

# Naas nuujinta Ilamahaaga muddada dhalashada ka soo hor dhasha



**Ku waaliddiinta:**

**Dhashay:**

**Xiriirka/lambarka telefoonada:**

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# Naas Nuujinta ilmaha muddada dhalashada ka soo hor dhasha

Hambalyo dhalashada ilmahaaga! Buuggan waxa loo habeeyey inuu kaa caawiyo Siinta caanaha naaska ilmahaaga muddada dhalashada ka soo hor dhasha, kuwaas oo dhashay 34 todobaad ka hor xilliga uurka ama sidka. Haysashada macluumaad dhab ah ayaa kaa caawin karta inaad si fudud u barato waxa aad filan kartid iyo sidii aad ula qabsan lahayd. Ilmaha waqtigoodii ka hor dhashay waxa u baahan yihiin daryeel gaar ah ee Xarunta Daryeelka Ilmaha Dhowaan Dhashay (NICU) ama Xarun Khaas ah ee Daryeelka. Buuggan oo dhan, erayga Nicu waxa uu tixraaci doonaa labadaba Qaybta Daryeelka Xoogan ee dhawaan dhaladka iyo Xarunta daryeelka Gaarka ah, buuga yarahan waxaanu isticmaalnaa erayga adeeg bixiyaha caafimaad. Tan waxay noqon kartaa Kalkaalsadaada, dhakhtarka, La taliyaha Naas nuujinta ee Guddida caalamiga ah ee ruqsada haysata, khabirka cuntada, daaweeyaha jidhja, luqadda hadalka, daaweeyaha, daaweeyaha jidhka maskaxda, iyo xirfad yaqaan kale.

*Hooyo ahaan, waxad tahay qofka ugu muhiimsan ee caawinaya ilmahaaga inay koraan ayna horumaraan. La joogidda ilmahaaga inta ugu badan ee suurogalka ah, hoos gelinta ilmahaaga si ay u dareemaan diirimaadkaaga, siinta caanaha naaska ama naas nuujinta ayaa ah siyaabaha aad ku caawin karto ilmahaaga cusub.*

## Waa maxay sababta caanaha naasku ay muhiim ugu tahay ilmaha waqtigoodii ka hor dhasha?

Caanaha naasku waa cuntada ugu fiican ee ilmaha oo dhan oo muhiim u ah Ilmahaaga waqtigoodii ka hor dhasha. Caanaha hooyada ayaa si gaar ah ugu habboon ilmaheeda.

- Dambarkaaga iyo caanaha naaskaagu waxay khaas u yihiin ilmahaaga. Caanaha naaskaagu waxay daboolaan baahida ilmahaaga iyaga oo waqti kasta is beddelaya.
- Caanaha naaska waxay aad muhiim ugu yihiin:
  - Korista iyo horumarinka khaas ahaan baahida ilmaha waqtigoodii ka hor dhashay.
  - Siinta borotiinka ee koritaanka maskaxda.
  - Siinta walxaha jirooyinka la dagaallama si Ilmaha wakhtigiisa ka hor dhasha looga ilaaliyo jirada.
- Ilmaha oo aan la naas nuujin waxay halis weyn ugu jiraan:
  - Caabuqa dhegaha.
  - Arrimaha la xiriiira sambabada iyo neefsashada.
  - Shuban.
  - Sonkorow.
  - Cuslaad iyo buurnaan aan caadi ahayn.
  - Kansarka carruurnimada qaarkood.
  - Dhimashada Kediska ah ee Dhallaanka.

Ilmaha waqtigoodii ka hor dhicis hore ku dhashay waxay u baahan yihiin nafaqo dheeri ah si u taageerto baahida korriinkoodaa. Taas waxa ka mid noqon kara ku darid wax lagu adkeeyo caanaha aadamiga, nafaqooyin, ku darid dufan caanaha la soo lisay.

Inkastoo Ilmaha waqtigoodii ka hor dhashay laga yaabo in aanay awoodin in ay si toos ah u quutaan naaska bilowga, taabashada maqaar-ila-maqaar iyo caanaha naaska ayaa aad muhiim ugu ah. Illaa ilmaha wakhtigiisa ka hor dhashay ay ka awoodayaan inay si too ah naaska uga quutaan, hooyooyinka waxay gacanta isaga lisaan ama bangareeyaan caanahooda si ay u quudiyaan ilmahooda.







*Hoos ku haynta ilmahaaga si ay u dareemaan diirimaadkaaga, caanaha naaska iyo naas nuujintu waxay ka cawinayaan ilmahaaga in maskaxdoodu korto.*

### **Waa maxay sababta naas nuujintu ay muhiim ugu tahay hooyooyinka?**

- Waxay siiyaan hooyada door muhiim ah sarena u qaadaan kalsoonida daryeelka ilmaheeda.
- Hormoonada soo saara caanaha naasku waxay ka caawinayaan in hooyadu la qabsato xilligan walaaca badan.
- Wuxuu horumariyaa xiriirka hooyada iyo ilmaha.
- Ilaaliyaan caafimaadka hooyada, hoos u dhigaya khatarta sokorowga nooca 2 iyo kansarrada qaarkood.
- Waa wax diyaar ah oo si sahlan loo heli karo.

### **Goorma ayuu ilmahaagu diyaar u yahay inuu si toos ah uga quuto naaska?**

Dhalaanka ku dhashay ka hor 34 todobaad waxa laga yaabaa in wax lagu siiyo tuubo sanku ama afka laga geliyo oo toos u aadeysa caloosha. Caanaha naaska ayaa sidaas tuubo lagu siin karaa ilmahaaga. Ilmaha qaarkood waxaa laga yaabaa in aanay awoodin in caano la siiyo isla markiiba. Waxa laga quudiyaa xididka/faleebo (IV).

Dhalaanka wakhtigooda ka soo hor dhasha waxay weli ku jiraan barashada isku xirka caano nuugidda ah, liqidda iyo neefsashada. Marka ilmahaagu muujinaya dabeecadaha quudinta sida la daydayashada afka iyo caano nuugig, fidiyaha daryeelka caafimaadkaaga ayaa kaa caawin doona adiga iyo ilmahaagaba barashada naas nuugga.

### **Waa maxay dambar?**

Dambarku waxa weeye caano ay sameeyaan naasahaaga inta aad uurka leedahay iyo maalmaha ugu horeeya ka dib marka ilmahaagu dhasho. Waa hurdi, aad rib u ah oo qarro leh. Hooyooyinka qaarkood waxay iska lisaan dhowr dhibcood oo dambar ah meeshaa qaar kale wax badan iska lisaan mar kastaba. Taasi waa wax iska caadi ah waana inta ilmahaaga baahidoodu tahay. Dambarku wuxuu siiyaa ilmahaaga nafaqada ugu fiican waxayna ka ilaalisaa ilmahaaga cudurka. Waxaa inta badan loo yaqaan 'dareeraha dahabka ah' sababtoo ah aad ayuu muhiim ugu yahay ilmahaaga. Dhibic kasta waa muhiim!

### **Waa maxay Daaweynta Xasaasiyada Cuntadda ama caanaha (Oral Immune Therapy)?**

Dambar dhey ah ayaa la siin karaa ilmahaaga iyada oo dhibic looga dhiijinayo gudaha canka ilmahaaga. Caanahan waxay jirka u gudbiyaan iyaga oo xuubka dhabanka sii raacaya waxaana la rumeysan yahay inay siinayaan ilmaha iska difaacid dabiici ah noocyo badan ee cuduro ah iyada oo burburineysa bakteeriyada iyo fayraska ku jira dhuunta, sambabada iyo xubnaha dheef shiidka. Inkasta oo ay weli socoto cilmibaaris, waxaa la rumeysan yahay in taxadarkan dheeraad ah uu si gaar ah muhiim ugu yahay ilmaha waqtigoodi ka hor dhashay. OIT ayaa laga yaabaa inayna isticmaalin isbitaalada oo dhan. Weydii fidiyaha daryeelka caafimaadkaaga haddii loo samayn karo ilmahaaga.

