

QORAALKA BRIGHT FUTURES ► WAALIDKA BOOQASHADA BISHA 6AAD

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 nolashaada ama xaaladaada cunno, nala soo hadal. Hay'adaha bulshada iyo barnaamijyada sida WIC iyo SNAP waxa ay sidoo kale ku siin karaan xog iyo caawimo.
- Ha cabbin sigaar ama ha isticmaalin sigaarka elekteroonigga ah. Sigaarka ka ilaali gurigaaga iyo gaadhigaaga. Meelaha aan tobaakada lagu isticmaalin waxa ay ilaaliyaan caruurtaada caafimaadkooda.
- Ha isticmaalin khamri ama daroogooyin.
- Dooro qof ilmaha kuu haya ama daryeel bixiye ah qof weyn, oo tababaran, mas'uulna ah.
- Naga weydii su'aalo barnaamijyada daryeelka caruurta.
- Nala soo hadal ama waco caawimo haddii aad dareento murugo ama daal badan in ka badan dhowr cisho.
- La qaado wakhti qoyskaaga iyo asxaabtaada.

✓ KOBACA ILMHAAGA

- Kor u fadhiisi ilmahaaga qaab ay hareeraha eegi karto.
- La hadal ilmahaaga adigoo samaynaya codadka ay samaynayso.
- Wada eega oo wada akhriya buugta.
- La ciyaar ciyaaro sida peekaboo, patty-cake iyo so big.
- Ha u siraadin TV ama ha isticmaalin TV ama waxyaalaha kale ee wax laga daawado si aad u dejiso ilmahaaga.
- Haddii ilmahaagu cadhoodo, sii waxay ku ciyaarto si ay u haysato afkeedana u galin karto. Hubi inay helayso hurdooyin yaryar oo ku filan iyo wakhti ciyaareed ku filan.

✓ QUUDINTA ILMHAAGA

- Ogoow in ilmahaaga korniinkiisii uu yaraan doono.
- Ku faraxsanow naftaada haddii aad weli naasnuujinayso. Sii wad illaa inta adiga iyo ilmahaagu aad doonaysaan.
- Istimcaal formula ay ku jirto iron haddii aad ilmahaaga formula ku quudinaysid.
- Bilaw inaad ilmahaaga ku quudisid cunno adag marka uu diyaarka u yahay.
- Raadi calaamado kuu sheegaaya in ilmahaagu diyaar u yahay cunnada adag. Waxa uu:
 - U furi doonaa afka malqacadda.
 - Fadhiisan doonaa marka la taageero.
 - Muujin doonaa inuu xajinayo madaxiisa iyo qoortiisa.
 - Xiisayn doonaa cunnada aad cunaysid.

Bilaabitaanka Cunnooyin Cusub

- Sii hal cunno oo cusub halkii marba.
- Sii cunnooyinka ay ku jiraan iron iyo zinc fiican, sida:
 - Heeda ay ku jirto iron iyo zinc.
 - Hilib cas oo la jilciyay, sida hilib lo'aad ama ideed.
- Sii khudradaha iyo fawaakihda ka dib marka ilmahaagu si wacan u cuno heeda ay ku jirto iron iyo zinc ama hilibka la jilciyay.
- Sii cunnada adag 2 illaa 3 jeer maalintii; isagana u daa ha go'aansado inta uu doonayo inuu ka cuno.
- Ha siinin malab ama jeex weyn oo cunno ah taasoo u geli karta hunguri cadka naqaskana ku dhejin karta.
- Tixgeli inaad siiso cunnooyinka kale oo dhan, oo ay ka mid yihiin beed iyo peanut butter, sababtoo ah diraaasooyinku waxa ay muujinayaan inay ka hortagi karaan xasaasiyadaha cunnada.
- Si aad ugu hortagto in ilmahaaga hunguri cadka cunnadu u gasho, sii ilmahaaga kaliyo cunno yar oo jilicsan oo ta faraha lagu cuni karo ah.
- Maydh khudradaha iyo fawaakihda ka hor inta aanad siin.
- Sii ilmahaaga koob biyo ah, caanaha naaska, ama formula.
- Ka hortag inaad ilmahaaga aad xoog u sii dhergisid; Ka eeg calaamadaha dharaga ee ilmaha, sida:
 - Dib u jiifsashada.
 - Ka sii jeesadka.
- Ha ku qasbin ilmahaaga inuu cunno ama dhammaystiro cunnada.
 - Waxa ay ku qaadan kartaa ilmahaaga 10 illaa 15 jeer oo aad siisid nooc cunno ah oo uu isku dayo ka hor inta aanu jeclaanin.

