

QORAALKA BRIGHT FUTURES ► WAALIDKA BOOQASHADA BISHA 4AAD

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

✓ SIDA UU QOYSKAAGU YAHAY

- Ogoow haddii gurigaaga ama biyaha qasabada ay ku jirto maadada lead qaadna tallaabooyin aad kaga takhallusto. Lead sun ayaa ay u tahay qofkasta.
- La qaado waqti naftaada lana qaado lammaanahaaga. La qaado wakhti qoyskaaga iyo asxaabtaada.
- Dooro qof ilmaha kuu haya ama daryeel bixiye ah qof weyn, oo tababaran, mas'uulna ah.
- Waa aad nagala hadli kartaa xulashooyinka daryeelka ilmahaaga.

✓ QUUDINTA ILMAHAAGA

- Caruurta da'doodu tahay 4 bilood jir, caanaha naaska ama formulada ironku ku jirto ayaa u ah cunnada ugu fiican. Cunnooyinka adag waa inaanad siinin illaa ay ka gaadhayso 6 bilood jir.
- Ka hortag inaad ilmahaaga aad xoog usii dhergisid ka dib marka uu muujiyo calaamadaha dharaga, sida:
 - Dib u jiifsashada.
 - Ka sii jeesadka.

Haddii aad naasnuujinayso

- Siinta kaliya caanaha naaska ilmahaaga 6da bilood ee ugu horreeya ka dib marka uu dhasho waxa ay siisaa nafaqada ugu fiican. Waxa ay taageertaa kobaca iyo korniinka ugu macquulsan uguna fiican.
- Ku faraxsanow naftaada haddii aad weli naasnuujinayso. Sii wad illaa inta adiga iyo ilmahaagu aad doonaysaan.
- Ogoow in caruurta da'dan ahi ay marto xilliyi korriin oo degdeg ah. Waxa laga yaabaa inay doonaan in wakhtiyi dheeri ah la naasnuujiyo taasina waa caadi.
- Haddii aad listo caanaha, hubi inaad caanaha u keydisay si sax ah si markaasi aanay uga xumaan ilmaha. Waxa aanu ku siin karnaa xog dheeri ah.
- Sii ilmahaaga dhibcaha Fiitamiin D (400 IU maalintii).
- Noo sheeg haddii aad qaadanayso wax daawooyin ah, kaabayaal, ama daawooyin dhireed.

Haddii Formula aad ku Quudinayso

- Xaqiiji inaad diyaarisay, kulaylisay, u kaydisayna caanaha formulada si sax ah.
- U quudi kolba sida uu ugu baahdo. Filo inuu cuno ku dhawaad 30 illaa 32 oz maalintii.
- U hay ilmahaaga qaab ay wejiyadiinu isku soo jeedaan marka aad quudinayso.
- Markasta u qabo musaasadda. Ha u deynin keligii si uu u haysto.
- Ha siinin ilmahaaga masaasad isaga oo ku dhex jira xoolka.

✓ ILMAHAAGA ISBEDDELAYA

- Samayso ruutiino marka ay noqoto quudinta, wakhtiyada hurdooyinka yaryar, iyo ta habeenkiiba.
- Ku deji ilmahaaga taabashooyin salaaxid ah oo aayarna ah marka ay cadhooto.
- U samee wakhti ciyaar deggan ah.
 - Hay ilmahaaga oo la hadal.
 - U akhri ilmahaaga inta badan.
- Dhiirri geli ciyaarta tamarta badan u baahan.
 - Sii waxyaalaha sagxada jimka la dhigo iyo alcaab midabo leh si ay u haysato.
 - U seexi ilmahaaga caloosha wakhtiga ciyaarta. Ha u jifin caloosha oo sidaa ha kaga tagin kaligeed ama ha u oggolaan inay useexato caloosha.
- Ha u siraadin TV ama ha isticmaalin TV ama waxyaalaha kale ee wax laga daawado si aad u dejiso ilmahaaga.

✓ ILKO CAAFIMAAD QABA

- U tag dhakhtarkaaga ilkaha laba jeer sannadkii. Waxaa mihiim ah inaad ku ilaaliso caafimaad qab ilkahaaga si markaasi aanad ugu gudbin baktiiriya ku keenta suus ilmahaaga.
- Ha la wadaagin ilmahaaga malqacado ama ha ku nadiifin mujuruca ilmaha afkaaga.
- Isticmaal wareega yar ee ilmuhu qaniino marka ay ilkuhu u soo baxayaan oo qabow (cold teething ring) haddii ilmahaaga cirridkiisu xanuuno ilkaha usoo baxaya awgood.
- Ha ku ridin ilmahaaga xoolka isaga oo masaasad haysta.
- Nadiifi ilmahaaga cirridkiisa iyo ilkihiisa (sida ugu dhakhsiyaha badan ee aad u aragto iligga ugu horreeya) 2 jeer maalintii adoo ku nadiifinaya maro jilicsan ama caday brush ah oo jilicsan iyo inyaroo oo daawada cadayga ah ee flouride ah (inaan ka badnayn xabbad bariis ah).

Khayraadka Caawimada:

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

BOOQASHADA BISHA 4AAD—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 fariin ama ha isticmaalin taleefan marka aad gaadhiga waddo.
- Markasta ilmahaaga u seexi dhabarkeeda xoolkeeda dhexdiisa, hana seexinin sariirtaada dusheeda.
 - 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 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.
- Xoolalka dhinucu furmo waa inaan la isticmaalin.
- Hoos u dhig furaashka xoolka.
- Haddii aad doorbiddo inaad isticmaasho xoolka ciyaarta (mesh playpen), soo iibso mid la sameeyay ka dib 28kii Febraayo, 2013.
- Ka hortag ku gubashada biyaha qasabada. Fadhiisi biyo kulayliyaha si markaasi heerkulka qasabada u ahaado ama uga hooseeyo 120°F /49°C.
- Ka hortag biyo ku gubashada ama gubashada. Ha cabbin cabbitaan kulul marka aad ilmahaaga haysid.
- Ku qabo gacan ilmahaaga marka ay dul saaran tahay oogo kasta oo ay kasoo dhici karto waxna ku noqon karto, sida miiska dhar-beddelidda, kursiga fadhiga, ama sariirta.
- Marnaba hakaga tagin ilmahaaga kaligii biyaha qubaysiga, xattaa haddii uu saaran yahay kursiga ama giraanta qubaysiga.
- Ka ilaali walxaha yaryar, waxyaalaha lagu ciyaaro ee yaryar, iyo biibiilayaasha latex ka ah ilmahaaga.
- Ha isticmaalin ilma lugaysiiyaha (baby walker).

MAXAA AY TAHAY INAAD FILATO ILMAHA BOOQASHADIISA DHAKHTARKA EE BISHA 6AAD

Waxa aynu ka wada hadli doonaa

- Daryeelidda ilmahaaga, qoyskaaga, iyo naftaada
- Barista iyo la ciyaarista ilmahaaga
- Cadayitaanka ilmahaaga ilkihiisa
- Bilawga siinta cunnada adag
- Ilaalinta amniga ilmahaaga yar guriga dhexdiisa, dibada, 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 websaytadu waa kuwii ugu dambeeyay inkastoo ay wakhti kasta isbeddeli karaan.

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

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

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