanaha lo'da. Foormulooyinka khaaska ah waa la isticmaalo keliya haddii bixiyahaaga daryeelka caafimaadku ku taliyo.

Waalidiin badan waxay isticmaalaan dhalo si ay u siiyaan kab, laakiin tani had iyo jeer ma aha habka u fiican ee siinta kab ilmaha. Carruurta wax lagu siiyo dhalada waxa laga yaa-baa inay ku adkaato naasnuugiddu.

Waxaad uu siin kartaa ilmahaaga kabka mid ama in kabadan hababka soo socda. Adiga oo kaashanaya xirfadle aqoon leh ku talagal a:

- Koob (koob furan, aan ahayn koobka furka leh) ama qaaddo.
- Kaalmada caano soo saarka kaasi oo isticmaala tuumbo naasahaaga.
- Quudiyaha farta oo leh tuumbo ku xiran fartaada nadiifta ah.
- Aalado quudin oo aad u khaas ah.

Buug-yarahan waxa ku qoran macluumaad kusaabsan keydka dhalo ku-quudinta bogga 9, iyo sida dhalo loogu quudiyo bogga 17.

**Haddii aad ka fekerayso isticmaalka foormulada, ama u baahan tahay inaad siiso foormulada, ka feker:**

- Helitaanka caawimo aqoon ku dhisan si aad u joogtayso soosaarista caanaha naasahaaga una horumariso naasnuujinta.
- Naasnuujinta IYO siinta foormulada kab ahaan.
- Siinta caanaha naaska ee la lisay iyo foormulada.

**Khayraadyada taageeridda naasnuujinta:**

- Adeegyada bulshadaada dhexdeeda sida rugta naasnuujinta ama taageerada hooyooyinka dhexdooda. Waaad ka heli kartaa kuwan halkan: [www.ontariobreastfeeds.ca](http://www.ontariobreastfeeds.ca).
- La Leche League: [www.lllc.ca](http://www.lllc.ca).
- Qaybta Caafimaadka Dadwaynaha deegaankaaga: [www.health.gov.on.ca/en/common/system/services/phu/locations.aspx](http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx).
- Ka raadi la-taliye caano soo saarka agagaarkaaga: [www.ilca.org/why-ibclc/falc](http://www.ilca.org/why-ibclc/falc).
- Telehealth Ontario 24/7 breastfeeding support at: 1-866-797-0000.



Ku quudinta koob aan dabool lahayn

# SIDA LOO DOORTO FOORMULADA

## Talobixinaha doorashada foormulada:

- Foormulada caanaha lo'da ah ayaa lagula taliyaa inta badan carruurta foormulada la siiyo. Foormulada badankoodu waa caano lo'aad oo nafaqooyin kale lagu daray.
- Foormulada sooyada ka samaysan LAGUMA taliyo marka laga reebo carruurta xaaladda caafimaad oo gaar ah leh. Mararka qaar waalidiinta ayaa u go'aansada isticmaalka sooyada sababo shaqsi, dhaqan ama diimeed.
- HA isticmaalin foormulada guriga lagu diyaariyo oo HA isticmaalin caanaha lo'da ee caadiga ah ama caanaha xoolaha kale. Kuwani ma laha xaddiga saxda ah ee nafaqooyinka waxaana laga yaabaa inay waxyeelo u keenaan ilmahaaga.
- Raac tilmaamaha saxda ah ee baakadaha ee xaddiyada biyaha iyo foormulada. Ku darista biyo dheeraad ah foormulada si aad u jilciso, ama biyo yar si aad u adkayso, waxay caafimaaddaro iyo khatar ku noqon kartaa ilmahaaga.
- Foormulada loo gado orgaanik ahaan, laga sameeyey biribaayootigis, borobaayootigis, lagu daray dufanka DHA, ama laga sameeyey borotiinada "qayb ahaan la burburiyey" LOOMA baahna. Ma jirto cilmibaaris caddaysay faa'idada kuwan.
- Carruurta foormulada la siiyo waa inay ku ekaadaan formula ganacsi ilaa 9-12 bilood jirka. Foormulada "la-socoshada" LOOMA baahna.

## Waxa jira saddex nooc oo formula ah:

- Midda diyaarsan - biyo looma baahna.
- Dareere dhafaag ah - u baahan in lagu qaso biyo nadiif ah.
- Budo - u baahan in lagu qaso biyo nadiif ah

Foormulada diyaarsan iyo midda dareeraha dhafaagga ah waa foormulooyin nadiif ah ilaa daasadda la furo. Foormulada budada ah ma aha nadiif waxaana laga yaabaa inay kujirto bakteeriya khatar ah oo ilmahaaga jirro u keeni karta.

Carruurta ay aad u sarrayso fursadda inay jirro qaadaan waa inay qaataan foormulada dareeraha ee nadiifta ah sida tan diyaarsan ama dareeraha dhafaagga ah.

## Carruurta halista ugu badan kujirta inay jirro ka qaadaan foormulada budada ah ee dhallaanka waa kuwa:

- xilligooda ka hor dhashay.
- Culayska ay ku dhasheen u yaraa da'dooduna ka yartahay laba bilood jir.
- Habdhiskooda difaacu u hooseeyo.

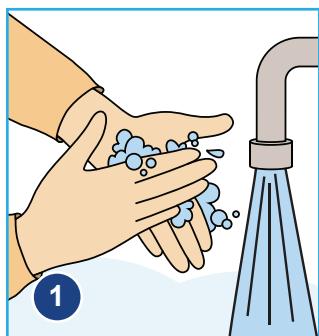
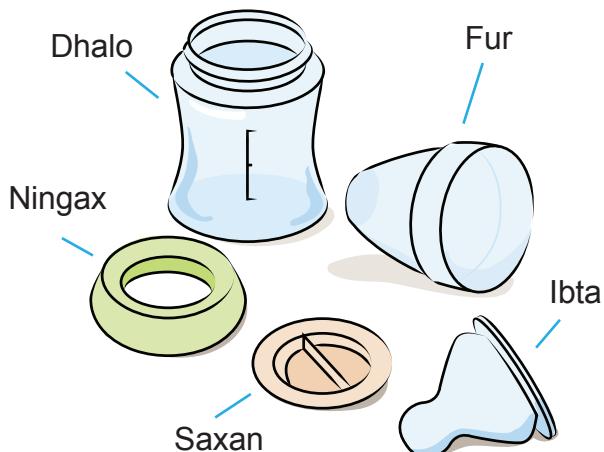
**Ka akhri bogagga soo socda tafaasiil kusaabsan sida loo diyaariyo loona siiyo foormulada.**



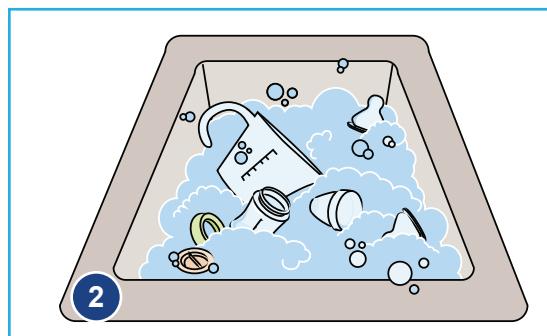
# NADIIFINTA DHALOOYINKA IYO QALABKA

Had iyo jeer nadiifi dhalooyinka iyo qalabka quudinta dhammaantii kuwaasi oo loogu talogalay carruurta da' kasta ah oo lagu quudiyo foormula. Tani waxay tirtirtaa foormulada yaryar ee ku haray ee aan muuqan ama baraha wasakhda ah kahor nadiifinta.

Isticmaal dhalooyinka quraaradda ah ama dhalooyinka caagga ah ee aan lahayn Bisphenol-A (BPA) Hubi in qaybaha oo dhami ayna lahayn dillaacyo, aanay midab doorsoomin oo ayna lahayn qaybo dabacsan oo jabi kara.



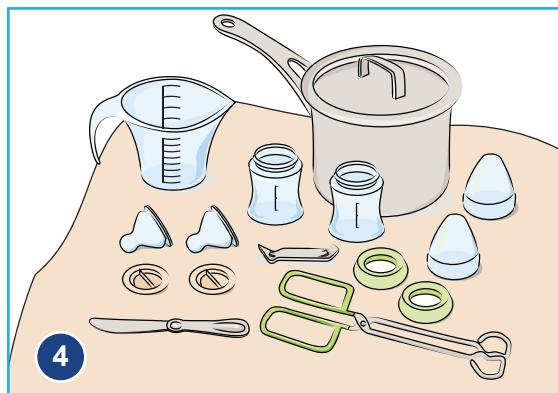
Ku dhaq gacmahaaha saabuun iyo biyo diiran. Ku dhaq saxankaaga iyo goobta shaqada dhar nadiif ah, saabuun iyo biyo diiran. Kadib, waa fikrad fiican inaad nadiifiso miiska adiga oo ku dhaaqaya 5 ml (1 qaaddada shaaha ah) oo warekiilo guriga ah 750 ml (3 koob) oo biyo ah. Milankan ku shub dhalada buufinta oo calaamadee dhalada. Ku buufi miiska oo ku tirtir shukumaan nadiif ah.



