

# QORAALKA BRIGHT FUTURES ► WAALIDKA

## BOOQASHADA BISHA 2AAD

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 noloshaada 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.
- Raadi qaabab aad ula qaadato wakhti lamnaanahaaga. La xidhiidh qoyskaaga iyo asxaabtaada.
- U hel ilmahaaga daryeel ilmeed aamin ah oo kalgacal leh. Waa aad na weydiisan kartaa caawimo.
- Waxaad ogaataa inay caadi tahay inaad dareento murugo marka aad ilmahaaga kaga tagayso daryeel bixiyaha ama marka aad kaga tagayso meelaha lagu daryeelo caruurta.

### ✓ QUUDINTA ILMAHAAGA

- Ku quudi ilmahaaga kaliya caanaha naaska ama formulada ay ku jirto iron tu illaa ay ka gaadhayso 6 bilood jir.
- Ha ku quudin ilmahaaga cunno adag, sharaab, iyo biyo illaa ay ka gaadhayso 6 bilood jir.
- Quudi ilmahaaga marka aad ku aragto calaamadaha gaajada. Eeg oo u fiirso inay:
  - Gelinayso gacanteeda afkeeda.
  - Jaqayso, afka furto oo u jeesato dhinac dhinac, oo cadhooto.
- Jooji quudinta ilmahaaga marka aad aragto calaamadaha sheegaya in ilmuhu dhargay. Waxa aad tan ku garan kartaa marka ay:
  - Sii jeesato.
  - Xidho afkeeda.
  - Dabciso cududaheeda iyo gacmaheeda.
- Ka daaci ilmahaaga quudinaha caadiga ah dhexdooda marka uu nasanaayo.

#### Haddii aad naasnuujinayo

- Quudi ilmahaaga marka uu u baahdo. Filo inaad naas nuujiso 8 illaa 12 jeer 24kii saacadoodba.
- Sii ilmahaaga dhibcaha Fiitamiin D (400 IU maalintii).
- Sii wad inaad qaadato fiitamiinka iron ta wata ee aad qaadanaysay markii aad xaamilada ahayd.
- Cun cunto caafimaad leh.
- Qorshayso sidii aad u lisi lahayd una kaydin lahayd caanaha naaska. Nasoo ogeysii haddii aad caawimo u baahato.
  - Haddii aad listo caanaha, hubi inaad caanaha u keydisay si sax ah si markaasi aanay uga xumaan ilmaha. Haddii aad qabto wax su'aalo ah, nasoo weydii.

#### Haddii Formula aad ku Quudinayo

- Quudi ilmahaaga marka uu u baahdo. Filo inay cabto 6 illaa 8 jeer maalin kasta, ama 26 illaa 28 oz oo formulada ah maalintii.
- Xaqiiji inaad diyaarisay, kulaylisay, u kaydisayna caanaha formulada si sax ah. Haddii aad u baahato caawimo, nasoo weydii.
- U hay ilmahaaga qaab ay wejiyadiinu isku soo jeedaan marka aad quudinayo.
- Markasta u qabo musaasadda. Ha u deynin keligii si uu u haysto.

### ✓ SIDA AAD DAREEMAYSO

- Naftaada daryeel si aad awood ugu yeelato inaad daryeesho ilmahaaga.
- Ila soo hadal ama waco caawimo haddii aad dareento murugo ama daal badan in ka badan dhowr cisho.
- Hel qaabab yar laakiin aamin ah oo caruurta kale ay kaaga caawin karaan ilmaha, sida inay kuu keenaan waxa aad u baahan tahay ama inay qabtaan ilmaha gacantiisa.
- La qaado wakhti gaar ah ilmo kasta oo aad wax kula akhriyaysid, hadlaysid si wada jir ahna wax ula samaynaysid.

### ✓ ILMAHAAGA KORAYA

- Samayso ruutino fudud maalin kasta marka ay noqoto maydhista, quudinta, seexinta, iyo ciyaarta.
- Hay, la hadal, bogga geli, u akhri, u hees, lana ciyaar inta badan ilmahaaga. Tani waxa ay kaa caawinaysaa inaad xidhiidh la samayso una dhawaato ilmahaaga.
- Baro waxa ilmahaagu jecel yahay iyo waxa aanu jecelayn.
- Samayso jadwal hurdooyinka yaryar iyo wakhtiga habeenkii hurdada ah. Seexi sariirta isaga oo soo jeeda laakiin luloonaya si markaasi uu ubarto inuu keligii gam'o.
- Ha u siraadin TV ama ha isticmaalin TV ama waxyaalaha kale ee wax laga daawado si aad u dejiso ilmahaaga.
- U dhig ilmahaaga beerka muddooyin yaryar oo kooban oo wakhtiga ciyaarta ka mid ah. Ha u jifinin caloosha oo sidaa hakaga tagin kaligii ama ha u oggolaan inuu u seexdo caloosha.
- Eeg waxa ka caawiya ilmahaaga inuu dego, sida mujuruca, farihiisa, ama suulkiisa. Salaaxidda, la hadalka, luxidda, ama la lugayntu waa ay dejin kartaa.
- *Weligaa wax ha ku dhufan ama aad ha u luxin ilmahaaga.*

**Khayraadka Caawimada:** Xogta ku Saabsan Kuraasida Amniga Gawaadhida: [www.safercar.gov/parents](http://www.safercar.gov/parents) |  
Khadka Tooska ee Bilaashka ah ee Amniga Gawaadhida: 888-327-4236

# BOOQASHADA BISHA 2AAD—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.
- 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.
  - 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.
- Haddii aad doorbiddo inaad isticmaasho xoolka ciyaarta (mesh playpen), soo iibso mid la sameeyay ka dib 28kii Febraayo, 2013.
- Maro ku duubista waa inaan la isticmaalin wixii ka dambeeya da'da 2 bilood jir.
- Ka hortag 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 qasabadu u ahaado ama uga hooseeyo 120°F /49°C.
- Gacan ku hay ilmahaaga marka aad u labisayso ama ugu baddalayso miiska dharxidhashada dushiisa, kursiga fadhiga, ama sariirta.
- Marnaba hakaga tagin ilmahaaga kaligii biyaha qubaysiga, xattaa haddii uu saaran yahay kursiga ama giraanta qubaysiga.

## MAXAA AY TAHAY INAAD FILATO ILMAHA BOOQASHADIISA DHAKHTARKA EE BISHA 4AAD

### Waxa aynu ka wada hadli doonaa

- Daryeelidda ilmahaaga, qoyskaaga, iyo naftaada
- Abuurista ruutiino iyo la qaadashada wakhti ilmahaaga
- Ilaalinta caafimaadka ilkaha
- Quudinta ilmahaaga
- Ilaalinta amniga ilmahaaga guriga dhexdiisa iyo gaadhiga gudhiisa

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'uul 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 beddelaado ah ee lagu sameeyo qoraalkan marnabana mas'uul kama noqon doonto AAP isbeddelladaa.

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: 2 Month Visit*. © 2019 American Academy of Pediatrics.

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