### ***Ka caawi ilmahaaga si uu u helo bilow wanaagsan iyad oo:***

- Barashada sida loo liso dambarka waqti hore.
- Lisidda iyo bangareynta caanaha si joogto ah.
- Haynta iyo hoos gelinta ilmahaaga taabashada maqaar- ilaa maqaarka ah inta ugu badan ee suurogalka ah.
- Siinta naaska sida ugu dhakhsaha badan ilmahaaga waa mid joogta ah.

# Taabashada maqaar-ilaa-maqaara ah ee jirkaaga iyo Daryeelka Kangaaroo

Qabashada iyo hoos gelinta ilmahaaga taabasho maqaar-ilaa-maqaar waa waxa ugu muhiimsan ee aad u sameyn kartid ilmahaaga. Marka ilmahaaga la hoos geliyo taabasho maqaar-ilaa-maqaar, waxay/wuxuu maqlayaa wadno garaacaaga, dareemayaan neefsigaaga iyo maqaarkaaga, waxayna dareemayaan oo uriyaan maqaarkaaga. Taasi waa wax caadi ah ee dejinaya ilmahaaga. Hay oo xabadka ku hay ilmahaaga inta sidii ugu ee suurtoogalka ah. Qorsheyso in aad u qabato ilmahaaga adiga oo hoos gelinaya taabasho maqaar-ilaa-maqaar sida ugu dhakhsaha badan ee suurtoogalka ah marka ay dhashaanba muddo joogto iyo waqti dheer. Taas waxaa kale ee loo yaqaan daryeelka kangaarooma.



*Xabadka saar oo qabo ilmahaaga habeen iyo maalinba muudo dheer hadba intii kuu surogal ah. Noqo u doode ilmahaaga! Haddii shaqaalaha isbitaalka aad ka weydid hoos gelinta ilmahaaga taabashada maqaar ilaa maqaarka ah, caawimaad weydiiso inaa sameysid.*

## Waa maxay sababta ay muhiimka u tahaytaabshada maqaar-ilaa maqaarka ah ee diirmada jirkaaga?

- Wuxuu dajiyaa garaaca wadnaha, neefsashada iyo sonkorta dhiigga ee ilmahaaga.
- Wuxuu caawiyaa maskaxda ilmahaaga si ay u korto una horumarto.
- Diiriyaa ilmaha iyaga oo ka faa'ideysanaya kulaylka jirkaaga.
- Waxay ka caawineysaa ilmahaag inay:
  - Dareemaan nabad iyo xasilooni.
  - Degganaadaan oo oohintu ku yar tahay.
  - Si wanaagsan u hurdaan, u kaydinta tamartooda si ay u koraan.
- Ka caawiyaan ilmahaaga raaxada ilmahaaga muddada nidaamyada.
- Wuxuu kaa caawinayaa dareerka caanahaaga iyo laga yaabaa kor u qaadidda caano soo saarkaaga.
- Wuxuu kaa caawinayaa helidda unugyada difaaca gaarka ah ee jeermiska laga helo NICU. Unugyadaas difaacu waxay markaas u gudbayaan ilmahaaga iyaga oo sii maraya caanaha naaskaaga markaasna ilmahaaga ka ilaalinaya cudurrada.
- Waxay horumariyaan xiriirka iyo isfahamkiina.
- Waxay kaa caawineysaa inaad hesho isku kalsooni dheeri ah iyo nasiino.

Ilmahaagu waxay xirnaan doonaan xafaayad, markaasna si toosan loo saaro xabadkaaga markaasna aad ku dadid shaarkaaga ama buste. Marka aad ilmahaaga si dhab ah jirkaaga ugu qabatid, wuxuu/waxay dareemayaan degganaansho. Taabashada maqaarka-ilaa-maqaarka waxay adiga iyo ilmahaaga siineysaa bilow Wanaagsan ee naas nuujinta. Lamaanahaaga ayaa sidoo kale sameyn karo taabashada maqaarka-ilaa-maqaarka si loogu raaxeeyo oo loo rabeeyo ilmahaaga.



## Sidee ayaa taabashada maqaarka ilaa maqaarku ay u caawisaa korriinka maskaxda ilmahayga?

Unugyada Dareemayaasha ee ilmaha waqtigoodii ka hor dhashay weli way kobcayaan. 14 toddobaad ee ugu dambeysa ee uurka, maskaxda ilmahaaga waxay kortaa 400%. Marka aad u qabato ilmahaaga taabashada maqaar-illaa- maqaarka ah, ilmahaaga waxay ku jiraan meel iyadda/isagu dunida ka ogaanayo isaga oo isticmaalaya taabashada,urta, maqalka, dhadhanka, iyo dhaqdhaqaaqa. Waaya-aragnimadaas aad wadataa waa mid muhiim u ah koridda maskaxdooda. Waqtiga taabashada maqaar-illaa- maqaarka ah ilmuhu:

- Urrinayaan caanahaaga.
- Dhadhaminayaan caanahaaga.
- Taabanayaan jirkaaga.
- Kula dhaqdhaqaaqayaan
- Diirrimaad ka heleyaan ogadaada.

**Akriso ama dhegeyso wax dheeraad ah ee ku saabsan taabashada maqaar-illaa-maqaarka ah iyo daryeelka kangaroo ee NICU ah.**

[www.kangaroomothercare.com/skin-to-skin.aspx](http://www.kangaroomothercare.com/skin-to-skin.aspx)

[www.youtube.com/watch?v=iN1UiAVyZZk](https://www.youtube.com/watch?v=iN1UiAVyZZk)

[www.youtube.com/watch?v=svNB3yz2v8E](https://www.youtube.com/watch?v=svNB3yz2v8E)

[www.youtube.com/watch?v=MateX87u9k](https://www.youtube.com/watch?v=MateX87u9k)

## Bilaabid

### U Samaynta caanaha ilmahaaga

Haddii ilmahaagu usan awoodin inuu ka quuto naaska, waxaad u baahan tahay inaad sameyso keydka caanahaaga adiga oo iska lisaya ama bambagareynayaa. Labadan qaab waxay naaska ka soo bixinayaan caanaha naaskaaga si aad u quudiso ilmahaaga. Waxaa muhiim ah inaad iska listo caanaha si joogto ah ilaa iyo inta ilmaagu u baahan yahay quudin, ugu yaraan 8 jeer 24ka saacadoodba , oo ay ka mid tahay ugu yaraan hal mar habeenkii.

Shaqaalaha NICU ayaa kaa caawin doono inaad baratid sida la isaga liso loona keydiyo caanaha naaskaaga, sida loo isticmaalo bamka naaska iyo sida loo naas nuujiyo ilmahaaga marka iyadda / isaga ay awoodaan.

### Sidee ayaan gacanta isugu lisi karaa?

Si ilmahaaga aad gacantaada ugu listid dambarka:

- Gacmahaaga si fiican u dhaq.
- Raadso meel raaxo ama degganaan kuu leh.
- Haddi ay suurogal kuu tahay, cadaadis diiran saar naasahaaga ka hor inta aadan gacanta isku lisiin.
- Si tartiib ah naasahaaga u duug adiga oo kasoo bilaabaya kor ilaa ibta kasoo gaartid adiga oo isticmaalaya wareego dhaqaaq gacan siman ama xiran.

### Talooyinka ku guuleysiga caano soo saarka naaska

- Hore u bilow adiga oo joogteynaya gacan ku lisidda iyo bamgareynta 6 saac marka aad dhashid **ayna ugu fiican tahay ssaacadda ugu horeysa.**
- Gacanta ku lis iyo bamgareynba 8 jeer iyo ka badan 24kii saacadoodba.
- Isticmaal bamka korontada ku shaqeeya ee isbitaaladu isticmaalaan.

