

QORAALKA BRIGHT FUTURES ► WAALIDKA

BOOQASHADA TODOBAADKA KOOWAAD (3 ILLAA 5 CISHO)

Halkan waxaa ah soo jeedino ay soo jeedinayaan khubarada Bright Futures tanoo qiimo u yeelan karta qoyskaaga.

✓ SIDA UU QOYSKAAGU YAHAY

- Haddii aad ka werwersan tahay noloshada ama xaaladaada cunno, nala soo hadal. Hay'adaha bulshada iyo barnaamijiyada sida WIC iyo SNAP waxa ay sidoo kale ku siin karaan xog iyo caawimo.
- Meelaha aan tobaakada lagu isticmaalin waxa ay caruurtaada ilaaliyaan caafimaadkooda. Ha cabbir sigaar ama ha isticmaalin sigaarka elekteroonigga ah. Ka ilaali gurigaaga iyo gaadhigaaga sigaarka.
- Ka hel caawimo qoyskaaga iyo saaxiibadaa.

✓ SIDA AAD DAREEMAYSO

- Isku day inaad seexato ama aad nasato marka ilmahaagu seexdo.
- La qaado wakhti caruurtaada kale.
- Joogtee sidii kuu caadada ahayd si aad u caawiso qoyskaaga inay la qabsadaan ilmaha cusub.

✓ QUUDINTA ILMAHAAGA

- Ku quudi ilmahaaga kaliya caanaha naaska ama formulada ay ku jirto iron tu illaa ay da'siidu ka gaadhayso 6 bilood jir.
- Quudi ilmahaaga marka uu gaajoodo. Eeg oo u fiirso
 - Inuu gacantiisa afka saaro.
 - Jaqo ama afkiisa furo una jeesto dhinac dhinac.
 - Muujiyo kacsanaan.
- Jooji quudinta marka aad aragto in ilmahaagu dhargay. Waxa aad tan ku garan kartaa marka uu
 - Sii jeesto.
 - Xidho afkiisa.
 - Dabciyo cududihiisa iyo gacmihiisa.
- Ogow in ilmahaaga uu helay cunno ku filan haddii uu 5 xafaayadood qooyo oo ugu yaraan 3 jeer maalintii uu saxaroodo saxaro jilicsan miisaankiisuna u kordhaayo si ku habboon.
- U qabo ilmahaaga si markaasi uu adiga kusoo eegaayo marka aad quudinayso.
- Markasta u qabo musaasadda. Ha u deynin keligii si uu u haysto.

Haddii aad naasnuujinayso

- Quudi ilmahaaga marka uu u baahdo. Filo inaad quudiso ugu yaraan 8 illaa 12 jeer maalintii.
- La taliye dhanka nuujinta ah waxa uu ku siin karaa xog waxaana uu kaa caawin karaa sida aad ilmahaaga u naasnuujinaysid waxaana uu ku dareen siin karaa xasilooni.
- Bilaw inaad siiso ilmahaaga dhibcaha Fiitamiin D (400 IU maalintii).
- Sii wad inaad isticmaasho fiitamiinkii iron ta watay ee aad qaadanaysay marka aad xaamilada ahayd.
- Cun cunno dheellitiran; Iska ilaali kalluunka uu ku jiro meerkuri badan.

Haddii Formula aad ku Quudinayso

- Sii ilmahaaga 2 wiqiyadood (oz) oo formulada ah 2 illaa 3 dii saacadooodba mar. Haddii uu weli gaajoonayo, u kordhi.

✓ DARYEELKA ILMAHA

- U hees, la hadal waxna u akhri ilmahaaga; iska ilaali daawashada TV ga iyo isticmaalka warbaahinta dhijitaalka ah.
- Ka caawi ilmahaaga inuu u kaco wakhtiyadiisa cunnada adigoo si aayar ah u taabanaya, ka baddalaya xafaayada, dharkana ka bixinaya.
- Deji ilmahaaga adigoo madaxeeda salaaxaya ama si aayar ah u luxaya.
- *Weligaa wax ha ku dhufan ama aad ha u luxin ilmahaaga.*
- Qaad ilmahaaga heerkulkiisa adigoo isticmaalaaya heerkulbeegga dabada, hana ka cabbirin heerkulka dhagta ama maqaarka; xummadu waa heerkulka dabada laga qaadaa markuu noqdo 100.4°F/38.0°C ama in ka sarraysa. Nasoo wac wakhtiga aad doonto haddii aad qabto wax su'aalo ah ama welwel ah.
- Isu diyaari xaaladaha degdegga ah; hayso agabka gargaarka degdegga ah loogu talo galay, dhigo fasalo gargaarka degdegga ah iyo CPR ka dhallaanka, samaysona liis lambarada taleefanada ah.
- Gacmahaaga u dhaq si joogto ah.
- Iska ilaali meelaha lagu buuqsan yahay kana ilaali dadyawga kale inay taabtaan ilmahaaga iyagoon gacmahoodu nadiif ahayn.
- Iska ilaali cadceeda.

