

# QORAALKA BRIGHT FUTURES ► WAALIDKA BOOQASHADA BISHA 18AAD

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

## HABDHAQANKA ILMAHAAGA

- Filo in ilmahaagu kugu dhago marka ay xaalado cusub yimaadaan ama inuu baqo marka ay dad shisheeye ag joogaan.
- La ciyaar ilmahaaga maalin kasta adigoo qabanaya waxyaalo ay jeceshahay.
- Joogtee inaad edaabta bartid. Yuuna xadka aad ugu talagashay dhaafin.
- Hore isugu diyaari xaaladaha adag iskuna day waxyaalaha fudaydin kara.
- Ka fikir maalintaada iyo tamarta iyo niyada ilmahaaga.
- Sug illaa uu ilmahaaga u diyaar noqonaayo tababarka musqusha. Calaadada aad ku garan karto inuu diyaar u yahay tababarka musqusha waxaa ka mid ah:
  - Inaanay waxba kasoo bixin 2 saacadood.
  - Garashada inay tahay qoyaan ama qallayl.
  - Hoos ujjidi karto korna uqaadi karto surwaalka.
  - Doonayso inay barato.
  - Kuu sheegi karto inay saxaro ama kaadi hayso.
- La akhri buug ku saabsan tababarka musqusha ilmahaaga.
- Ku ammaan marka ay ku dul fadhiisato baydhmaanka ama musqusha.
- Haddii aad filanaysaan ilmo cusub, waxa aad u akhriyi kartaan buugaag ku saabsan noqoshada walaalka ama walaasha weyn.
- Aqoonso waxa ilmahaagu awood u leeyahay inuu qabto. Ha weydiinin inay qabato waxyaalo aanay diyaar u ahayn da'dan.

## HADALKA IYO MAQALKA

- Wax u akhri una hees ilmahaaga inta badan.
- Ka hadal oo falanqee sawirada ku yaal buugta.
- U isticmaal kalmado fudud ilmahaaga.
- Soo jeedi kalmado sifaynaya qofku sida uu dareemayo si aad u barto ilmahaaga luuqada dareenada.
- Weydii ilmahaaga su'aalo fudud, ammaan haddii ay jawaabto, una sharrax si fudud.
- Istimaal kalmado fudud, oo cad marka aad ilmaha u sheegayso waxa aad doonayso inuu qabto.

## CUNIDDA CUNNO CAAFIMAAD LEH

- Sii ilmahaaga cunno iyo nusasaace caafimaad leh oo kala duwan, gaar ahaan khudrad, fawaakih, iyo barootiin bilaa baruur ah.
- Sii hal cunno oo weyn iyo dhowr nusasaace ama cunnooyin maalin kasta.
- U daa ilmahaagu ha go'aamiso inta ay doonayso inay cunto.
- Sii ilmahaaga 16 illaa 24 oz oo caano ah maalin kasta.
- Ogsoonow inaanad u baahnayn inaad ilmahaaga siiso sharaab. Haddii aad siisona, ha siinin in ka badan 4 oz maalintii oo sharaab 100% ah una raaci cunnooyinka.
- Sii ilmahaaga fursado badan oo uu isugu dayo cunnooyin cusub. U oggolow inay taabato gelisona cunno cusub afkeeda si markaasi ay u barato.

## ILMAHAAGA IYO TVGA

- La qabo ilmahaaga waxqabadyo sida inaad wax la akhrido, la ciyaarto ciyaaro, iyo inaad la heesto.
- Qoys ahaan wada ahaada kuwo wax wada qabta. Hubi in ilmahaagu ku ciyaarayo guriga, goobaha daryeelka caruurta, iyo marka uu la joogo dadka caruurta haya.
- Haddii aad doorbido inaad imika barto waxyaalaha la daawado:
  - Door barnaamijyada iyo apps ka tayadoodu aadka u fiican tahay.
  - Wada isticmaala.
  - Ku xadid daawashada 1 saac ama in ka yar maalintii.
- Iska ilaali oo ha u isticmaalin TVyada, tabletyada ama moobilada si aad ilmahaaga u mashquuliso.
- Ka war hay inta aad isticmaasho waxyaalaha la daawado.

**Khayraadka Caawimada:** Khadka Caawimada Sumawga: 800-222-1222

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 18AAD—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. Tani waxa ay inta badan noqotaa 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. Haka matajinin ilmahaaga.
- Marka aad dibada u baxdo, u xidh koofiyad ilmahaaga, u xidh dharka ka ilaalinaya cadceeda, una mari kiriimka cadceeda oo ay ku jirto SPF ah 15 ama in ka badan maqaarkiisa la arkaayo. Xaddid wakhtiga uu dibada joogo marka ay cadceedu kulushahay (11:00 subaxnimo - 3:00 galabnimo).
- Haddii ay mihiim tahay inaad ku haysato baaskoolad gurigaaga, xarayso oo ku xidh meel iyada oo aan cabbaysnayn rasaastana ku xidh meel kale iyada oo gaar ah.

## MAXAA AY TAHAY INAAD FILATO ILMAHA BOOQASHADIISA DHAKHTARKA EE SANNADKA 2AAD

### Waxa aynu ka wada hadli doonaa

- Daryeelka cunugaaga, qoyskaaga, iyo naftaada
- La tacaamulka habdhaqanka ilmahaaga
- Taageerista ilmahaaga hadlaaya
- Bilaabitaanka tababarka musqusha
- 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

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

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