Ku dhaq dhammaan dhalooyinka, ibabka, ningaxyada, furarka, saxanada, koobabka cabbirka, furaha daasadda haddii loo baahdo, weelasha qasitaanka, birqaabyada biyo kulul oo saabuun leh. Haddii loo baahdo sidoo kale dhaq weelka lagu kaydiyo biyaha nadiifta ah.



Isticmaal burushka dhalooyinka kaasi oo loo isticmaalo kaliya qalabka quudinta dhallaanka. Ku xoq gudaha dhalooyinka iyo ibaha si aad u hubiso inayna wax foormula ah ku harin.



Si fiican ugu biyo raaci biyo kulul. U dhig dhalooyinka iyo qalabka quudinta hawada si ay u qallalaan iyagoo saaran shukumaan nadiif ah oo isna saaran meel nadiif ah. Hadda waxaad diyaar u tahay inaad nadiifiso qalabkan.

# NADIIFINTA DHALOOYINKA IYO QALABKA

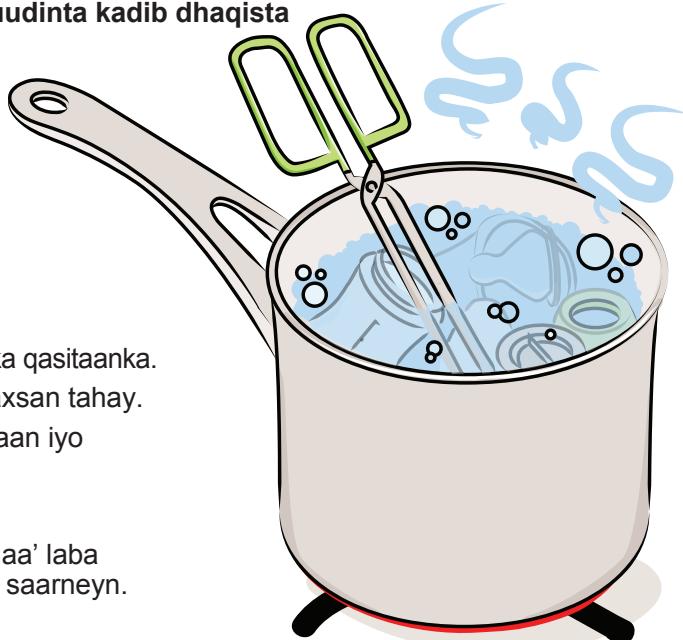
Nadiifi dhammaan dhalooyinka, qalabka quudinta, iyo biyaha si loogu sameeyo foormulada carruurta da' kasta. Ma jirto cilmibaaris sheegaysa goorta ay tahay in si badbaado leh loo joojiyo nadiifinta. Taasi waxay ka dhigan tahay waxa ugu badbaado badan in la nadiifiyo biyaha iyo keydka quudinta dhalada ilaa iyo inta ilmahaagu uu cabbayo foormula.

Si aad u nadiifiso dhalooyinka iyo qalabka quudinta kadib dhaqista

1 Ka buuxi xeero wayn ee biyo ah. Ku rid:

- Dhalooyinka.
- Ibaha.
- Ningaxyada.
- Furarka.
- Saxanada.
- Koobka cabbirka iyo mindida.
- Daasad furaha (haddii loo baahdo), iyo weelka qasitaanka.
- Birqaabyada meesha la qabanayaay soo baxsan tahay.

Hubi in qalabkaaga oo dhan ay biyuhu qariyaan iyo inayna jirin hawo biyaha ka soo baxaysaa.



2 Gaarsii biyaha xeerada inay karkaraan. Ku daa' laba daqiqo inay karkaraan, iyada oo aan dabool saarneyn.

3 Iisticmaal birqaabyada la nadiifiyey si aad uga soosaarto dhalooyinka iyo qalabka quudinta biyaha. Biyaha saaran ka lux. Qalabka hawada u dhig iyaga oo saaran shukumaan nadiif ah. Qalabku hadda wuxuu diyaar u yahay in la isticmaalo.



4 Haddii alaabta aan hadda la isticmaalin, ha qallalsanaadan, oo dhig meel nadiif ah. Wawa lagu hayn karaa dusha shukumaan nadiif ah oo qallalan miiska dushiisa iyada oo shukumaan kale oo nadiif korka laga saarayo.. Wawa lagu ridi karaa kiish bac ah oo cusub. Ha taaban gudaha qalabka ee foormuladu gaari doonto. Isku wada xir ibaha, furarka, iyo ningaxyada. Ku rid ibta gudaha dhalada si ay nadiif u ahaato ilaa aad u diyaar noqoto inaad isticmaasho.

Waa badbaado in la isticmaalo nadiifiyaasha guriga oo aad ka soo gadan karto tukaanka. Tan waxa kamid ah nadiifiyaasha mikroweyfka. Hubso inaad isticmaasho tilmaamaha soosaaraha si aad u hubiso caagagga iyo biruhuba inay badbaado leeyihii. Xeero dabka saaran ayaa iyaduna ku anfacaysa. Dhaqayaasha weelku sida caadiga ah ma nadiifiyaan qalabka foormulada.

Haddii aad isticmaalayo nidaamka dhalada halka mar la isticmaalo, dhaq dhammaan qaybaha aan halka mar la isticmaalin sida ibaha iyo furarka kadibna nadiifi. Raacyada cusub waa nadiif waxayna diyaar u yihiin in la isticmaalo halmar kaliya.

Mishiinada is-haga ah ee diyaarinta foormula ee guriga lagu isticmaalo LAGUMA taliyo. Biyaha la isticmaalo waxa laga yaabaa inay muddo dheer fadhiyaan. Bakteeriya badan ayaa laga yaabaa inay ku dhalato biyahan dhexdooda. Marka biyahaas la kululeeyo, ma aha qaar kulaylkoodu ku filan yahay inuu dilo bakteeriyyada laga yaabo inay kujirto foormulada budada ah. Mishiinadan sidoo kale si joogto ah oo fiican uguma qasanto foormulada budada ah.

# DOORASHADA BIYO SI AAD U SAMAYSO FOORMULADA

**Foormulada dareeraha dhafaagga ah iyo budada, waxa badbaado leh in la isticmaalo biyahan kadib marka aad nadiifiso (fiiri bogga 9):**

- Biyaha qasabadda ee tuulada ama magaalada.
- Biyaha dhalooyinka oo aad gadan karto.
- Biyo ceel oo si joogto ah loo tijaabiyo. Biyahan waa inay leeyihii heerar bakteeriya oo badbaado leh iyo heerar naytareyt oo sax ah. Hubi heerka naytareytku ee ceelka biyuhu inay ka hoosayso 45 mg/L (ama 10 mg/L oo loo cabbiray naytareyt-naytaroojiin). Haddii biyaha naytareytku ku badan yihiin, karkarintoodu waxay kordhin doontaa xaddiga naytareytku ee kujira. Heerar sare oo naytareyt ah aad ayey ugu khatar badan yihiin carruurta ka yar 6 billood jirka. Wac ama iimeyl u dir qaybta caafimaadka deegaankaaga adiga oo ka warsanaya isticmaalka ceelka biyaha si aad u diyaariso foormulada, ama, haddii aad su'aalo qabto kusaaban biyahaaga.



Haddii ay jirto la-talinta karkarinta biyaha bulshadaada, gado biyo oo nadiifi (fiiri bogga 9). Meelaha qaar waxa dhib ku haya aljiga buluu-cagaarka ah. Haddii deegaankaagu u leeyahay heerar alji oo sarreeya, isticmaal biyaha dhalooyinka ee aad nadiifisay si aad ugu qasto foormulada. biyaha qasabadda ee la karkariyey MA AHA badbaado. U diyaarsanow xaalad gurmad ah sida koronta oo muddo dheer maqnaata. U diyaarsanow adiga oo haysanaya foormula ku filan in ilmaha lagu quudiyo 72 saacadood.