Waxyaalaha Ku Caawinaya: Khadka Iska Daynta Cabbitaanka Sigaarka: 800-784-8669 | Khadka Caawimada Sumawga: 800-222-1222

Xogta ku Saabsan Kuraasida Amniga Gawaadhida: www.safercar.gov/parents | Khadka Tooska ee Bilaashka ah ee Amniga Gawaadhida: 888-327-4236

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BADBAADADA

- Isticmaal kursiga gaadhiga ee xagga dambe u jeeda adoo ku isticmaalaya kursiga dambe ee dhammaan gawaadhida.
- Hubi in ilmahaaga markasta uu ku jiro kursiga ammaanka ee gaadhiga inta aad safarka ku jirto. Haddii uu bilaabo inuu boodboodo ama u baahdo in la quudiyo, jooji gaadhiga kana soo saar kursigiisa.
- Amniga ilmahaagu waxa uu ku xidhan yahay adiga. Markasta xidho suunka kursiga ee dhabta iyo garabka. Ha kaxaynin gaadhiga ka dib marka aad khamri cabto ama isticmaasho daawooyin. Ha dirin farriin ama ha isticmaalin taleefan marka aad gaadhiga waddo.
- Ha kaga tegin ilmahaaga gaadhiga keligii. Bilaw caadooyinka kaa ilaalinaya inaad ku illawdo ilmahaaga gaadhiga, sida dhigidda taleefankaaga kursiga dambe.
- Markasta ilmahaaga u seexi dhabarkiisa xoolkiisa, hana seexinin sariirtaada.
 - Ilmahaagu waa inuu seexdo qolkaaga illaa uu ka noqonayo ugu yaraan 6 bilood jir.
 - Hubi oo xaqiiji in ilmahaaga xoolkiisa iyo oogada uu ku seexanayaa inay yihiin kuwo buuxinaya shuruudaha amniga ee ugu dambeeyay.
- Haddii aad doorbiddo inaad isticmaasho xoolka ciyaarta (mesh playpen), soo iibso mid la sameeyay ka dib 28kii Febraayo, 2013.
- Maro ku duuduubista ilmahaagu ma aha mid ammaan u ah seexashada. Waxa loo isticmaali karaa in lagu dejiyo ilmahaaga marka uu soo koco.
- Ka hortagtaa biyo ku gubashada ama gubashada. Ha cabbin dareere kulul marka aad ilmahaaga haysid.
- Ka hortag ku gubashada biyaha qasabada. Fadhiisi biyo kulayliyaha si markaasi heerkulka qasabada u ahaado ama uga hooseeyo 120°F /49°C.

MAXAA AY TAHAY INAAD FILATO ILMAHA BOOQASHADIISA DHAKHTARKA EE BISHA 1AAD

Waxa aynu ka wada hadli doonaa

- Daryeelka ilmahaaga, qoyskaaga, iyo naftaada
- Kor u qaadidda caafimaadkaaga iyo bogsashadaada
- Quudinta ilmahaaga iyo la socodka korriinkeeda
- Daryeelka iyo ilaalinta ilmahaaga
- Ilaalinta amniga ilmahaaga guriga iyo gaadhiga gudhihiisa

Waafaqsan *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

Si aad u hesho xog dheeraad ah, gal <https://brightfutures.aap.org>.

American Academy of Pediatrics

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Macluumaadka ku jira qoraalkan waa in aan loo adeegsanin mid beddel u ah daryeel caafimaad iyo talada dhakhtarkaaga carruurta. Waxaa jiri kara kala duwanaansho dhanka daawaynta ah oo laga yaabo inuu dhakhtarkaaga carruurta ku taliyo taasoo ku saleysan duruufaha iyo xaqiyooyinka gaar ahaaneed ee qofka. Qoraalkii asalka ah ayaa ku jira oo qayb ka ah *Bright Futures Tool and Resource Kit, 2nd Edition*.

Ku jiridda qoraalkan ma aha micnaheedu inay ansixisey American Academy of Pediatrics (AAP). AAP kama mas'uul aha xogta ku xusan qoraalkan. Cinwaanada websaytadu waa kuwii ugu dambeeyay inkastoo ay wakhti kasta isbeddeli karaan.

American Academy of Pediatrics (AAP) dib uma eegayso ama ma taageerayso wixii beddelaado ah ee lagu sameeyo qoraalkan marnabana ma aha inay ka mas'uul noqoto AAP isbedelladaa.

Turjumiddaan waxaa suurta-galiyey iyadoo ayna ku mahadsanyihiin taageerada deeqsinimada leh ee xubnaha, shaqaalaha iyo ganacsiyada tabarrucaada siiyey AAP Friends of Children Fund.

Somali translation of *Bright Futures Parent Handout: First Week Visit (3 to 5 Days)*. © 2019 American Academy of Pediatrics.

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