

QORAALKA BRIGHT FUTURES ► WAALIDKA

BOOQASHADA BISHA 15AAD

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

HADALKA IYO DAREENKA

- Isku day inaad siiso xulashooyin. U oggoolow ilmahaagu inuu kala doorto 2 xulashooyin oo fiican, sida muus ama tuffaax, ama 2 buug oo uu jecel yahay.
- Ogsoonow inay caadi tahay in ilmahaagu baqo ku dareemo dadyawga kale dhexdooda. Hubi inaad ilmahaaga dejiso.
- La qaado waqti naftaada iyo lammaanahaaga.
- Ka hel taageero waalidiinta kale.
- Tus ilmahaaga sida loo iticmaalo kalmadaha.
 - Isticmaal hadalo cad, oo fudud marka aad la hadlayso ilmahaaga.
 - Isticmaal kalmado fudud si aad uga hadasho sawirada buug marka aad wax u akhriyayso.
 - Isticmaal kalmado si aad u sifayso sida uu ilmahaagu dareemayo.
 - Kalmado ugu sharax dhaqdhaqaaqa ilmaagu uu samaynayo.

HURDO HABEEN OO WANAAGSAN

- Seexi ilmahaaga sariirta wakhti isku mid ah habeen kasta. Xilliga hore ayaa fiican.
- Ka dhig saacada ka horaysa seexashada mid deggan oo kalgacal leh.
- Yeelo ruutin fudud oo wakhtiga seexashada ah oo uu qayb ka yahay buug.
- Isku day inaad ilmahaaga go'a huwiso marka uu luloonaayo laakiin uu weli soo jeedo.
- Ha ku siin ilmahaaga masaasad sariirta.
- Ha dhigin TV, kombuyuutar, tablet, ama moobil qolka seexashada ee ilmahaaga.
- Iska ilaali inaad si farxadi ku jirto inaad ula dhaqanto ilmaha marka uu hurdada habeenkii ka soo kaco. Isticmaal kalmado si aad u dejiso siina buste ama lucba si uu u haysto naftiisuna ugu dagto.

XANAAQA IYO ANSHAXMARINTA

- Si aad u joojiso xanaaqa wax ku jeedi marka aad awoodo.
- Ammaan ilmahaaga marka ay qabato waxa aad u sheegto inay qabato iyo waxa ay ka midho dhalin karto.
- U deji xaddidaado isticmaalna anshaxmarin si aad ilmahaaga u barto una ilaaliso, ma aha si aad u ciqaabto.
- Yaree in aad u baahatid inaad tidhaahdo "Maya" adigoo ka dhigaaya guriga iyo dayrkaba meel ammaan ah oo ay ku ciyaari karto.
- Bar ilmahaaga inaanu dilin, qaniinin, ama waxyeelayn dadka kale.
- Noqo tusaale.

ILKO CAAFIMAAD QABA

- U kexee ilmahaaga booqashada ilkaha ee ugu horraysa haddaanad hore ugu kaxayn.
- Ku cadeey ilkaha canugaaga laba jeer maalintii adigoo isticmaalaya inyar oo dawada cadayga ee flouride ku jirto, aan ka badnayn xabab bariis ah.
- Bilaw inaad ka joojiso ilmahaaga masaasada.
- Caday ilkahaaga. Iska ilaali inaad la wadaagto ilmahaaga koobabka iyo malqacadaha. Haku nadiifin mujuuruceeda afkaaga.

Khayraadka Caawimada: 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 15AAD—WAALIDKA



BADBAADADA

- Hubi oo xaqiiji in kursiga amniga ee ilmahaagu yahay mid dib eegaya illaa uu ka gaadhayo miisaanka ugu culus ama dhererka ugu sarreeya ee uu oggol yahay soo saaraha kursiga amniga ee gaadhiga. Inta badan, tani waxay dhici doontaa ka dib sannad guurada dhalasho ee labaad.
- Weligaa ilmahaaga ha fadhiisinin kursiga hore ee gaadhigaaga kaasoo leh barkinta shilka ee kursiga rakaabka. Kursiga dambe ayaa ah ka ugu aaminsan.
- Qofkastaaba waa inuu xidho beelka kursiga marka uu gaadhiga saaran yahay.
- Ku quful kabadhada oo kuna ilaali meelo aanu ilmahaagu arki karin gaadhi karina sunta, dawooyinka iyo cawska iyo waxyaalaha wax lagu nadiifiyo.
- Geli Nambarka Caawimada Sumawga dhammaan taleefanada oo dhan, oo ay ku jiraan taleefanada gacanta. Wac haddii aad ka werwersen tahay in cunugaagu liqay wax waxyeelaynaya. Ha ka matajinin ilmahaaga.
- U samee albaabo xagga hoose iyo sare ee jaranjarooyinka. Ku samee shabag la furi karo daaqadaha ku yaala dabaqa labaad iyo wixii ka sarreeya. Ka fogee alaabta guriga daaqadaha.
- U jeedi gacanta la qabto maqliga dhinaca dambe ee shoolada.
- Ha kaga tegin dareerayaasha kulul miisaska dushooda iyagoo ay ka hooseeyaan marada miiska dulsaaran ilmahaaguna uu isku soo jiidu karo.
- Ku xidh qaylo dhaanta qiiqa iyo carbon monoxide dabaq kasta. Tijaabi bil kasta ka baddalna baytariyada sannad kasta. Samee qorshe qoysku ku baxsado haddii gurigaaga dab qabsado.

MAXAA AY TAHAY INAAD FILATO ILMAHA BOOQASHADIISA DHAKHTARKA EE BISHA 18AAD

Waxa aynu ka wada hadli doonaa

- La tacaamulka ka baqidda qofka shisheeyaha ah, dejinta xaddidaado, iyo ogaanshiyaha marka ay tahay inaad bilawdo ku tababarka musqusha
- Taageerista ilmahaaga hadalkiisa iyo awoodiisa wada xidhiidh
- La hadlidda, wax la akhriska, iyo la isticmaalka tablet yada ama moobilada ilmahaaga
- Cunidda cunno caafimaad leh
- Ilaalinta amniga ilmahaaga guriga dhexdiisa, dibada, 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

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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 durufaha iyo xaqiyooyinka 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 beddelaado ah ee lagu sameeyo qoraalkan marnabana mas'ul 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: 15 Month Visit*. © 2019 American Academy of Pediatrics.
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