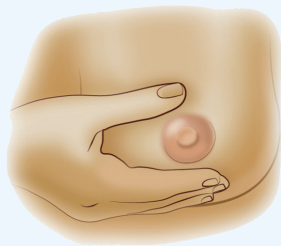


- Naaskaaga hal gacan kusoo qabo, laakiin aan aad ugu dhoweyn ibta. Suulka iyo faraha gacantaada ha noqondaan kuwo iska soo horjeeda midba midka kale oo qiyaas 2½-4 cm (1-1½ in.) ka dambeysa ibta naasahaaga. Naaska wax yar kor u qaad, markaas si tartiib ah gudaha ugu riix naasaha xagga laabtaada.
- Si khafiif ah ku cadaadi suulka iyo farahaaga si wadajir naaska ilaa gudaha xabadkaaga.
- Debcii farahaaga dhawr ilbidhiqsi ka dibna ku celi isla sidii hore ee aad sameysay.
- Gaarsii gacmahaaga wareegga naasaha oo dhan, si aad u listo caanaha naaska ka dhan. Sidaas ku wad ilaa socodka caanaha u yaraado. U beddelo dhinaca kale markaas ku celceli wixii aad sameyneysay naaska kale. Sidaas ku wad hadba dhinac, duug naaska haddana mar kale islis ilaa socodka caanahu ay joogsadaan.
- Marka hore waxaa suurogal ah inaad heshid dhawr dhibcood oo dambar. Ha ka niyad jabin, taasi waa caadi.
- Ku aruuri caanaha qaaddada-shaaha ama weel u idin soo siiyey isbitaalku, kaas oo loo isticmaalayo siinta ilmahaaga dambarka.
- Iska lisidda caanaha ee gacanta waa wax tababbar loo qaato si loo barto, way kuu fududaan doonaa.

**Lisidda caanuhu waa inay noqotaa mid raaxo leh ayna noqon mid xanuun ah.**

## Habka Gacan ku lisidda Caanaha Naaska

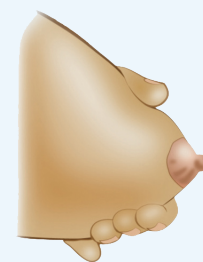
### Tallaabooyinka Laga maarmaanka ah: RIIXID - CADAADIS - NEFISID



**Riix cadaadis nefis**  
(gadaal u riix xabadkaaga)



**cadaadis**



**nefis**

### Daawo video lisidda caanaha naaska.

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

[www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/Hand-expression/](http://www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/Hand-expression/)

### Sidee ayaa jirkaygu u sameeyaa caanaha naaska?

Inta aad uurka leedahay jirkaaga sidoo kale wuxuu isu diyaariya naas nuujinta ilmahaaga. Laba hormoon oo muhiim ah ayaa ku lug leh naas-nuujinta kuwaas oo ah Brolaktiin iyo Oksitosiin.

Brolaktiin waa hormoon muhiim ah sababta oo ah wuxuu sameeyaa caanaha. Waxaad sare ugu qaadi kara brolaktiinka adigoo:

- Si joogto ah u naas nuujinaya Ilmahaaga.
- Kicinayaa dareenka naasahaaga ugu yaraan 8 jeer 24kii saac adiga oo naas nuujinaya, gacanta isku lisaya ama bangareynaa.

Oksitosiin wuxuu sameysmaa marka aad naas nuujineysid, gacanta aad isku liseysid ama aad bangareyneysid. Oksitosiin waa hormoon muhiim ah maxaa yeelay wuxu naaskaaga kasoo deynayaa caanaha. Arrintan waxa loo yaqaan caano soo deyn ama godlasho. Marka aad ku jirto waqtiga godlashada waxaa laga yaabaa:

- Dareen xanxanto ee naasahaaga.
- Dareen in caano kaasoo daadanayaan hal naas ama labadada naasba.
- Dareen casiraad ama maroojin ah ee ilmo-galeenka ama minka
- Aadan waxba dareemin. La'aanta ah calaamadahaan micnaheedu ma aha in aadan godlan.

**Waxaad fududeyn kartaa in caanuhu si dhaqso ah kaaga yimaadaan haddii aad si joogto ah u naas nuujisid, gacanta caanaha isaga listid iyo bangareyn waxtar leh!**

## Maxaan filan karaa dhowrka maalmood ee ugu horeeya?

### MAALINTA 1:

- Bilow gacan ku lisidda iyo bamgareynta caanaha naaska 6 saacadood gudohood marka aad dhashid, haddii ay suuragal tahay gudaha saacada u horaysa
- Isticmaal bumka labada naas ee korontada ku shaqeeya ee looga isticmaalo. Gacanta ku lis marka hore, ka dibna bamgaree.
- Gacanta ku lis bamgareena 8 jeer ama ka badan ama inta ugu badan ee aad awoodo. Arrinta waxaad sameyn kartaa saacad kastaba haddii aadan hurdin.
- Ha ka walwalin inta dambarka aad iska listay dhan yahay. Waqtiga hore bilaabidda iyo joogteynta salsalaaxa iyo caano iska soo lisidda ayaa ka caawin kara caano soosaarkaaga.

### MAALINTA 2:

- Sii wad ku lisidda gacanta iyo bamgareynta ugu yaraan 8 jeer ama ka badan 24kii saacadood. Habeenkiina waxaad sameysaa ugu yaraan hal mar.

### MAALINTA 3:

- Gacanta ku lis bamgareena 8 jeer ama ka badan 24kii saacadood.
- Sii wad in aad bamgareynta ugu yaraan hal mar habeenkii waayo hormonka (brolaktin) caawiya caano soosaarku wuxuu xoog leeyahay habeenkii.
- Ka qaado lisidda 4 saac oo nasasho ah habeenkii.
- Naasahaaga waxa laga yaabaa inay buuxsamaan markii mugga caano soosaarkaagu kordho. Taasi waa caadi.
- Iska saarista caano ee si joogto ah waa muhiim si looga hortaggo naas buux dhaafka.
- Haddii ay naasahaagu noqdaan kuwo aad buuxsamay aadna daremeysid raaxo laaan. taas waxaa loo yaqaanaa naaso barar. Saarista naasahaaga cadaadis qabow iyo caano ka lisid joogto ah ayaa kaa baabi'in kara culeyskaas. Hooyooyin badan ayaa sidoo kale oo ay dareemaan inay faa'ido u tahay dib u beddel is lisidda oo cadaadis la socdo. Dib isu lisidda cadaadis beddelka ah waa hab khafiifinaya barta madow ee ibta naaska ku hareereysan taas oo ka caawinaysa in caanuhu soo baxaan.

#### Jilcinta Cadaadis isbeddelka



1. Farahaaga saar dhinaca kasta oo ibta naaska.
2. Ku riix xagga feeraha. Ku hay ilaa hal daqiiqo.
3. Ku Warwareejii farahaaga ibta naaska kuna celceli.
4. Haddii qayb ka mid ah unugyada naasku weli ay adag tahay, mar kale ku celi halkaas riixa.
5. Cadaadiska isbeddelka waxa laga yaabaa in waxoogaa usan lahayn raaxo laakiin ma ku dhibayo.
6. Xusuusnow in aad dheecaan ka riixaysid unugyada caanaha ee ibta.

Haddii buuxnaanta naaska ama bararku sii socdo inay dhibaato tahay, waxaad hubisaa inaad la hadashid adeeg bixiyaha daryeelka caafimaadkaaga.

### MAALINTA 7AAD:

- Filo in si weyn uu u kacayo mugga caanaha naaska maalinta 7aad. Haddii aad arki weydo kor u kaca mugga caanaha, la hadal fidiyaha daryeelka caafimaadkaaga.

### MAALINTA 14AAD:

- Mugga caanaha naaska waa inay si degdeg ah u kor kordhaa 10-14ka maalmood ee ugu horreeya. Si joogta ah kala hadal fidiyaha daryeelka caafimaadkaaga arrimaha ku saabsan gacanta ku lisidda iyo bamgareynta iyo kaydka caanahaaga. Fidiyaha daryeelka caafimaadkaaga ayaa kaala talin kara inaad marar badan iska bamgareysid caanaha.
- Iska lisidda gacanta iyo iska bamgareynta caanaha si wadajir hooyooyinka badidood waa u Wanaagsan tahay.
- Sii wad gacanta ku lisidda iyo bamgareynta 8 jeer ama ka badan 24kii saacadood, oo ay ku jirto ugu yaraan hal mar ee habeenkii ah. Hal mar oo 4 saacadood ah inta u dhaxaysa iska lisidda caanaha caadi ahaan waa wanaagsan tahay. Hooyooyin badan waxay jecel yihiin in muddadaas 4ta saacadood u dhexeysa inay habeenkii noqoto.