## Fadlan ogow:

- Qalabka daawaynta biyaha gurigu beddeli maayo baahida loo qabo in loo nadiifiyo biyaha carruurta.
- Iisticmaal qasabadda biyaha qabow. Si aad u badbaado, marka hore fur oo daadi biyaha qabow 2 daqiijo si aad meesha uga saarto sunta. Biyaha qasabadda ee kulul waxa kujira sunta biraha, sida curiyaha naxaasta oo qasabada ka yimaada. Si aad si badbaado leh ugu diyaariso, biyaha waa in la karkariyo. Haddii biyaha curiyaha naxaastu ku badan yahay, karkarintoodu waxay kordhisaa dhafaagnimada naxaasta oo sii korodha. Si aad wax badan uga ogaato qasabada naxaasta leh leh, ama shaandhada guryaha qasabada naxaasta ah leh, halkan fiiri: [www.hc-sc.gc.ca/ewh-semt/pubs/water-eau/lead-plomb-eng.php](http://www.hc-sc.gc.ca/ewh-semt/pubs/water-eau/lead-plomb-eng.php).

## HA u isticmaalin biyahan foormulada:

- Biyaha la jilciyey ee soodhiyaamtu ku badan tahay.
- Biyaha macdanta ee soodhiyaamta iyo macdanaha kale ku badan yihiin.
- Biyaha soodhaha leh: Soodhaha u yeelista iyo ku darista carafyo uma habboona carruurta. Biyaha soodhaha leh waxa sidoo kale laga yaabaa inay leeyihii cusbo.
- Biyaha meelaha caadi ahaan foloraydhtu ku badan tahay (ka badan tahay tilmaamaha 1.5 mg/L).

## Badbaadada noocyada soo socda ee biyaha marka loo rabo foormulada lama yaqaan ee HA isticmaalin:

- |  |   |
|--|---|
| • Biyaha la sifeeyey.                            | • Biyaha la xareedeeeyey.                       |
| • Biyaha lagu daaweeeyey<br>osmoosiska beddelen. | • Biyaha ayoodiinka laga saaray.                |
| • Biyaha Macdanta laga saaray.                   | • Biyaha takhasuska xannaanaynta ama carruurta. |

**Ogow: Haddii aanad haysan biyo badbaado leh, isticmaal foormulada diyaarsan.**

# SIDA LOO NADIIFIYO BIYAH, LOO DOORTO FOORMULADA IYO QALABKA QUUDINTA DHALADA

**Nadiifi dhammaan biyaha loo isticmaalo foormulada carruurta da'da kasta.**

Ma jirto cilmibaaris sheegaysa goorta ay tahay in si badbaado leh loo joojiyo nadiifinta. Taasi waxay ka dhigan tahay waxa ugu badbaado badan in la nadiifiyo biyaha iyo qalabka ku quudinta dhalada ilaa iyo inta ilmahaagu uu isticmaalayo foormulada.

## **Si aad biyo ugu diyaariso foormulada:**

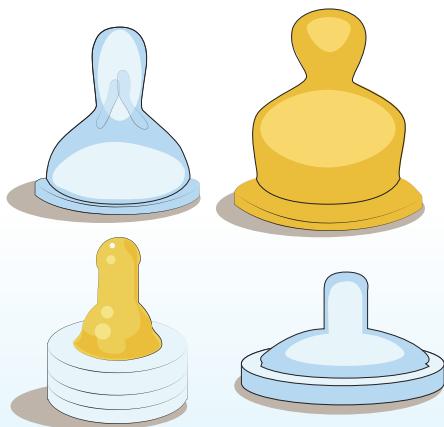
- Gaarsii biyaha karkaris is-laba-rogaya, adiga oo dheri makiinadda kariska ku saaraya. Daa ha karkaraane muddo 2 daqiqo ah. Ha isticmaalin kirliyada is xira kahor inta biyuhu ayna karkarin 2 daqiqo.
- **Haddii aad isticmaalaysa foormulada dareeraha dhafaaggaa ah:**
  - Karkari biyaha laba daqiqo oo qabooji kahor intaanad ku qasin foormulada.
  - Biyaha waxa sidoo kale laga yaabaa in lagu nadiifiyo iyada oo la karkarinayo laba daqiqo kadibna la dhigayo. Biyaha la nadiifiyo waxa laga yaabaa in lagu hayo weel nadiif ah, oo si adagna u xiran muddo 24 saacadood ah oo heerkulka qolka ah ama muddo 2-3 maalmood ah lagu hayo tallaagad. Sii ilmahaaga formula heerkulkeedu u dhaw yahay ka jirka.
- **Haddii aad isticmaalaysa foormulada budada ah:**
  - Gaarsii biyahaaga heer ay karkaraan muddo laba daqiqo ah. Kadibna ku qas foormulada marka biyuhu ugu yaraan yihiin 70°C (1 litir oo biyo ah wuxuu marka uu qaboobayo 70°C gaadhaa qiyaastii ilaa 30 daqiqo kadib, laakiin noocyada dheryaha iyo caddadka biyaha ayaa kala duwa). Marka biyuhu ka yar yihiin heerkul ahaan 70°C kulayl ku filan ma leh oo ay bakteeriyada kaga disho foormulada. Qabooji foormulda qasan ilaa heerkulka jirka kahor intaanad ilmahaaga siin.
  - Marka la eego carruurta aan “halis kujirin” sida ku qoran bogagga 5 iyo 12, waxaad ku qasi kartaa foormulada budada ah biyo la nadiifiyey, qaboojiyey, oo lagu kaydiyey weel la nadiifiyey oo si adag loo xiray sida sare lagu sheegay. Tan waa in la siiyo ilmahaaga isla markaaba.

## **Doorashada daasadaha foormulada:**

- Hubi in weelka foormuladu aanu diismin ama foocmin sababtoo ah kuwani waxay calaamad u yihiin in foormuladu xumaatay.
- Hubi taariikhda dhicitaanka ee daasadda ku qoran. Ha isticmaalin formula kadib taariikhda dhicitaanka.

## **Doorashada qalabka nuujinta-dhalada:**

- La soco ilmahaaga oo isticmaal ib ka caawiya ilmahaaga inuu u quuto qaab aan dhib lahayn oo deggan. Maclumaad dheeraad ah oo kusaabsan calaamadaha quudinta iyo calaamadaha cadaadiska fiiri bogga 18.
- Ibabka dhalooyinka waxay yeelan karaan qaabab iyo xajmiyo kala duwan.
- Heerka socodka ee ibtu waa dhakhsaha caanaha ama foormuladu ay ku soo baxayso. Heerka socodka iyo xajmiga godka ibta waxa laga yaabaa inay ibuhu ku kala duwan yihiin, xiitaa ibaha bushqad ku wada jira.
- Ibaha kala duwan qaarba wakhti ayey wanaagsan yihiin. Gado hal bushqad oo la soco sida ilmahaagu u deggan yahay inta u quudanayo. Haddii ilmahaagu dhibaato qabo, isku-day nooc kale.
- Ibaha dhalooyinka waxa laga samayn karaa waxyaalo kala duwan.
- Si joogto ah u hubi ibaha dhalooyinka. Beddelka marka ay dillaacaan, dhegdheg yeeshaan, rifmaan, midab-doorsoomaan ama haddii daloolku ballaarto oo ay foormuladu ka soo daadanayo.



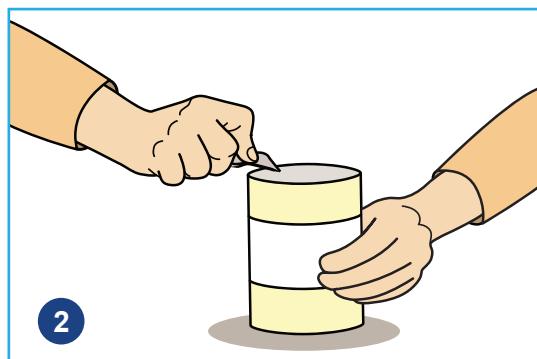
## DIYAARINTA FOORMULADA DAREERAHA AH EE DIYAARSAN

Foormulada dareeraha ah ee diyaarsan waa foormulada ugu badbaado badan gaar ahaan dhallaanka waqtigoodii ka hor dhashay, dhallaanka miisaan yar ku dhalashay, carruurta xanuusan, ama carruurta habdhiska difaacoogu laga yaabo inuu dacif yahay. Noocan foormulada ah waa nadiif.

- Ku dhaq gacmahaaga saabuun iyo biyo diiran, oo nadiifi meesha mafrishka adiga oo raacaya tilmaamaha bogga 6.
- Diyar ha kuu ahaadaan qalabka nadiifintu (fiiri bogagga 6 iyo 7).).



