

QORAALKA BRIGHT FUTURES ► WAALIDKA

BOOQASHO 1 BIL AH

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

✓ SIDA UU QOYSKAAGU YAHAY

- Haddii aad ka werwersan tahay nololaha 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.
- Na weydiiso caawimo haddii uu lammaanahaagu ku waxyeelay ama qof kale oo kuu mihiim ah oo nololaha ku jira. Khadadka tooska ah iyo hay'adaha bulshada waxa ay ku siin karaan sidoo kale caawimo qarsoodi ah.
- Meelaha aan tobaakada lagu isticmaalin waxa ay ilaaliyaan caruurtaada caafimaadkooda. Ha cabbin sigaar ama ha isticmaalin sigaarka elektroonigga ah. Ka ilaali gurigaaga iyo gaadhigaaga sigaarka.
- Ha isticmaalin khamri ama daroogooyin.
- Gurigaaga ka eeg caaryo iyo maadada radon ee sababta kansarka. Ha isticmaalin cayayaan dile.

✓ QUUDINTA ILMAHAAGA

- Ku quudi ilmaahaaga kaliya caanaha naaska ama formulada ay ku jirto iron tu illaa ay ka gaadhayso 6 bilood jir.
- Ha ku quudin ilmaahaaga cunno adag, sharaab, iyo biyo illaa ay ka gaadhayso 6 bilood jir.
- Quudi ilmaahaaga marka ay gaajooto. Eeg oo u fiirso inay :
 - Gelinayso gacanteeda afkeeda.
 - Jaqayso ama afkeeda furto una jeedsanayso dhinac dhinac.
 - Muujiso kacsanaan.
- Jooji quudinta marka aad aragto in ilmaahaagu dhargay. Waxa aad tan ku garan kartaa marka ay :
 - Sii jeesato.
 - Xidho afkeeda.
 - Dabciso cududaheeda iyo gacmaheeda.
- Ogow in ilmaahaaga uu helay cunno ku filan haddii uu 5 xafaayadood qooyo oo ugu yaraan 3 jeer uu saxaroodo maalin kasta saxaro jilicsan miisaankiisuna u kordhaayo si ku habboon.
- Ka daaci ilmaahaaga quudinaha caadiga ah dhexdooda marka uu nasanaayo.
- U hay ilmaahaaga qaab ay wejiyadiinu isku soo jeedaan marka aad quudinayo.
- Markasta u qabo musaasadda. Ha u deynin keligii si uu u haysto.

Haddii aad naasnuujinayo

- Quudi ilmaahaaga markasta oo uu u baahdo guud ahaan 1 illaa 3dii saacadoodba mar maaintii 3dii saacadoodna mar habeenkii.
- Sii ilmaahaaga dhibcaha Fiitamiin D (400 IU maaintii).
- Sii wad inaad qaadato fiitamiinka iron ta wata ee aad qaadansay markii aad xaamilada ahayd.
- Cun cunto caafimaad leh.

Haddii Formula aad ku Quudinayo

- U diyaari, kulayli oo u kaydi caanaha formulada si sax ah markasta. Haddii aad u baahato caawimo, nasoo weydii.
- Ku quudi ilmaahaaga 24 illaa 27 oz oo foormula ah maaintii. Haddii ilmaahaagu weli gaajoonayo, quudinta waad u sii wadi kartaa.

✓ SIDA AAD DAREEMAYSO

- Naftaada daryeel si aad awood ugu yeelato inaad daryeesho ilmaahaaga. Xasuusnow inaad soo maro baadhista ummusha ka dib.
- Haddii aad dareento murugo ama daal badan in ka badan dhowr cisho, nasoo ogeysii ama wac qof aad ku kalsoon tahay si uu kuu caawiyo.
- U hel waqti naftaada iyo lammaanahaaga.

✓ DARYEELIDDA ILMAHAAGA

- Hay oo bogga geli ilmaahaaga inta badan.
- La qaado wakhti ciyaar ah ilmaahaaga. U jiifi caloosha dhowr daqiiqo mararka qaar marka uu soo jeedo.
- Ha u jifin caloosha oo sidaa hakaga tagin kaligii ama ha useexinin caloosha.
- Marka ilmaahaagu uu ooyayo, deji adiga oo la hadlaaya, salaaxaya, lulaayana. Tixgeli inaad siiso mujuruc.
- *Weligaa wax ha ku dhufan ama aad ha u luxin ilmaahaaga.*
- Ka cabbir heerkulka jidhka dabada, oo haka cabbirin dhagaha ama maqaarka. Xummadu waa marka heerkulka jidhka ee dabada laga cabbiraa uu yahay 100.4°F/38.0°C ama in ka badan. Soo wac xafiiskayaga haddii aad qabto wax su'aalo ah ama tabashooyin.
- Gacmaahaaga u dhaq si joogto ah.