# Bamgareynta

Isticmaalka bamka naaska waa hab wax ku ool ah si loo ururiyo caanaha naaska iyo dareen kicinta caanaha soo saarkaaga.

Waxaa aad u fiican in la liso labada naasba waqti isku mid ah. Taas waxaa loo yaqaanaa lisid daran dooriga ah. Lisidda daran dooriga waa degdegsiimo badan tahay marka hadba hal naas lalisayo. Waxa kale oo ay kaa caawinaysaa in aad iska listo caano dheeraad ah, si degdeg ah.

Kala tasho fidiyaha daryeelka caafimaadkaaga wixii ku saabsan meesha aad kasoo kiraysan lahayd bamka isbitaalka looga isticmaalo sidii aad guriga ugu haysan lahayd.

Haddii dhibaato kala kulantid habka u bamka naaska u shaqeynayo, la hadal fidiyaha daryeelka caafimaadkaa, la xiriir shirkadda bamka lagasoo kireystay ama talo ka raadso internetka website soo saaraha qalabkaas.

## Bamgareynta Daran dooriga ah: Bamgareynta labada naasba isku mar

- Isticmaal laba xirmooyinka bamka sida isbitaalka lagaaga soo faray.
- Nooca bamka daran dooriga ee koronto ku shaqeeya ee Isbitaalka ayaa ugu fiican.
- Bamgaree si isku mar ah 15 daqiiqo.
- Sii wad in aad bamgareysid haddii ay weli caano kaa socdaan.
- Duug naasaha inta lagu guda jiro ku bamgareynta.
- Ka fikir inaad isticmaasha habka “gacan ku bamgareynta” adiga oo si tartiib ah u duugaya cadaadisna ku saameynaya naasahaagaa inta aad caanaha iska bamkgareyneysid adiga oo isticmaalaya bamka daran dooriga ee korontada ku shaqeeyo.

## Daawo fideo ku saabsan duugista naasahaga inta lagu guda jiro bamgareynta si loo kordhiyo wax soo saarka caanaha.

[www.newborns.stanford.edu/Breastfeeding/MaxProduction.html](http://www.newborns.stanford.edu/Breastfeeding/MaxProduction.html)

## Sidee loo sameyn karaa caano wanaagsan oo joogto ah

- Bamgaree gacantana isku lis ugu yaraan 8 jeer 24kii saacba.
- Duug naaska ka hor iyo inta lagu guda jiro bamgareynta.
- Bamgaree ugu yaraan hal mar habeenkii marka heerarka brolaktiinka heerkiisu ugu sareeya.
- Habeenkii, iska ilaali in muddo 4 saacaddood ah ayna ka badnaan inta u dhexeysa laba bamgareyn.
- Gacanta isku lis bamgareynta ka dib.

*Bamgaree waqtiyada hore. Bamgaree si joogto ah. U bamgaree si waxtar leh.*

## Isu Diyaarinta lisidda

- Gacmahaaga ku dhaq saabuun iyo biyo ama isticmaal aaalkolo biyo ku jirin ka hor lisidda ama taabashada caanaha naaska.
- Meel munaasab ah ku bamgaree caanaha.

## Talooyinka guuleysiga bamgareynta

- Bamgaree ka hor, inta lagu guda jiro ama ka dib taabashada maqaar-ilaa-maqaarka ah ee ilmahaaga.
- Qabo ama taabo ilmahaaga inta ugu badan ee suurogalka ah.





- Kuhayso bamka agtiisa masawiro ama waxyaabo kale oo ku xusuusinaya ilmahaaga xusuusinta kale ee ilmahaaga, ama bangareynta ku samee qolka ilmahaaga.
- Isticmaal cadaadis diiran, duugid degen iyo gacan isku lisid inta aadan caanaha bangareyn, taas oo kicin doonta dareenka godlashada ka hor inta aadan bilaabin bangareynta caanaha
- Bangareynta caanaha waa inay tahay mid raaxo leh. Haddii nabarro ay kaa soo baxaan ibta naasaha, la hadal fidiyaha daryeelka caafimaadkaaga si aad u hesho kaalmo la xiriirta cabbirka wareegga naaska iyo xoogga caana nuugidda.
- Caano soo saar aad u hooseeya waxaa hore looga hortaggi karaa bangarayn joogta ah. gacanta. Haddii dhibaatadu ay sii scooto, weydiiso kaalmo fidiyaha daryeelka caafimaadkaaga.
- Nasashada badi.

- Ka fikir inaad isticmaashid rajabeeto/keeshali caanaha soo nuuga si laba gacmood ay firaqo kuugu noqdaan inaad naasahaaga duugtid iyada oo ay weli caanihii kaasoo bangareysnayaan. La hadal fidiyaha daryeelka caafimaadkaaga sidii aad u sameyn lahayd mid.

### **Waa maxay diiwaanka kaydka caanaha?**

Kani waa diiwaanka inta ay leegtahay caanka aad bangarayso ama aad wakhti kasta isku lidtid. Diiwaang geli qadarka caanaha ah ee aad bambarayso ama listid. Sidoo kale hubi marka aad u qabato ilmahaaga taabashada maqaar-ila-maqaarka ah. Isticmaal joornalka caanaha iyo diiwanka quudinta ee bogagga 14-17 ee. Qoridda caano iska bangareyntaada iyo islisidda waxay kaa caawinayaan inaad xusuusnaato inta jeer ee aad is bangareysey ama is listay maalin kasta si aad markaas ula socotid caddadka caanaha aad samaynaso.

### **Sidee ayaan u daryeelaa qalabka bangareynta marka ilmahaygu isbitaalka ku jiraan?**

Weydii fidiyaha daryeelka caafimaadkaaga sida loo nadiifiyo iyo meel loogu kaydiyo qalabka bangareynta.

### **Tusmooyinka kaydinta caanaha naaska marka ilmahaagu ku jiro isbitaalka**

Muddada Kaydintu waa kala duwanaan kartaa weydiiso nidaamka ama tilmaamaha isbitaalka. Caanaha naaska ee markaas la lisay waa in la isticmaalaa muddo 24-48 saacadood ah laga bilaabo markii lasoo bangareeyey.

- Isticmaal weelasha wax lagu keydiyo ee aan jermiska lahayn oo isbitaalku kusoo taliyey.
- Si cad u calaamadee weelasha caanaha naaska ku jiraan si waafaqsan tilmaamaha isbitaalka. Hubi calaamadahaas inuu ka mid yahay magaca ilmahaaga, taariikhda iyo waqtiga aad listay.
- Caanaha naaska ee dheyda ah ayaa u fiican ilmahaaga. Qaboojiyaha geli caanaha naaska ee aan la isticmaali doonin 24-48 saacadood gudahood.
- Ku shub caanaha naaska ee dheyda weel cusub markasta oo aad iska bangareysid. Ha isku darin caano kala duwan oo marar kala duwan lasoo bangareeyey.

### **Sidee ayaan si ammaan ah ugu qaadi karaa qaado caanaha naaska Xarunta NICU?**

Gee caanaha naaska ee dheyda xarunta NICU sida ugu dhakhsaha badan ee suurtoogalka ah.

- Ku rid caanaha naaska boorso/weel nadiif ah.
- Isticmaal qaboojiye daboolan ama weel baraf qabow leh
- Ka codso fidiyaha adeegga daryeelka caafimaadkaaga inuu ku tuso sida loo calaamadeeyo caanaha naaskaaga iyo meesha aad ku keydin lahayd caanaha naaska si aad u keento isbitaalka.

***DHEYDA AYAA UGU FIICAN!***

# Quudinta Ilmahaaga ee Cusbitaalka

## Quudinta caano naaska laga soo lisay

Caanaha naaska laga soo lisay siyaabo kala duwan ayaad ilmahaaga ku siin kartaa. Habka la isticmaalayo waa inuu adiga iyo baahida ilmahaaga daboolaa. Siyaabahan kala duwan ee dheeriga ah ee lagu kabayo quudinta ilmahaaga in lagu kaalmeeyo ilaa ilmahaagu ay xoog yeeshaan ka dibna ay si wanaagsan naaska u nuugaan. Adiga iyo fidiyayaasha daryeelka caafimaadkaaga ayaa ka wada hadli kara faa'idada iyo khasaaraha hab kasta markaasna go'aansan kara midka ku habboon ilmahaaga.