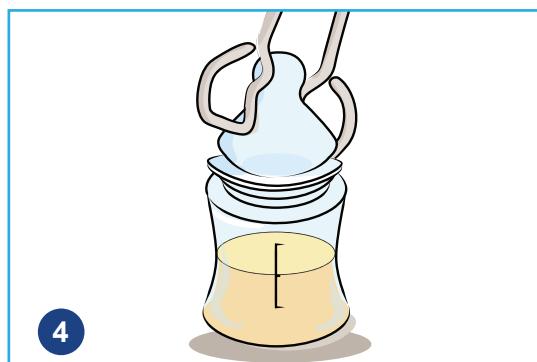
Dhaq dusha daasadda adiga oo isticmaalaya biyo kulul iyo saabuun, adiga oo isticmaalaya a dharka saxanka oo nadiif ah.



Si fiican u rux daasadda ama dhalada kuna fur daasad-fure nadiif ah haddii loo baahdo.



**Si toos ah ugu shub foormulada dhalo nadiif ah. Biyo ha ku darin.**



Isticmaal birqaabyo nadiif ah si aad u qaaddo ibabka, furarka iyo ningaxyada uguna xirto kuwan dhalada.



Ku guiji ningaxa gacantaada. Iska ilaali inaad taabato ibta.

**Ka akhri tilmaamaha kusaabsan sida iyo goorta la quudiyo ilmahaaga dhinaca dambe ee buug-yarahan.**

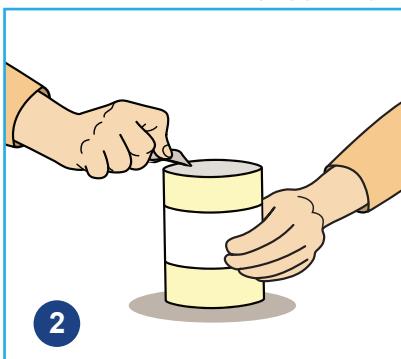
# DIYAARINTA FOORMULA DAREERE AH OO DHAFAG AH

Foormulada dareeraha ah ee dhafaaggu waa nadiif. Foormulada dareeraha ah ee dhafaagga ah oo lagu qasay biyo iyada oo la raacayo tilmaamaha, waa nooca xiga ee ugu badbaado badan ee foormulada si aad u quudiso ilmahaaga.

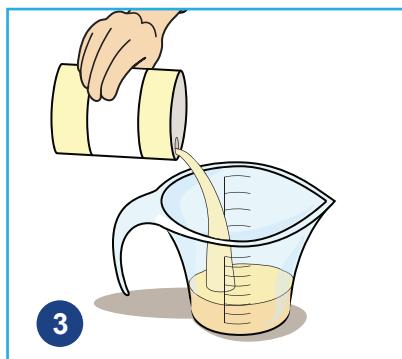
- Ku dhaq gacmahaaga saabuun iyo biyo diiran, oo nadiifi meelaha mafrika adiga oo raacaya tilmaamaha bogga 6.
- Diyaar ha kuu ahaadaan qalabka nadiifintu (firi bogagga 6 iyo 7).



Dhaq dusha daasadda adiga oo isticmaalaya biyo kulul iyo saabuun, adiga oo isticmaalaya dharka saxuunta lagu tirtiro oo nadiif ah.



Si fican u rux daasadda kuna fur daasad-fure nadiif ah haddii loo baahdo.



Ku cabbir foormulada koob cabbir oo nadiif ah. Akhri tusmada si aad u aragto inta foormula iyo biyo la isticmaalayo.



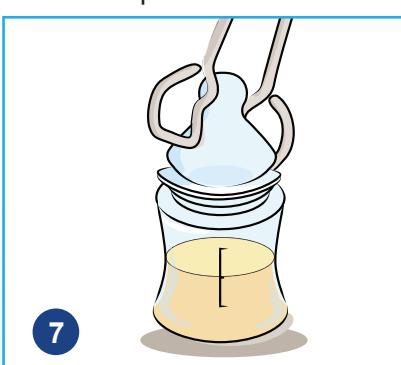
Ku dar biyo la nadiifyey kuwaas oo la qaboojiyey lana gaarsiiyey heerkulka qolka.



Si fican ugu qas weel nadiif ah.



Ku shub foormulada dhalo nadiif ah.



Isticmaal birqaabyo nadiif ah si aad u qaaddo ibaha, ningaxyada iyo furarka.



Ku gjiji nlingaxa gacmahaaga. Iska ilaali inaad taabato ibta

**Ka akhri tilmaamaha kusaabsan sida iyo goorta la quudiyo ilmahaaga dhinaca dambe ee buug-yaraahan.**

## DIYAARINTA FOORMULADA BUDADA AH

Foormulada budada ah nadiif ma aha carruurta qaarkood waa ku xanuusadaan. Waxa muhiim ah inaad si sax ah u diyaariso foormulada budada ah si aad u yarayso halista ilmahaagu inuu xanuunsado. Kharashka foormulada dareeraha dhafaagga ah, ee lagu gado gal, iyo kharashka foormulada budada ah aad ayey iskugu dhaw yihin marka la qaso (fiiri bogga 3).

Carruurta ay aadka ugu dhawdahay inay qaadaan jirro waa inay isticmaalaan foormulada dareeraha ah sida foormulada diyaarsan ama dareeraha dhafaagga ah. Carruurta halista ugu badan kujirta inay jirro ka qaadaan foormulada budada ah ee dhallaanka waa kuwa:

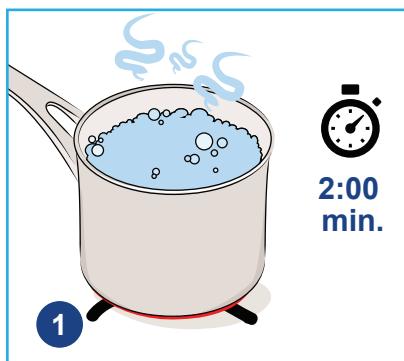
- xilligooda ka hor dhashay.
- Miisaanka ay ku dhasheen u hooseeyey kana yar laba bilood jir.
- Habdhiskooda difaacoodu dacif yahay.

Haddii aanad hubin ku quudinta ilmahaaga foormulada budada ah, ula tag bixiyahaaga daryeelka caafimaadka. Haddii aan meel looga wareegaa jirin inaad siiso foormulada budada ah ilmahaaga leh mid ama kabadan halisahan, si adag u raac tilmaamaha.

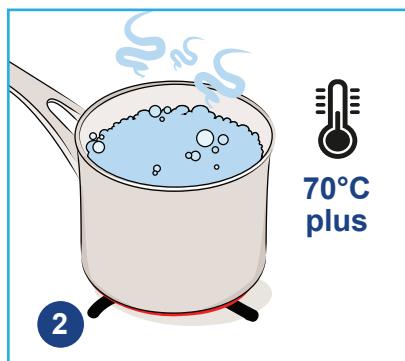
### Tilmaamaha:

- Ku dhaq gacmahaaga saabuun iyo biyo diiran, oo nadiifi meesha mafrishka adiga oo raacaya tilmaamaha bogga 6.
- Diyar ha kuu ahaadaan qalabka nadiifintu (fiiri bogagga 6 iyo 7).

**Isticmaal biyo kulul oo nadiif ah si aad u samayso foormulada budada ah. Waxa ugu fiican inaad ka dhigto foormulada daray oo aad isla markaaba isticmaasho marka ay qabowdo.**



Karkari biyaha muddo 2 daqiiko ah.

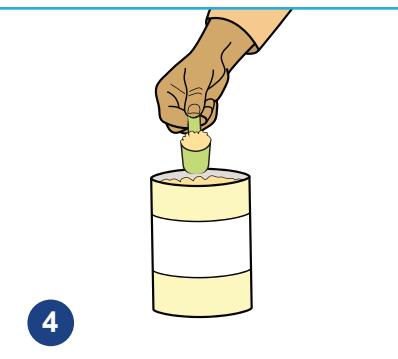


Samee foormulada marka heerkulka biyuhu gaaraan ugu yaraan 70°C. Heerkulku waa inuu ka sarreeyaa 70°C si loo dillo bakteeriyyada khatarta ah ee kujiri karta budada. Haddii biyaha la karkariyey ay joogeen heerkulka qolka muddo ka badan 30 daqiiko, waxaad u baahan tahay inaad dib u gaarsiiso 70°C ama ka badan kahor intaanad ku qasin foormalada.

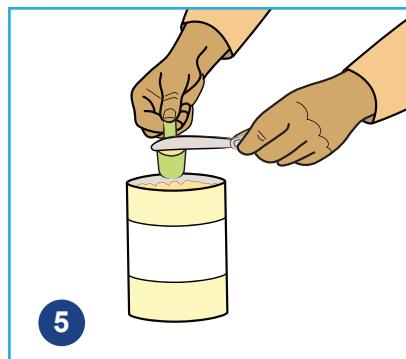


Akhri astaanta foormalada. Waxay kuu sheegi xaddiga foormalada iyo biyaha la isticmaalayo. Ku shub xaddiga loo baahan yahay biyaha nadiifta ah koob wax lagu cabbiro oo nadiif ah.