Khayraadka Caawimada leh: Khadka Tooska ah ee Qaranka ee Qalalasaaha Guriga: 800-799-7233 | Khadka Joojinta Sigaar Cabka: 800-784-8669
Xogta ku Saabsan Kuraasida Amniga Gawaadhida: www.safercar.gov/parents | Khadka Tooska ee Bilaashka ah ee Amniga Gawaadhida: 888-327-4236

BOOQASHADA BISHA 1AAD—WAALIDKA



BADBAADADA

- Isticmaal kursiga gaadhiga ee xagga dambe u jeeda adoo ku isticmaalaya kursiga dambe ee dhammaan gawaadhida.
- Weligaa ilmahaaga ha fadhiisin kursiga hore ee gaadhiga kaasoo leh barkinta shilka ee kursiga rakaabka.
- Hubi in ilmahaagu markasta ay ku jirto kursigeeda ammaanka ee gaadhiga inta aad safarka ku jirto. Haddii ay bilawdo inay cadhoo ama u baahato in la quudiyo, jooji gaadhiga kana soo saar kursigeeda.
- 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 daroogo. Ha dirin farriin ama ha isticmaalin taleefan marka aad gaadhiga waddo.
- Markasta ilmahaaga u seexi dhabarkeeda xoolkeeda dhexdiisa, hana seexinin sariirtaada dusheeda.
 - Ilmahaagu waa inay seexato qolkaaga illaa ay ka noqonayso ugu yaraan 6 bilood jir.
 - Hubi oo xaqiiji in ilmahaaga xoolkiisa iyo oogada uu ku seexanayaa inay yihiin kuwo buuxinaya tilmaamaha amniga ee ugu dambeeyay.
 - Ha ku ridin xoolka waxyaalo jiljilicsan iyo waxyaalaha kale ee wax lagu goglo oo dabacsan sida bustayaal, barkimooyin, marada xoolka lagu wareejiyo iyo alaabta caruurta ku ciyaarto.
- Haddii aad doorbiddo inaad isticmaasho xoolka ciyaarta (mesh playpen), soo iibso mid la sameeyay ka dib 28kii Febraayo, 2013.
- Ka foguee xadhkaha wax la sudho ilmahaaga. Ha u xidhin ilmahaaga silsilado ama shuuliyaal.
- Markasta gacan ku hay ilmahaaga marka aad ka baddalayso xafaayada ama aad dharka ugu xidhayso miiska dhar-beddelista, kursiga fadhiga, ama sariirta dusheeda.
- Baro CPRka ilmaha. Ogow lamabarada gurmada degdegga ah. Isu diyaari masiibooyinka ama dhacdooyinka kale ee sida lama filaanka ah u dhaca adigoo samaysanaya qorshe gurmada oo degdeg ah.

MAXAA AY TAHAY INAAD FILATO BOOQASHADA DHAKHTARKA EE BISHA 2AAD EE ILMAHAAGA

Waxa aynu ka wada hadli doonaa

- Daryeelka ilmahaaga, qoyskaaga, iyo naftaada
- Ku noqoshada shaqada ama iskuulka iyo u raadinta ilmahaaga daryeel
- Barashada ilmahaaga
- Quudinta ilmahaaga
- Ilaalinta amniga ilmahaaga guriga dhexdiisa 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 xaqiigooyinka gaar ahaaneed ee qofka. Qoraalka 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'ul aha xogta ku xusan qoraalkan. Cinwaanada websaytyadu waa kuwii ugu dambeeyay inkastoo ay wakhti kasta isbeddeli karaan.

American Academy of Pediatrics (AAP) dib uma eegayso ama ma taageerayso wixii beddelaada ah ee lagu sameeyo qoraalkan marnabana mas'ul kama noqon doonto AAP isbeddellada.

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

Somali translation of *Bright Futures Parent Handout: 1 Month Visit*. © 2019 American Academy of Pediatrics.

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