- Tuubo Sanka ilaa caloosha ama afka ilaa caloosha ah: Tuubada la galinayo caloosha ilmahaaga iyada oo la sii marinayo sankiisa/da (tuubo san ilaa calool) ama afka (af ilaacalool) si loo quudiyo ilmahaaga.
- Gargaarka naas nuujinta: Tuubo kasoo baxaysa weel ee la gelinaya ibtaada. Marka u ilmahaagu naaska nuugayo wuxuu caanaha ka heleyaa naaskaaga iyo tuubbadaba isku mar.
- Quudinta faraha: Tuubbada quudinta ee kasoo baxaysa weel ayaa la dhigayaa dhinaca jilicsan ee fartaada. Ilmahaagu wuxuu quudan doonaa isaga oo nuugaya fartaada iyo tuubbada quudinta isku mar ahaan.
- Koob: koob yar ayaa lagu qabanayaa bushimaha ilmahaaga si iyadu / isagu u fiiqsan karaan. Ilmahaagu waxay yeelanayaan hannaan is haysta ee fiiqsashada. Afka ha uga shubin ilmahaaga.
- Siriinjyada, dhibciye ama qaaddo: Mararka qaarkood loo isticmaalo siinta qiyaas yar.
- Daboolka Ibta, qalab si habboon u qabsanaya ibtada. Wuxuu ka caawinaya ilmahaaga inay qabsadaan, nuugaan kuna dhegenaadaan naaska. Caanahaagu waxay kasoo baxayaan daloolka afka hore ee caaradda daboolka ibta.

Kala hadal fidiyaha daryeelka caafimaadkaaga sidii aad wax dheeri ah uga baran lahayd hababkan kala duwan ee quudinta ilmahaaga. Waa muhiim in lagu tuso sidii aad u isticmaali lahayd hababkan si loo xaqiyo inaad ilmahaaga u quudineysid si badbaado iyo raaxo leh.

Nuugista wax aan nafaqa ahayn. Nuugista wax aan nafaqa lahayn waxaa sameeya ilmaha intooda badan si ay daboolaan baahidooda rabitaanka nuugista. Waxay kaa caawinaysaa dheefshiidka, isuduwidada caano nuugidda iyo neefsashada iyo sidoo kale wuxu ka caawin karaa dejinta ilmahaaga. Ilmahaagu waxay taas samayn karaan iyaga oo jaqaya naaska ka dib markii aad ka listid caanaha ama la hadal fidiyaha daryeelka caafimaadkaaga arrimaha ku saabsan hababka kale sida nuugidda farta ama isticmaalka dejiya. Waxaa muhiim ah in aad haysato macluumaadka aad u baahan tahay inaad go'aan sax ah qaadatid.

Nuugidda waxyaabaha aan nafaqada lahayn waxa kale oo ay muhiim u tahay inay ilmaha dejiyaan, khaas ahaan marka ayna waalidku la joogin si ay u dejiyaan.

## Waa maxay caano deeqda ah?

Qaar ka mid ah isbitaalada waxay isticmaalaan caanaha laga keenay bangiga caanaha kuwaas oo bixiya caano deeq ah ee lasoo karkariyey oo laga soo lisay haween si gaar ah loobaaray. Isbitaaladaan, caanahan deeqda ah waxaa la siiyaa carruurta buuxiyey shuruudaha isbitaalka. NICU ayaa had iyo jeer isticmaali doonaa caanaha hooyada ilmaha ka hor inta ayna isticmaalin caanaha deeqda ah. Caanaha laga keeno bangiga caanaha waa kuwo aad u nabad u ah. Waxay soo marayaan nidaamka baaritaanka feejigan, hubin iyo karkaris.

Websitka internetka ee The Rogers Hixon Human Milk Bank Ontario ([www.milkbankontario.ca](http://www.milkbankontario.ca)), ayaa faahfaahin ka bixiya in caanaha deeqda ah ee karkarsan ayaa ka ilaaliya ilmaha wakhtigiisa ka hor dhahsay ama kuwa markii ay dhalanayeen miisaankoodu aad u hooseeyey inay ku dhicin cudurrada naftooda halista gelinaya sida calool xanuunka "necrotizing enterocolitis" (NEC). Caanaha deeqda waxay sidoo kale ka difaacayaan ilmaha cudurada halista ah iyo dhibaatooyin. Caanaha deeq bixiyaasha waxay leeyihiin wax kasta oo loo baahan yahay si loo caawiyo ilmaha inay si fiican u horumariyaan iyo noqdaanna kuwo caafimaad qaba. Qaar badan oo ka mid ah qaybaha caanahan waxaa laga heli karaa oo keliya naaska oo lagama heli karo caanaha foormulada ah.



## Ugudbida naas nuujinta

Dhalaanka waqtigoodii ka hor dhashay waxay maraan heerar kala duwan ee ay bartaan si ay u naas nuugaan. Taas waxay la mid tahay adiga oo baranaya xirfad cusub. Ilmaha waqtigoodii ka hor dhashay si tartiib ayey oo wanaagsan ayey ka quudashada naaska u bartaan inta ay u gudbin inay si toos ah naas nuugidda u hanan. Weydii fidiyaha daryeelka cafimaadkaaga wixii gargaar ah ee aad u baahan tahay marka aad adiga iyo ilmahaagu aad baraneysaan naas nuujinta. Taasi waa horumar aad arki karto.

**Taabashada maqaar-ilaa-maqaarka ah/ Daryeelka Kangaaroo.**

**La socio tilmaamaha ilmaha ee quudinta, sida la daydayashada afka iyo gelinta gacantooda afka.**

**U qabo ilmahaaga si ilmahaaga afkiisa ugu dhowaado ibta markaas la socio in ilmaahaagu leefo oo uu uriyo.**

**Ku lis caano ibta korkeeda markaas si tartiib ah ku masax bishimaha ilmahaaga. Taasi waxay ka caawin doontaa in ilmahaagu bartaan la qabsashada dhadhanka iyo urta caanaha naaskaaga.**

**Waxaa suurogal ah in ilmahaagu ku dhego ibta naaska oo uu bilaabo inuu nuugo oo liqo.**

**Waxaa suurogal ah in ilmahaagu ku dhego naaska oo waqti dheer u wax nuugi karo.**

**Waxaa suurogal ah in ilmahaagu naaska nuugaan marar badan si joogto ah maalin kasta ilaa iyadda/isaga diyaar u noqdo inay naas nuugaan mar kasta.**

**La joog ilmahaaga inta badan ee suurtoogalka ah. Taasi waxay kaa caawin doontaa isbarashada adiga iyo ilmahaaga markaasna aad awoodid ka jawaabidda baaqyada ilmahaaga.**

*TALO: Maalmaha hore ee barashada naas nuujinta, ilmahaaga waxaa laga yaabaa in ku weynaato la socodka caanaha soo baxaya. Waxaa suurogal ah inaad u baahan tahay inaad caanaha iska bangareysid muddo gaaban ka hor inta aadan ilmahaaga naaska qabadsiiin. Ilmahaagu si tartiib tartiib ah ooraaxo leh ayuu u quudan doonaa naaska oo buuxa.*

## Akhriso wixii dheeraad ah oo ku saabsan baaqyada quudinta ee ilmaha

[www.health.qld.gov.au/rbwh/docs/maternity/feeding-cues-term.pdf](http://www.health.qld.gov.au/rbwh/docs/maternity/feeding-cues-term.pdf)

## Halista ka iman karta isticmaalka bilowga hore ee dhalooyinka

Haddii aad ku fikireyso inaad isticmaasho dhalo quudinta ilmahaaga, waxa weeye inaad arrintaas kala hadashaa fidiyaha daryeelka caafimaadkaaga si aad u faahamtid khatarta ka iman karta. Waxaa muhiim ah in aad haysato dhammaan wixii macluumaad ah ee ku saabsan sida isticmaalka dhalooyinku ay saamayn ku yeelan karaan naas-nuujinta. Taasi waxay kaa caawin doontaa inaad go'aan sax ah qaadatid.