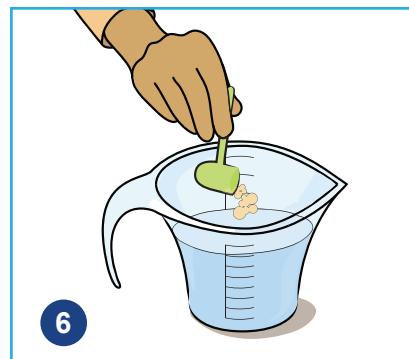
## DIYAARINTA FOORMALADA BUDADA AH (SII SOCDA)



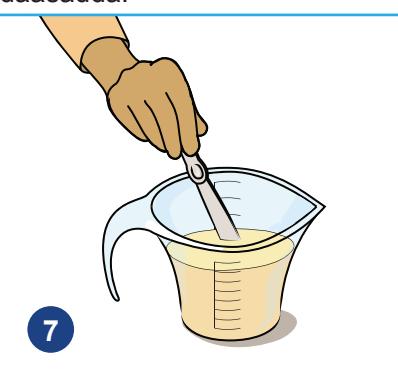
4  
Cabbir xaddiga loo baahan yahay ee foormalada budada ah. Isticmaal qaaddada kujirta daasadda.



5  
Ha ku cadaadin budada qaaddada. Ku sin qaaddada dhinaca siman ee mindi nadiif ah.



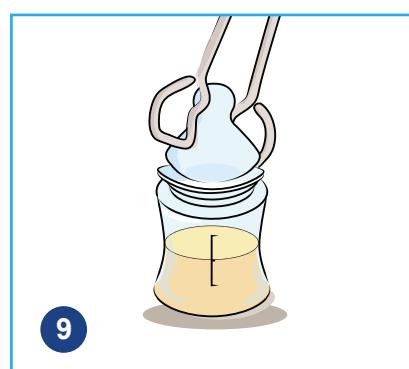
6  
Ku dar budada biyo nadiif ah oo kulul.



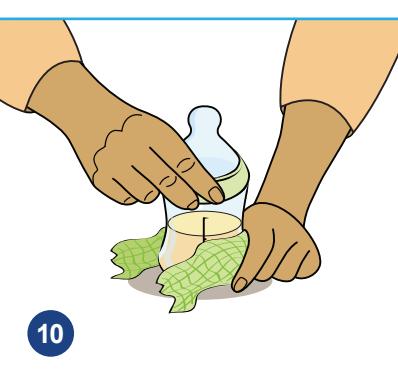
7  
Ku qas weel nadiif ah ilaa fuufuurku ka ba'o.



8  
Ku shub xaddiga foormalada hal quudin dhalo nadiif ah.



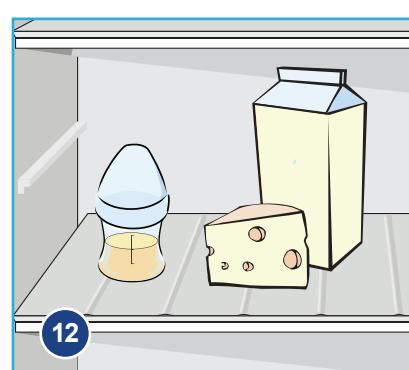
9  
Isticmaal birqaabyo nadiif ah si aad u qaaddo ibabka, ningaxyada iyo furarka, uguna xирто dhalada.



10  
Ku giiji ningaxa gacmahaaga. Iska ilaali inaad taabato ibta.



11  
Si dhakhso ah ugu qabooji dhalada foormalada ah biyo qabow oo socda ama weel biyo qabow ku jiraan. Marka heerkulku joogo heerkulka jirka ama qolka, sii ilmahaaga.



12  
Waxa fiican in la qaso noocan foormalada darayga ah quudin kasta. Haddii sababo jira dartood tani ayna suurogal ahayn, ku rid foormalada la diyaariyey tallaagad. Ku isticmaal 24 saacadood gudahood. Ka akhri tilmaamaha ku saabsan sida iyo goorta la quudiyo ilmahaaga dhinca dambe ee buug-yarahan.

**Marka la eego carruurta aan “halis kujirin” (fiiri xagga sare ee bogga 12), waxaad ku qasi kartaa foormulada budada ah biyo la nadiifiyey oo la qaboojiyey. Tan waa in la siiyo ilmahaaga isla markaaba.**

## U KAYDINTA FOORMALADA SI BADBAADO LEH

- Waxa ugu fiican inaad isticmaasho foormalada isla marka aad diyaariso.
- Haddii ay tahay foormula in la kaydiyo, ku bilaw inaad ku dhejiso astaan daasadda. Astaanta ku dul qor taariikhda iyo wakhtiga daasadda la furay.

### Diyaarsan iyo Dareeraha Dhafaagga:

#### – Ku Kaydsan Weel:

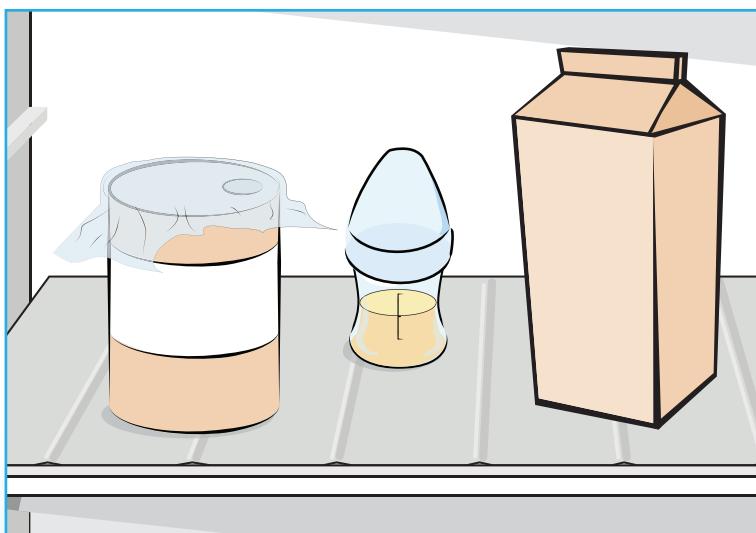
- Ku dabool daasadaha fur caag ah ama duub caag ah.
- Ku hay daasadaha furan ee foormalada dhafaagga ah iyo tan diyaarsan tallaagad.
- Tuur daasadaha kadib 48 saacadood ama sida astaantu kuu tilmaamayso.

#### – Ku Kaydsan Dhalooyin:

- Ku hay dhalooyinka foormaladu kujirto tallaagad muddo 24 saacadood ah ugu badnaan.
- Daadi foormalada la diyaariyey kadib 24 saacadood.
- Ku kaydi dhalooyinka halka ugu dhaw dhabarka tallaagadda halkaasi oo qabowgu ku badan hayay.

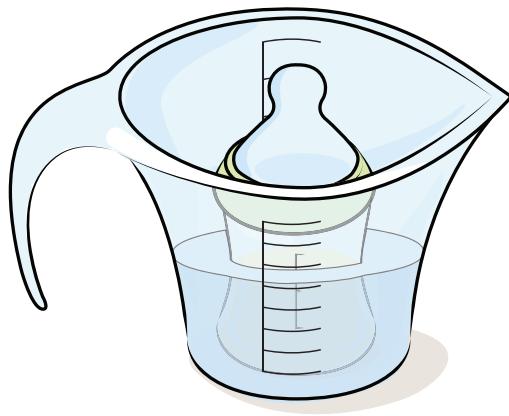
### Foormalada Budada ah:

- Ku hay dhalada foormaladu kujirto tallaagad muddo 24 saacadood ah ugu badnaan.
- Ku kaydi daasadaha furan ee budada iyada oo furkuna si adag ugu xiran yahay, meel qabow oo qallalan (maya tallaagadda).
- Kadib marka daasad la furo, ku isticmaal foormalada budada ah bil gudaheed, iyo kahor taariikhda dhicista.



Marnaba ha barafayn foormalada si aad mar dambe u isticmaasho maadaama tani beddeli karto qaabka iyo heerarka nafaqada.