Khayraadka 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

BOOQASHADA BISHA 6AAD—WAALIDKA

ILKO CAAFIMAAD QABA

- Na soo weydii baahida loo qabo flouride.
- Nadiifi cirridka iyo ilkaha (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 xabab bariis ah).
- Ha siinin ilmahaaga masaasad isaga oo xoolka ku jira.
Masaasadda ha u qaban marnaba.
- Ha isticmaalin cunnooyinka ama sharaabyada ilmahaaga ka jaqaayo kiish.
- Ha la wadaagin malqacadaha ama ha ku nadiifin mujuruca afkaaga.

MAXAA AY TAHAY INAAD FILATO ILMAHA BOOQASHADIISA DHAKHTARKA EE BISHA 9AAD

Waxa aynu ka wada hadli doonaa

- Daryeelidda ilmahaaga, qoyskaaga, iyo naftaada
- Barista iyo la ciyaarista ilmahaaga
- Edbinta ilmahaaga
- Siinta cunnooyin cusub iyo samaynta ruutiino cusub
- Ilaalinta amniga ilmahaaga guriga dhexdiisa iyo gaadhiga gudhihisa

BADBAADADA

- Isticmaal kursiga gaadhiga ee xagga dambe u jeeda adoo ku isticmaalaya kursiga dambe ee dhammaan gawaadhida.
- Weligaa ilmahaaga ha fadhiisnin kursiga hore ee gaadhiga kaasoo leh barkinta shilka ee kursiga rakaabka.
- Haddii ilmahaagu gaadhay miisaankii/dhererkii ugu badnaa ee loo oggolaay kursiga gaadhiga ee dib u jeeda, waxaad u isticmaali kartaa kursiga hore loo soo jeedin karo ama kursiga 3-kujira-1 ah ee la ansixiyay booska halka dambe u jeeda.
- Ilmahaaga u seexi marka ay hurudo dhabarka.
- Dooro xool qoryihiisa dhinucu ay isku jiraan in aan ka badnayn 2³% hiish.
 - Hoos u dhig furaashka xoolka adoo halka ugu hooseeya gaadhsiinaya.
- Ha isticmaalin xoolka dhinacu furmo.
- 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.
- Hubi in gurigu ammaan yahay (alabaabada jaranjarada, wax kasoo celinaya meelaha wax lagu kulayliyo, meelaha korontada oo daboolan).
- Hakaga tagin ilmahaaga kaligii tashtiga aad ugu qubaynayso, biyo agtood, ama meelo sarsare sida miisaska dhar-beddelidda, sariiraha iyo kuraasida fadhiga.
- Ku quful oo kuna ilaali meelo aanu ilmahaagu arki karin gaadhi karin sunta, dawooyinka iyo waxyaalaha wax lagu nadiifiyo.
- Geli Nambarka Khadka Caawimada Sunta dhammaan taleefanada oo dhan, oo ay ku jiraan taleefanada gacanta. Na soo wac haddii aad ka werwersen tahay in ilmahaagu liqay wax waxyeelaynaya.
- Dul dhig ilmahaaga kursi sarreeya ama wareegga xidhan ee ciyaarta goorta aad ku jirtid jikada.
- Ha isticmaalin ilma lugaysiyaha (baby walker).
- Ka ilaali walxaha yaryar, xadhkaha, iyo biibilayaasha latex ka ah ilmahaaga.
- Ka ilaali ilmahaaga cadceeda. Marka aad baxdo, u xidh koofiyad ilmahaaga u na mari kiriimka cadceeda oo SPF kiisu yahay 15 ama in ka badan dhammaan maqaarkeeda la arki karo.

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 ah 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 mas'uul kama noqon doonto AAP isbedelladaa.

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

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