# Marka ilmaha cusbitaal kale loo beddelo

Ilmahaaga waxaa laga yaabaa in la geeyo isbitaal kale oo u dhaw gurigaaga mar haddii isaga/iyadda mar dambe u baahayn daryeel degdeg ah. Taasi waxay noqon kartaa waqti u leh welwel adiga iyo ilmaha labadiinaba. Isbitaalka cusub ayaa laga yaabaa inuu leeyahay nidaamyo iyo dhaqanno cusub oo ka duwan wixii aad hore usoo barateen. Halkan waxaa ku qoran qaar ka mid ah talooyin si ay kaaga caawiyaan adiga iyo ilmahaagaba la qabsashada.

## Talooyinka kala hadalka daryeelka ilmahaaga isbitaalka kale

- Shaqaalaha kala hadal ujeeddooyinkaaga quudinta si uu qof walba u wada shaqayaan si loo gaaro ujeeddooyinkaas.
- Ogeysii shaqaalaha inta badan inaad jeclaan lahayd taabashada maqaar-ilaamaqaarka ah muddo joogta ah oo dheer oo aad la samayso ilamahaag..
- Kala hadal sida aad ka qayb qaadata daryeelka ilmahaaga si aad kalsooni u heshid marka aad diyaar u tihiin in ilmahaaga guriga la geeyo.
- Weydii cidda bixisa taageerada naas nuujinta ee isbitaalka iyo bulshadaas cusub adiga oo codsanayaa inaad la kulantid qofkaas.
- Waxaa muhiim ah inaad hesho kalsooni sidii aad u daryeesho ilmahaaga. Haddii la idinka soo saaray isbitaalka, waxaad codsataa inaad adiga iyo ilmuhu isku qol joogtaan habeen iyo maalin (qol wada joogis) inta ilmaha isbitaalka laga bixinayo. La joogista ilmahaaga waxay kaa caawin kartaa labadiinaba inaad ku celcelisaan oo aad noqotaan kuwa aad ugu kalsoon naas nuujinta.

## Marka aad geeyso ilmaha guriga

Marka ilmahaaga guriga la geeyo oo isbitaalka ka tago, waxaad yeelan doontaa qorshaha quudinta si ay idiinka ee kaa caawiso adiga iyo ilmahaagaba inaad sii wadaan naas nuujinta. Bamgareyntu inuu sii socota ayaa laga yaabaa in loo baahdo inay sii tartiib tartiib ahna usoo yaraato ilaa ilmahaagu ka xoogeysto naas nuugiisuna soo fiicnaado. Taageerada joogto ah ee naas nuujinta ayaa kaa caawineysa adiga iyo ilmahaaba inaad sii waddaan naas nuujinta marka aad guriga tagtaan. Qorshe la sameyso fidiyaha daryeelka caafimaadkaaga si ay idiin la socdaan.

## Sidee ayaan u daryeeli karaa qalabka bamgareynta/lisida marka ilmahaagu joogaan guriga?

Isbeddelka tilmaamaha daryeelka qalabka bamgareynta marka ilmahaaga guriga la geeyo:

- Biyo kulul iyo saabuun ku dhaq dhammaan qaybaha qalabka bamka, weelasha iyo qalabka quudinta ka baccina si fiican u raaci biyo kulul.
- Jeermiska ka dil dhamaan qalabka lisidda sida u tilmaamaayo tasmada soo sameeyaha qalabkaas.
- Kor saar shukummaan nadiif ah si ay u qallalaan.
- Qalabkaas oo nadiif, qaleyh ah ku rid bac nadiif ah. Waxay diyaar u yihiin isticmaalka bamgareynta.

## Nidaamka kaydinta caanaha naaska marka uu ilmuhu joogo guriga

Tilmaamaha kaydinta caanaha waa ka duwan tahay tii isbitaalka mar adiga iyo ilmahaagu guriga tagaan. Halkan waxaa ku qoran qaar ka mid ah talooyinka loogu talagalay kaydinta caanaha naaska ee guriga:

- Istimaal weel nadiif ah ee kaydinta ee aan lahayn BPA, ama bacaha loo sameeyey qaboojinta caanaha naaska.
- Ku calaamadee weelka taariikhda la lisay ama la bamgareeyey caanaha naaska.
- Caanaha naaska u keydi hadba inta halkii mar ee quudin looga baahan yahay si aan loo khasaarin.
- Qaboojiyi ama talaagada geli caanaha naaska marka la liso ama la bamgareeyo. Caanaha dheyda ah ee markaas la lisay ayaa u fiican ilmahaaga. Haddii caanaha naaskaagu xad-dhaaf yihiin, waxaad gelin kartaa tallaajad.
- Mar kale ha qaboojin caano mar hore la barafeeyey.
- Waxaad ku kor dari kartaa caano naaska ee dhey ah oo la qaboojiyey caanaha naaska ee horey ugu joray talaajadda. Ha ku darin caano diirran ee naaska caano hore loo qaboojiyey.
- Caanaha barafka noqday waxaad ku dhalaalisaa qaboojiyaha ama biyo diirran oo socda.

Isticmaal tilmaamaha soo socda haddii aadan tala ka duwan ka helin fidiyaha adeegga daryeelka caafimaadkaaga.

### Tilmaamaha keydinta Caanaha naaska ee ilmaha caafimaad qaba oo jooga guriga (Akademiya Daaweynta Cilmiga ee Naas Nuujinta, 2010)

|                                                                       |                                                              |
|-----------------------------------------------------------------------|--------------------------------------------------------------|
| caanaha naaska la qaboojiyey lana keenay heerkulka qolka              | • 1-2 saac                                                   |
| Caanaha naaska ee dheyda ah ee lagu lisay heerkulka qolka (16-29 ° C) | • 3-4 saacadood                                              |
| Caanaha dheyda ah ee ku jiray qaboojiyaha ( $\leq 4$ ° C)             | • 72 saacadood                                               |
| Caanaha lagu dhalaaliyey qaboojiya                                    | • 24 saacadood laga bilaabo marka ay bilaabantay dhalaalinta |
| Ku jiray qaboojiyaha a                                                | • 24 saacadood                                               |
| Qaboojiyaha tallaajadda (albaab gaar ah)                              | • 3-6 bilood                                                 |
| Qaboojiyaha Barafka dhaliya ( $\leq 17$ ° C)                          | • 6-12 bilood                                                |

*Daadi dhamaan caanaha waqtiga keydintoodu ka badan tahay inta kor lagusoo xusay.*

### Faahfaahin dheeraad ah oo ku saabsan lisidda iyo kaydinta caanaha naaska.

[www.beststart.org/resources/breastfeeding/Expressing\\_Fact%20Sheets\\_Eng\\_rev2.pdf](http://www.beststart.org/resources/breastfeeding/Expressing_Fact%20Sheets_Eng_rev2.pdf)

### Ilmahaagu ma u baahan yahay Formula

Haddii ilmahaaga la siiyo caanaha formulada ah sabab caafimaad ama aad shaqsi ahaan go'aankaas siinta formula qaadatay waxaad kala hadashaa fidiyaha adeegga daryeelka caafimmaadkaaga sida ammaansan ee diyaarinta, keydinta iyo quudinta ilmaha ee formulada.

Haddii aad ilmahaaga quudinta ugu kabaysid caanaha budada ah, ilmahaagu waa inay helaan formula biyo ah ee aan jermi lahayn diyaarna u ah in la siiyo sida kuwo quudin u diyaar ah ama dareere rib ah. Caanaha budada ah ma aha kuwo jermigu ka dhowrsan yahay sidaas daraaddeed ma ku haboona ilmaha yaryar oo wakhtigiisa ka soo hordhasha, miisaankoodu yar yahay dhalashada iyo/ama halis u ah cudur.