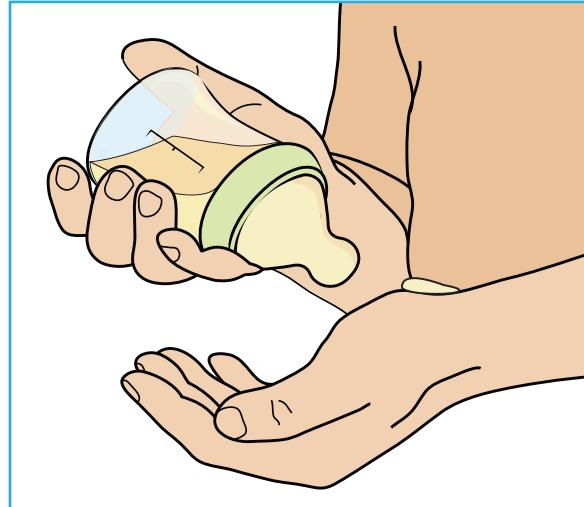
# DIIRINTA FOORMULADA SI LOO ISTICMAALO



## Diirin

- Kasoo saar foormulada tallaagadda inyar uun kahor markaad siinayso ilmahaaga.
- Carruur badan waxay doorbidaan foormulada heerkulkeedu joogo heerkulka jirka (diiran), qaar kalena waxay jecel yihiin tan qabow. Labaduba waa fiican yihiin. Ilmahaaga ayaa kuu sheegi doona waxa uu doorbidayo.
- Ku diiri dhalada foormulada ah weel biyo diiran kujiraan, ama dhalo diiran. Ka ilaali ibta biyaha.
- Ha ku kululayn dhalada mikroweyfka. Tani waxay kululayneysaa foormulada waxayna abuurtaa “dhibco kulul” oo gubi kara afka ilmahaaga.
- Diiri dhalada wax aan ka badnayn 15 daqiiqo. Rux dhalada dhawr jeer inta ay diirameyso.

- Hubi si aad u xaqijiso foormuladu inayna aad u kululaan kahor quudinta. Dhawr dhibcood oo foormula ah ku daadi curcurkaaga. Waa inaad dareento diirmaad fudud, maya kulayl.
- Marka aad diiriso foormulada, sii ilmahaaga isla markaaba.
- **Mar dambe ha kululayn foormulada quudin ama tallaagad ha galin dhalo qayb laga isticmaalay.**
- Dhalada waa in lagu isticmaalo laba saacood gudahood marka la kululeeyo, ama sida ku qoran daasadda.
- Iska daadi wixii foormula ee soo hara.



## GOORTA AY TAHAY INAAD ILMHAAGA QUUDISO

Dhawrka bilood ee nolosha u horraysa, carruurta badankoodu waxay wax cunaan ugu yaraan siddeed jeer 24-ka saacadood. Tani kama dhigna inay wax cunaan saddex saacadood kasta. Markay gajoodaan ayey wax cunaan. Waxay wax cuni habeenkii, waana caadi inay wax cunaan habeenkii bilo badan. Carruurta yara waawayn waxa laga yaabaa inay u baahdaan inay wax cunaan wakhti intaa ka yar. Wuxuu muhiim ah inaad raacdoo aad ixtiraamto waxa ilmahaagu doonayo. Kuwani waa baaqyada ilmahaaga. Raac habdhaqanka ilmahaaga.

**Ilmahaagu ha kula joogo qolkaaga ha noqoto cusbitaalka ama guriga. Wuxuu muhiim ah inaad fahamto baaqyadan. Wuxuu muhiim ah inaad raacdoo aad ixtiraamto waxa ilmahaagu doonayo. Kuwani waa baaqyada ilmahaaga. Raac habdhaqanka ilmahaaga.**

- Kaa caawin kartaa inaad ogaato marka ilmahaagu gaajoonayo.
- Kaa Caawin kartaa inaad si fiican u barato kaalintaada cusub waalid ahaan.
- Kaa caawin kartaa yaraynta halista Xaaladda Dhimashada Dhallaanka ee Lama-filaanka ah oo loo yaqaan SIDS.



Baaqyada Quudinta ee Hore, af kala-qaad, haamaansi, muudsad bushinta .

**Ilmahaaga ayaa kuu sheegi marka uu gaajoonayo. Wuxuu muhiim ah inaad fahamto baaqyadan. Wuxuu muhiim ah inaad quudiso marka ilmahaagu muujinayo baaqyada hore ee gaajada.**

**Quudi ilmahaaga marka aad ku aragto calaamadaha hore ee gaajada sida:**

- Dhaqdhaqaaq, dhaqaaqin gacmaha.
- Dhaqaaq dhakhso badan ee indhaha halka ka hoosaysa xirrimaha.
- Af kala-qaad, haamaansi, muudsad bushinta.
- Isaga oo madaxa kuu soo jeedinaya ama u jeedinaya wax kale oo ka taabanaya dhabanka, isaga oo afka kala qaadaya.

Kani waa wakhti fiican oo ilmahaaga la quudiyo.



Baaqyada Quudinta ee dhedhexaadka ah: Nasasho la'aan, codad taah ah oo sii dheeraanaya.

**Ilmahaagu wuxuu gaajo badan yahay markaad arkayso:**

- Isagoo gacmaha afka galinaya.
- Isagoo samaynaya dhaqaaq jaqis ama leefid ah.
- Isagoo joogsanayn.
- Isagoo samaynaya taah, si cod sii dheeraanaya.

**Baaqyada quudinta dambe ee uu muujiya ilmahaagu inuu aad u gaajonay wuxuu muhiim ah:**

- Caro.
- Oohin.
- Xanaaq.
- Daal
- Lulmood.

Haddii ilmahaagu muujinayo baaqyada quudinta ee dambe, waxa laga yaabaa inaad dejiso ama aad dayso ha iska seexdo muddo kooban kahor quudinta. Hal hab oo fiican oo loo dejijo ilmahaagu waa inaad laabta ku hayso.



Baaqyada Quudinta ee Dambe: Caro, oohin, xanaaq

# SIDA ILMHAAGA DHALADA LOOGU QUUDIYO



- Habsii ama isku-dheji ilmahaaga markaad quudinayso. Ka dhig quudinta wakhti gaar ah.
- Ilmahaaga si taagan u qabo, si madaxiisu aad uga sareeyo jirkiisa, adiga oo madaxana taageeraya.
- Gee ibka dhalada halka ka hoosaysa dabinta hoose oo sug "codsi" inay dhalada gudaha la gasho. Codsigan waa kaga jawaabista ilmahaaga ee taabashadan inuu afka aad u furo. Hubi in badan oo kamid ah ibta inuu afka ilmaha kujiro si markaa xilliga quudinta, furnaanta afka ilmahaagu ku filan tahay inuu qabsado qayb wayn oo ibta ah. Ka dheeraw ku riixista ibta dhalada afka ilmahaaga.
- Yara janjeeri dhalada, adiga oo ugu dhawaan simaya, sidaa darteed waxa u fududaan doonta ilmahaaga inuu maareeyo qulqulka foormulada. Wax xoogaa hawo ah oo kujirta ibta wax dhibaato ah ku keeni mayso ilmahaaga.
- Ha tiirin dhalada ama ha dhigin ilmahaaga sariirta isaga oo dhalo haysta. Ilmahaagu waxa laga yaabaa inuu cabbo in aad u badan ama aad u yar sidoo kale waxay keeni kartaa saxasho, bolol ilkaha (soos), iyo bukood dhegaha. Waxa muhiim ah carruurta in la hayo oo la tabto xilliga quudinta.
- Ku qabo ilmahaaga gacan quudimaha qaar gacanta kalena kuwa kale. Tani waxay ka caawin kartaa koboca muruqa inta uu madaxiisu kugu soo jeedinayo si uu kuu eego.
- Quudintu waa wakhti gaar ah. Ku raaxayso ilmahaaga, la hadal, u qosol, u hees, habsii.

## Maqaar-ilaa-maqaar

Maalin kasta u qabo ilmahaaga cusub qaab aad maqaar-ilaa-maqaar u saarayso. Sii wad inaad u hayso ilmahaaga qaab maqaar-ilaa-maqaar aad u saarayso muddada dhawrka bilood ee hore.

## Cilmibaaris ayaa muujisay in wakhti badan ku qabashada maqaar-ilaa-maqaar inay:

- Ka caawin kartaa ilmahaaga inuu badbaado iyo ammaan da-reemo.
- Ku ilaalin kartaa ilmahaaga diirimaad.
- Dejin kartaa garaaca wadnaha, neefsiga iyo sonkorta dhiigga ilmahaaga kadib marka uu dhasho.
- Ku ilaalin kartaa ilmahaaga degganaan iyo yarayn oohinta.
- Kaa caawin kartaa inaad garato ilmahaagu marka uu gaajoonayo.
- Kaa caawin karaa hooyoyinka, xubnaha qoyska iyo carruurtu inay bartaan inay si wacan iskugu jawaabaan.
- Ka caawin kartaa carruurta inay bartaan inay bulshay fiican no-qdaan.
- Caawin kartaa koboca maskaxda.
- Yarayn kartaa niyadjabka hooyoyinka dhalmada kadib.



Lammaanaha iyo daryeelayaasha kale ee qoysku sidoo kale waa ku raaxaysan karaan wakhtiga maqaar-ilaa-maqaar loo saarayo carruurtooda. Joogtee wakhtiga quudinta, wakhtiga qubeyska, iyo marka ilmahaagu caraysan yahay, ama mar kasta. Fiiri: [http://library.stfx.ca/abigelow/skin\\_to\\_skin/skin\\_to\\_skin.parents.mp4](http://library.stfx.ca/abigelow/skin_to_skin/skin_to_skin.parents.mp4).

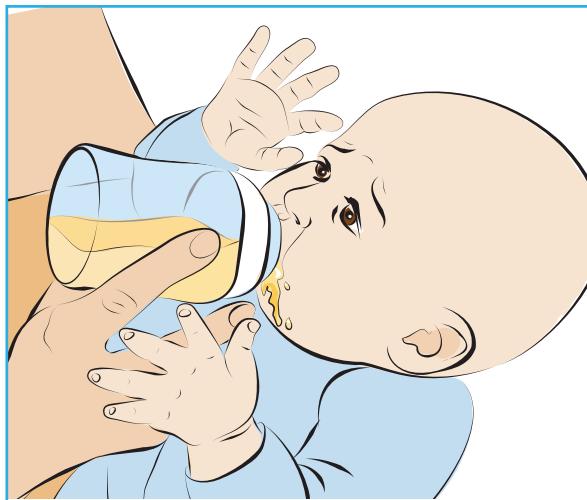
## QUUDI ADIGA OO RAACAYA BAAQYADA ILMAHAAGA

Wakhti u dhaxaysii quudinta si ay u noqdaan quudimo ilmuu ku raaxaysto. Ilmahaagu waa inuu u muuqdo mid deggan inta u quudanayo. ka fiiri weji deggan iyo gacmo deggan, gaar ahaan marka quudintu bilaabato. Ha dadejin quudinta. Wakhtigaaga qaado oo ha ku qasbin ilmahaaga inuu isticmaalo kabadan inta uu rabo.

Waxa muhiim ah inaad la socoto baaqyada ilmahaaga. Ka fiiri calaamado xanuun ama cadaadis xilliga quudinta.

### Calaamadaha welwelka ee xilliga quudintu waxa laga yaabaa inay noqdaan:

- Caanaha oo ka daadanaya afkiisa.
- Saxasho ama margasho inta u quudanayo.
- Liqitaan dhakhso ah isaga oon aan neef-sanayn liqitaan kasta kadib.
- Dhakso u neefsii ama dadaal dheeraad ah si uu u neefsado.
- Muudsasho ama jiiqlayn.
- Is-gundhin ama dhib ka marid quudinta.
- Ku riixis dhalada gacmaha ama carrabka ama inuu madaxa ka dhaqaajijo.
- Fiirin welwel ka muuqata ee wajigiisa hore.



Haddii ilmahaagu muujiyo calaamado welwelka xilliga quudinta, soo gaabi quudinta dhawr jeer ama jooji. Sii ilmahaaga nasasho adiga oo janjeerinaya dhalada si caano yari ibta uga soo baxaan, amaba si ay caanuhu u joogsadaan muddo gaaban. Sido kale dhalada afkiisa ayaad ka soosaari kartaa, habsiin kartaa ilmahaaga, ka daacin kartaa ilmahaaga, oo aad ka firin kartaa baaqyada gaajo si aad dib ugu bilawdo quudinta.

Dib u bilaw quudinta marka neefsiga ilmahaagu deggan tahay ee ilmahaaguna muujiyo inaanu dhergin. Ka fiiri baaqyada quudinta (bogga 16). Haddii ay jiraan baaqyo quudin, sii wad quudinta. Haddii ayna jirin baaqyada quudintu, jooji quudinta.

Haddii ilmahaagu sii wado muujinta calaamadaha welwelka xilliga quudinta, hubi haddii qalabka quudintu ay ku habboon yihiin ilmahaaga. Tusaale ahaan, qulqulka caanaha ee ibta aad isticmaalayso waxa laga yaabaa inuu aad u dhakhso badan yahay. Haddii aad dhibaato kala kulantid xallinta arrimahaas, caawimo ka raadso xirfadle aqoon u leh.

### Jooji quudinta marka ilmahaagu muujinayo calaamado dhereg. Kuwan waxa kamid ah:

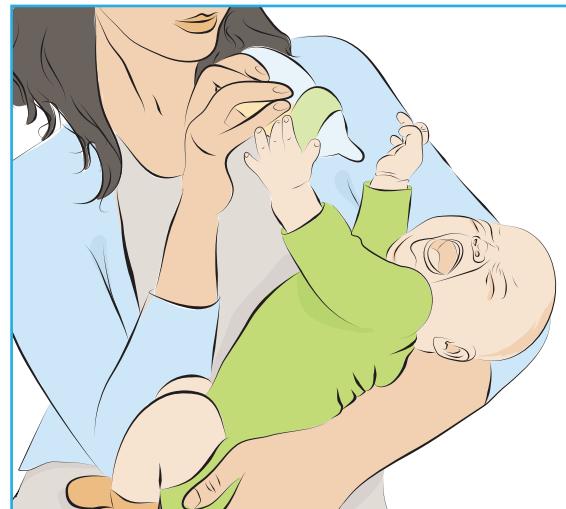
- Yaraynta ama joojinta nuugmada.
- Isku-qabashada afkiisa.
- Madaxiisa inuu leexiyo.
- Inuu iska riixo dhalada ama qofka quudinaya.
- Lulmood iyo inuu ka xiiso-dhaco quudmada.

Ha ku cadaadin ilmahaaga inuu dhammeyyo dhalada. Daireenka u soo jeedi baaqyada quudinta ilmahaaga oo u oggolow ilmahaagu inuu go'aansado xaddiga uu rabo inuu isticmaalo. U diyaar ahow inaad u jawaabto ilmahaaga.

Ilmahaagu waxa laga yaabaa inuu wali lahaado dhaqdhaaq nuugitaan oo yaryar kadib quudinta. Kani waa habdhaqan caadi ah.

## Ka daacinta

- Isku-day inaad ka daaciso ilmahaaga dhawr daqiiko inta quudinta lagu jiro iyo kadib quudinta.
- Ka daacintu waxay soosaari kartaa hawo uu liqay xilligii quudinta.



## Calaamadaha in ilmahaagu u baahan yahay ka daacin waa:

- Qalloocin dhabarkiisa.
- Inuu caroodo.
- Inuu iska riixo dhalada.
- Nuugmada oo gaabisa ama joogsata.

**Ka daaci ilmahaaga adiga oo si fudud ugaga garaacayaa gacantaada oo xoodan dhabarkiisa. Isku-day meelahan si aad uga daaciso ilmahaaga:**



Si taagan u qabo ilmahaaga garabkaaga dushiisa.



Ugu qabo ilmahaaga fadhi dhabtaada. Ilmahaagu hore ayuu u yara liici iyada oo gacantaaduna hayso dabankiisa



Ilmahaaga beerka ugu seexi dhabtaada

## Kadib quudinta:

- Iska daadi foormulada soo harta. Marnaba dib ha u isticmaalin, dib u kululayn ama ku ridin tallaagadda si aad mar dambe u isticmaasho. Foormulada soo harta waxa laga yaabaa inay bakteeriya khatar ah ku dhalato laba saacadood kadib.
- Biyo ku mayr dhalada iyo qaybaha dhalada isla marka ay quudintu dhammaato.
- Nadiifi cirridka ilmahaaga adiga oo adeegsanaya maro nadiif ah, diiran oo qoyan quudinta kadib.
- Marka ilmahaagu sii koroba, tirtir cirridkiisa oo caday ilkihiisa si aad uga hortagto sooska. Hubi inaad bilawdo u geynta dhakhtarka ilkaha laga bilaabo marka uu sannadka jiro..