## Taageerada Naasnuujinta ee bulshada

Inkasta oo guri aadidda ilmahaaga ay tahay mid xiiso leh, waxa kale oo laga yaabaa inay tahay mid walaac leh la qabsashada nolosha guriga. Waxaad ka faa'iideysan doontaa taageero joogto ee naas nuujinta ilaa iyo inta naas nuujinta xididdo ka yeelaneyso. Taageeradaas waxaad ka heli adeegyo kala duwan, oo ay ka mid yihi kuwa soo socda:

| WAKAALADDA                                                                                | MACLUUMAADKA XIRIIRKA                                                                                                                                                                                      | ADEEGYADA LA HELI KARO                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| NICU ama rugta naas nuujinta ee isbitaalka                                                | La xiriir isbitaalka agtaada ah ama isbitaalka ilmahaagu ka heleen daryeelka.                                                                                                                              | La hadal kalkaalayaha ama La-taliyaha Sharci haysta ee Guddida Caalamiga ah ee Naas nuujinta ee Rugta Isbitaalka. Kaalmo u hel caqabadaha naas-nuujinta.                                                                                                                                                                                                                                         |
| Adeegyada Labada Luqadood onlaynka internetka ee Ontario ee Naas nuujinta                 | <a href="http://www.ontariobreastfeeds.ca">www.ontariobreastfeeds.ca</a>                                                                                                                                   | Raadso adeegyada naas nuujinta ee kuu dhow.                                                                                                                                                                                                                                                                                                                                                      |
| Booqashada guriga ee hay'adaha Caafimaadka dadweynaha ama rugta caafimaadka naas nuujinta | La xiriir xarunta caafimaadka ee Deegaankaaga.<br><a href="http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx">www.health.gov.on.ca/en/common/system/services/phu/locations.aspx</a> | Kala hadal kalkaalayaha caafimaadka wixii ku saabsan walaaca naas nuujinta ama su'aalo ah.<br>Booqashada guriga, xarumaha naas-nuujinta iyo taageerada kooxaha ayaa suurogal ah in laga heli karo si ay kuu siiyaan gargaar dhinaca naas-nuujinta.                                                                                                                                               |
| Taageerada Hooyooyinka ka dhexeysa ee naas nuujinta                                       | La xiriir xarunta caafimaad ee deegaankaaga si aad u ogaato haddii adeeggan laga heli karaa Deegaankaaga.                                                                                                  | Hooyo khibrad leh oo iska-wax-u-qabso ku shaqeysa ayaa suurogal ah inay kaaga jawaabto su'aalahaaga iyo inay ku horseeddo awood u helidda caqabadaha.                                                                                                                                                                                                                                            |
| Uruurka La Leche League kooxaha Canada                                                    | <a href="http://www.lllc.ca">www.lllc.ca</a>                                                                                                                                                               | Abaabul iyo bixin taageerada naas nuujinta ee ka dhexeysa hooyo-iyo-hooyo iyo waxbarashada iyada oo loo marayo kulannada kooxaha iyo taageero shaqsi ahaaneed ee Horjoogaha Ururka La Leche.                                                                                                                                                                                                     |
| Telehealth Ontario Adeegyada Gaarka ah ee Naas nuujinta                                   | 1-866-797-0000 (telefoonka dadka dhegaha la')<br>TTY: 1-866-797-0007                                                                                                                                       | Hooyooyinka cusub iyo kuwa uurka leh waxay hadda awood u leeyihiin helidda talo qof waayo aragnimo leh iyo taageero naas nuujinta 24 saac maalintii, 7 maalmood usbuucii, iyaga oo adeegsanaya adeega la talinta telefoonka ah.<br>Adeegan lacag la'aanta ah waxaa bixiya Kalkaalayaha Diiwaan gashan kuwaas oo soo qaatay tababaro naas-nuujinta iyo taageerada naas nuujinta                   |
| Ururka Caalamiga ah ee Latalinta Caano Soosaarka (ILCA)                                   | <a href="http://www.ilca.org">www.ilca.org</a>                                                                                                                                                             | Buugga <i>Hel Diiwaanka La taliyaha Nass nuujitan</i> ee qoraya (Find Lactation Consultant Directory) wuxuu qoraya Lataliyaha Caano Soo Saarka ee Guddida Caalamiga ah kuwaas oo xubin hadda ka ah ILCA waxayna siiyaan adeegyo hooyooyinka.                                                                                                                                                     |
| Xarunta Best Start Resource Centre                                                        | <a href="http://www.beststart.org">www.beststart.org</a>                                                                                                                                                   | Xarunta Ontario ee Hooyada Dhowaan Dhashay Ontario iyo Horumarinta Ilmaha Da' Hore waa urur horumarinta caafimaadka laba luqadood, kor u qaadida caafimaadka dumarka iyo qoysaska, ka hor, inta lagu guda jiro uurka iyo ka dib. Bogga internetka waxaad awood u heli inaad ka heshid macluumaad la xiriira waqtiga uur yeelashada ka hor, waqtiga uurka, quudinta ilmaha iyo korista ilmahaaga. |
| Motherisk                                                                                 | <a href="http://www.motherrisk.org">www.motherrisk.org</a><br>416-813-6780<br>1-877-439-2744                                                                                                               | La-taliyaha Motherisk waxaa laga heli karaa inay ku siiyaan hagiis iyo taageero maalmaha Isniinta ilaa Jimcaha, laga bilaabo 9 a.m. ilaa 5 p.m. EST.<br>Internetka ama onlineka waxaa laga heli karaa wixii ku saabsan ammaanka dawooyinka, dawooyinka dhirta ah iyo waxa nafaqada leh, iyo isticmaalka maandooriyaha xilliga uurka iyo naas nuujinta.                                           |

| TUSAALE            | Gacan lisiid /<br>bmgareyn /<br>Naaska |              | Hoos gelin<br>Dareen<br>Diirrimaad |      | 1                                      |                                               | 2                                      |                                               | 3                                      |                                               | 4                                      |                                               | 5                                      |                                               | 6                                      |                                               | 7                                      |                                               |  |
|--------------------|----------------------------------------|--------------|------------------------------------|------|----------------------------------------|-----------------------------------------------|----------------------------------------|-----------------------------------------------|----------------------------------------|-----------------------------------------------|----------------------------------------|-----------------------------------------------|----------------------------------------|-----------------------------------------------|----------------------------------------|-----------------------------------------------|----------------------------------------|-----------------------------------------------|--|
|                    | Waqtiga<br>Caddada                     | 9:30<br>3 mL | Waqtiga<br>Caddada                 | 5 mL | Gacan lisiid /<br>bmgareyn /<br>Naaska | Nuujiin<br>Hoos gelin<br>Dareen<br>Diirrimaad | Gacan lisiid /<br>bmgareyn /<br>Naaska | Nuujiin<br>Hoos gelin<br>Dareen<br>Diirrimaad | Gacan lisiid /<br>bmgareyn /<br>Naaska | Nuujiin<br>Hoos gelin<br>Dareen<br>Diirrimaad | Gacan lisiid /<br>bmgareyn /<br>Naaska | Nuujiin<br>Hoos gelin<br>Dareen<br>Diirrimaad | Gacan lisiid /<br>bmgareyn /<br>Naaska | Nuujiin<br>Hoos gelin<br>Dareen<br>Diirrimaad | Gacan lisiid /<br>bmgareyn /<br>Naaska | Nuujiin<br>Hoos gelin<br>Dareen<br>Diirrimaad | Gacan lisiid /<br>bmgareyn /<br>Naaska | Nuujiin<br>Hoos gelin<br>Dareen<br>Diirrimaad |  |
| Taariikhda         |                                        |              |                                    |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| Maalmaha           |                                        |              |                                    |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| Nolosha:           |                                        |              |                                    |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 1                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 2                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 3                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 4                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 5                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 6                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 7                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 8                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 9                  | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 10                 | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 11                 | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| 12                 | Waqtiga                                |              | Waqtiga                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
|                    | Caddada                                |              | Caddada                            |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| <b>24 Saacadda</b> |                                        |              |                                    |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |
| <b>Wadar</b>       |                                        |              |                                    |      |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |                                        |                                               |  |

**Ujeedo:**

**Maalinta 1:** Gacan ku lisiid iyo bmgareyn caanaha naaska 8 jeer iyo ka badan maantii.

**Maalinta 2:** Sii wad gacanta ku lisiida iyo bmgareynta ugu yaraan 8 jeer ama in ka badan 24kii saacaddood (ugu yaraan hal mar habeenkii). Xataa haddii ilmahaagu awoodaan inay naaska ka quutaan, caanaha iska bmgaree adiga oo isticmaalaya bumka koronto ku shaqeeya ee nooca isbitaalka. Labada naasba bmgaree ugu yaraan 3dii saacaddoodba iyo hal mar habeenkii.

Ha sugin in ka badan 4 saacaddood inta u dhaxaysa bmgareynta.

**Tilmaamaha:**

- Qor waqtiga iyo caddadda caanaha aad wakhti kasta bmgareysid.
- Hubi markii aad ilmahaaga ku hayso taabashada maqaar-ila maqaarka ah.
- Marka ilmahaagu diyaar yahay, ku hay taabashada maqaarka-ila maqaarka ah ila inta aad karto..
- Qabashada ilmahaaga taabashada maqaar-ila maqaarka ah inta ka horeysa bmgareynta waxay kaa caawin caano badan inaad soo saarto ilmahaaguna ay waa ka helayaan.
- Marka ilmahaagu naaska nuugayo, isticmaali diiwaanka quudinta ee bogga 17.

**DIWAANKA KAYDKA CAANAHA ASBUUCA 2AAD.**  
**ISTICMAAL FOOMKAN HADDII IL MAHAAGU USAN AWOODIN INUU NAASKA NUUGO AMA U MARKAAS BARANAYO NAAS NUUJINTA.**

|                          | 1                                 |                                     | 2                                 |                                     | 3                                 |                                     | 4                                 |                                     | 5                                 |                                     | 6                                 |                                     | 7                                 |                                     |
|--------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|
| Taariikhda               | Gacan lisiid / bamaareyn / Naaska | Nuujiin Hoos gelin Dareen Diirimaad | Gacan lisiid / bamaareyn / Naaska | Nuujiin Hoos gelin Dareen Diirimaad | Gacan lisiid / bamaareyn / Naaska | Nuujiin Hoos gelin Dareen Diirimaad | Gacan lisiid / bamaareyn / Naaska | Nuujiin Hoos gelin Dareen Diirimaad | Gacan lisiid / bamaareyn / Naaska | Nuujiin Hoos gelin Dareen Diirimaad | Gacan lisiid / bamaareyn / Naaska | Nuujiin Hoos gelin Dareen Diirimaad | Gacan lisiid / bamaareyn / Naaska | Nuujiin Hoos gelin Dareen Diirimaad |
| Maalmaha Nolosha:        |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 1 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 2 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 3 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 4 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 5 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 6 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 7 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 8 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 9 Waqtiga Caddadka       |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 10 Waqtiga Caddadka      |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 11 Waqtiga Caddadka      |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| 12 Waqtiga Caddadka      |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |
| <b>24 Saacadda Wadar</b> |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |                                   |                                     |

**Ujeeddo:**

Gacan ku lisiid iyo bamaareyn caanaha naaska 8 jeer iyo ka badan maantii.  
 Habeenkii 4 saaca u dhexeysii labada bamaareyn.

**Tilmaamaha:**

- Qor waqtiga iyo caddadda caanaha aad wakhti kasta bamaareysid.
- Hubi markii aad ilmahaaga ku hayso taabashada maqaar-ila-maqaar.
- Haynta ilmaha maqaar-ila-maqaar inta aada caanaha bamaareyn waxay kaa caawineysaa caano soo saarkaaga ilmuhuna waa ay ka helaan.
- Intii awooddaada ah ilmaha hoos geli si ay u dareemaan diirimaadkaaga.
- Caddadka caanahaagu waa kordhayaan 10-14 maalmood ee xiga. Si joogto aha ula hadal fidiyahaya daryeelka caafimaadkaaga sidii aad isaga lisi lahaynd ama isga bamaareyn lahayd caanaha.
- Sii wad gacan ku lisiidda bamaareynta ka dib si aad u hubisid in caamihii ka dhammaadeen naasahaaga.
- Marka ilmahaagu naaska nuugayo, isticmaali diiwaanka quudinta ee bogga 17.

**Qoraalo:**



**JOORNAALKA KAYDKA CAANAHA TODABAADKII 3AAD.**  
**ISTICMAAL FOOMKAN HADDII ILMAHAAGU USAN AWOODIN INUU NAASKA NUUGO AMA U MARKAAS BARANAYO NAAS NUUJINTA.**

| Taariikhda               | 1                                                                    | 2                                                                    | 3                                                                    | 4                                                                    | 5                                                                    | 6                                                                    | 7                                                                    |
|--------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|
| Maalmaha Nolosh:         | Gacan lisd / bangareyn / Naaska / Nuujin Hoos gelin Dareen Diirimaad | Gacan lisd / bangareyn / Naaska / Nuujin Hoos gelin Dareen Diirimaad | Gacan lisd / bangareyn / Naaska / Nuujin Hoos gelin Dareen Diirimaad | Gacan lisd / bangareyn / Naaska / Nuujin Hoos gelin Dareen Diirimaad | Gacan lisd / bangareyn / Naaska / Nuujin Hoos gelin Dareen Diirimaad | Gacan lisd / bangareyn / Naaska / Nuujin Hoos gelin Dareen Diirimaad | Gacan lisd / bangareyn / Naaska / Nuujin Hoos gelin Dareen Diirimaad |
| 1 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 2 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 3 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 4 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 5 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 6 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 7 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 8 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 9 Waqtiga Caddadka       |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 10 Waqtiga Caddadka      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 11 Waqtiga Caddadka      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| 12 Waqtiga Caddadka      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |
| <b>24 Saacadda Wadar</b> |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |                                                                      |

**Ujeeddo:**

Gacan ku lisd iyo bangareyn caanaha naaska 8 jeer iyo ka badan maantii.  
 Habeenkii 4 saaca u dhexeysii labada bangareyn.

**Tilmaamaha:**

- Qor waqtiga iyo mugga caanaha aad wakhti kasta bangareysid.
- Maalin kasta, isku dar guud ahaan inta caano aad bangareysay.
- Hubi markii aad ilmahaaga hoos u gelisid si u dareemo diirimaadkaaga.
- Sii wad gacan ku lisidda bangareynta ka dib si aad u hubisid in caanihi ka dhammaadeen naasahaaga.
- Marka ilmahaagu naaska nuugayo, isticmaali diiwaanka quudinta ee bogga 17.

**Qoraalo:**





### **Mahadnaq:**

Waad ku mahadsan tahay in BFI Stratijiyada Ontario ee Guddiga Fulinta iyo xirfadlayaasha kale ee nasiyey talooyinka ku jira buuggan. Waad ku mahadsan tahiin qoysaskii ka qayb qaatay talo bixinta iyo sawirrada buug-yarahan. BFI Stratejiyada ee Ontario waxay jeceshahay inay u mahadceliso Ruth Turner, Maamulha Sare ee Mashruuca, PCMCH, hoggaaminteeda diyaarinta buug-yarahan iyo Marg La Salle oo ah Hoggaamiyaha Qiimeynta ee BFI, ee na siiyay dib u eegis kama dambeysta ah ee qoraalkan.

### **Macluumaadka la xiriirka Buugga:**

Si aad u dalbato nuqulo ama macluumaad dib u daabicidda, la xiriir the Best Start Resource Centre ee: [beststart@healthnexus.ca](mailto:beststart@healthnexus.ca) ama 1-800-397-9567.

Dokumentigan waxaa lagu diyaarshay lacag ay bixisay Dawladda Ontario. Macluumaadka ku qoran dokumentigan waxay ka tarjumaysaa aragtida qoraaga mana ah mida si rasmi ah ay u ansaxisay Dowladda Ontario. Aalooliyinka u bixinayo qoralkani ma beddelayaan kuwa adeeg fidiyeyaasha daryeelka caafimaadkaaga ay ku siinayaan. Centre Xarunta Macluumaadka ee Best Start Resource, Isbitaalka Michael Garron iyo Guddonka Gobolka ee Caafimaadka Hooyada iyo Carruurta ma ahaa inay ansixiyeen qoraalkan iyo adeegyada ku xusan.