## QUUDINTA ILMHAAGA KORAYA

### Quudinta toddobaadkii koowaad:

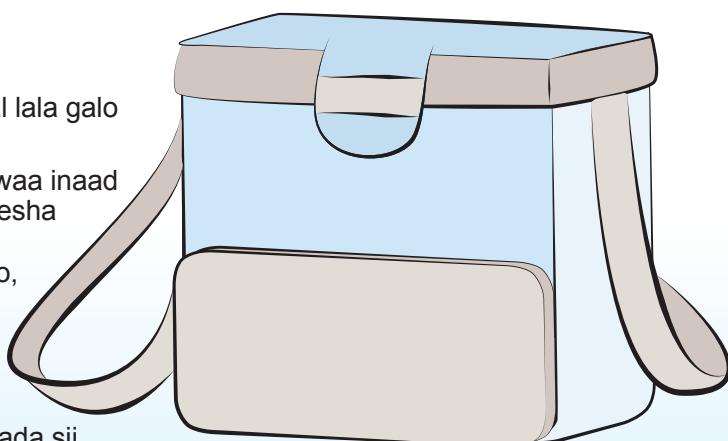
- Dhawrka maalmood ee u horreeya caloosha ilmahaagu aad ayey u yar tahay. Ilmahaagu wuxuu kaliya u baahan xaddi yar oo foormula ah quudin kasta.
- Carruurta waa ku kala duwan yihiin inta ay rabaan inay quutaan iyo inta jeer ay rabaanba. Quudi ilmahaaga mar kasta oo uu muujiyo calaamadaha inuu gaajoonayo. Fiiri bogga 18 in badan oo kusaabsan calaamadaha quudinta ilmaha. Marba marka ka dambaysa aqoon fiican ayaad u yeelan doontaa sida loo sheego haddii ilmahaagu gaajoonayo.
- Ha isku-dayin inaad ku qasabto ilmahaaga inuu dhammeeyo dhalada ama xaddiga go'an. Sida dadka waawayn, carruurta waa ku kala duwan yihiin xaddiga ay rabaan quudin kasta. Waxa fiican in la siiyo xaddiyo yaryar iyo marar badan.
- Marka ilmahaagu koro muddada dhawrka toddobaad ee u horreeya, waxay ku qaadan doontaa wakhti dheeraad ah quudinta.
- Hooyooyinku waxa laga yaabaa inay is-waydiyaan haddii ay ilmahooda siinayaan xaddi aad u yar ama xaddi aad u badan. Ka jawaab baaqyada quudinta ilmahaaga oo haddii aad qabto su'aalana la hadal bixiyahaaga daryeelka caafimaadka.
- Haddii aad qabto su'aalo ama tabashooyin kusaabsan quudinta ilmahaaga, la hadal bixiyahaaga daryeelka caafimaadka.

### Quudinta toddobaadka koowaad kadib:

- Filo in ilmahaagu quudin badan u baahdo bisha koowaad iyo ku dhawaad. Intaa kadib, ilmahaagu waxa laga yaabaa inuu kala fogeeyo quudmada oo kadibna wuxuu wax badan cabbo quudin kasta.
- Quudi adiga oo raacaya baaqyada ilmahaaga, aan ahayn xaddiyo cayiman.
- Hamuumta korriinka ayaa badan qiyastii saddex toddobaad, lix toddobaad, saddex bilood iyo lix bilood. Ilmahaagu waxa laga yaabaa inuu doono foormula badan wakhtiyadan ama waxa laga yaabaa inuu doono in marar badan quoto.
- Carruurta uma baahna kabka fiftamiin D haddii ay kaliya qaataan foormula, sababtoo ah foormula waa lagu daray fiftamiin D. La hadal bixiyahaaga daryeelka caafimaadka si aad u ogaato haddii ilmahaagu u baahan yahay fiftamiin D dheeraad ah.
- Bixiyayaal daryeelka caafimaadka oo badan waxay isticmaalaan shaxda korriinka si ay ula socdaan cabbiraadaha carruurta. Ha isku-dayin inaad barbardhigto ilmahaaga carruurta kale. Carruurta waxay ku kortaa xeerar kala duwan. Shaxaha korriinka ee carruurta waxa laga arki karaa: [www.dietitians.ca/secondary-pages/public/who-growth-charts.aspx](http://www.dietitians.ca/secondary-pages/public/who-growth-charts.aspx). Fiiri "Ilmahaygu Si Wakan Ma U Korayaa?"

## QAADISTA FOORMULADA

- Waxa ugu badbaado badan in socdaal lala galo foormulada aan furnayn ee diyaarsan.
- Midda xigta ee ugu badbaado badan waa inaad biyo ugu diyaarisoo foormuladaada meesha aad tageyso. Haddii aanad hubin badbaadada biyaha halka aad tageyso, ka soo qaado biyo badbaado leh guriga kuwaasi oo la karkariyey. Hubi in lagu kaydiyey laguna qaaday weel nadiif ah.
- Haddii ay khasab tahay inaad foormulada sii diyaarisoo, kaliya dhalo qaado kadib marka ay qabowdo oo ay gaaro heerkulka tallaagadda kaasi oo ah 4oC.



- Mar kasta oo ay suurogal tahay, ku rid foormulada tallaagad marka aad gaarto halka aad tageyso.
- Haddii ayna tallaagad jirin, ku hay foormulada kiishka qabow ilaa wakhtiga quudinta.
- Marka foormulada tallaagadda laga saaro, waxay ugu badbaado badan tahay isticmaalkeedu laba saacadood gudahood.
- Dhalada foormulada waxa dib loogu celin karaa tallaagadda ilaa 24 saacadood laga bilaabo wakhtigii la diyaariyey ilaa iyo inta aad ku jawaabi karto “haa” weeraha soo socda:
  1. Dhalada foormulada waxa lagu ilaaliyey qabow intii socdaalka lagu jiray.
  2. Dhalada foormuladu waxay dibadda tallaagadda ka ahayd kayar 2 saacadood.
  3. Ilmuuhu wax formula ah kama isticmaalin dhalada, xiita dhawr cantuugo..

### **Macluumaad dheeraad ah oo kusaabsan foormulada iyo quudinta ilmahaaga, fadlan booqo:**

- Diyaarinta iyo Qaadista Foormulada Budada ah: <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/milk-lait/formula-nourrisson-eng.php>.
- Foormulada Dhallaanka: <http://healthycanadians.gc.ca/healthy-living-vie-saine/infant-care-soins-bebe/formula-formule-eng.php>.
- Macluumaadka nafaqada ee Best Start Resouce Centre: [www.beststart.org/resources/nutrition](http://www.beststart.org/resources/nutrition).
- EatRight Ontario si aad ula hadasho dhakhtarka cuntada oo diiwaangashan 1-877-510-5102 ama: [www.eatrightontario.ca](http://www.eatrightontario.ca).
- Ka raadi Qaybta Caafimaadka Dadwaynaha deegaankaaga: [www.health.gov.on.ca/en/common/system/services/phu/locations.aspx](http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx).
- Talobixino Diyaarinta iyo Maaratna Foormulada Dhallaanka ee Budada ah: [www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/pif-ppn-recommandations-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/pif-ppn-recommandations-eng.php).
- Adeegyada kale ee deegaanka: \_\_\_\_\_  
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**Waad ku mahadsan tahay wakhtiga aad ku qaadatay inaad akhrido akhriso macluumaadka ku qoran buug-yarahan. Kani waa mid kamid ah siyaabaha aad u muujiso ilaa xadka aad danayso daryeelka ilmahaaga.**



## Growing a Baby-Friendly Ontario!



### Mahadnaqyo:

Buug-yaraha waxa lagu hirgaliyey oggolaanshaha Niagara Region Public Health. Sidoo kale waxaanu jecelnahay inaanu u mahadnaqno Hamilton Health Sciences gacanta ay ka gaysteen. Sidoo kale waxay mahadi u sugnaatay BFI Strategy Implementation Committee, iyo xirfadlayaasha badan ee ra'yiga ka dhiibtay. Waad mahadsan tahay Marg La Salle, Qiimeeye BFI gacanta aad gaysatay. Ugu dambayn, waxa mahad wayn leh hooyooinka dib-u-eegay dokumentigan.

### Macluumaadka La xiriirka buug-yarahan:

si aad u dalbato nuqulo, ama macluumaadka xuquuqda daabacaadda iyo badinta, la xidhiidh Best Start Resource Centre: [beststart@healthnexus.ca](mailto:beststart@healthnexus.ca) ama [www.beststart.org](http://www.beststart.org), ama onlayn ku dalbo [www.beststart.org](http://www.beststart.org).

Dokumentigan waxa lagu diyaariyey maalgalinta Dawladda Ontario. Macluumaadka ku qoran dokumentigan waxay muujinaysaa aragtiyaha qorayaasha si rasmii ahna taageero ugama haysto Dawladda Ontario. Best Start Resource Centre, Michael Garron Hospital iyo Golaha Goboleed ee Caafimaadka Hooyada iyo Dhallaanku ma taageerin khayraadka iyo adeegyada ku qoran khayraadkan. Talada lagu sheegay khayraadkan ma beddelayso talada caafimaadka ee bixiyahaaga daryeelka caafimaadka. Dokumentigan waxa la dhammaystiray 2017.