

QORAALKA BRIGHT FUTURES ► WAALIDKA BOOQASHADA SANNADKA 2AAD

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

✓ SIDA UU QOYSKAAGU YAHAY

- La qaado waqti naftaada iyo lammaanahaaga.
- La xidhiidh asxaabtaada.
- U samee wakhti waxqabadyada qoyska. La qaado wakhti ilmo kasta.
- Bar ilmahaaga inaanu dilin, qaniinin, ama waxyeelayn dadka kale. Noqo tusaale.
- Haddii aad ku dareemayso aamin darro gurigaaga ama uu ku waxyeeleeyay qof, nasoo ogeysii. Khadadka tooska ah iyo caawimooyinka bulshadu waxa ay sidoo kale ku siin karaan caawimo qarsoodi ah.
- Ha cabbin sigaar ama ha isticmaalin sigaarka elekteroonigga ah. Ku ilaali gurigaaga iyo gaadhigaaga bilaa sigaar. Meelaha aan tobaakada lagu isticmaalin waxa ay ilaaliyaan caruurtaada caafimaadkooda.
- Ha isticmaalin khamri ama daroogooyin.
- Aqbal caawimada ay ku siiyaan qoyskaaga iyo saaxiibadaa.
- Haddii aad ka werwersan tahay noloshada ama xaaladaada cunno, raadso caawimo. Hay'adaha bulshada iyo barnaamijiyada sida WIC iyo SNAP waxa ay ku siin karaan xog iyo caawimo.

✓ HADALKA IYO ILMAHAAGA

- U isticmaal luuqad fudud, oo cad ilmahaaga. Ha isticmaalin hadalada ilmaha.
- Si qunyar ah u hadal oo xasusnowna in ilmahaaga ay ku qaadan karto wakhti si uu usoo jawaab celiyo. Ilmahaagu waa inuu awood u yeesho inuu raaco tilmaamaha fudud.
- Wax u akhri maalin kasta ilmahaaga. Ilmahaagu waxa uu jeclaysan karaa in loogu celceliyo sheeko isku mid ah.
- Ka hadal oo falanqee sawirada ku yaal buugta.
- Ka wada hadla waxyaalaha aad wada aragtaan ama wada maqashaan marka aa wada joogtaan.
- Ka dalbo ilmahaagu inuu gacanta ku fiigo walxaha marka aad wax u akhriyayso.
- Jooji sheekada aad u wado ilmahaaga si uu u sameeyo cod xayawaan ama u dhammaystiro qayb ka mid ah sheekada.

✓ HABDHAQANKA ILMAHAAGA

- Ammaan ilmahaaga marka uu sameeyo waxa aad u sheegto inuu sameeyo.
- Dhagayso oo ixtiraam ilmahaaga. Filo dadyawga kalena inay sidaas oo kale sameeyaan.
- Ka caawi ilmahaaga inuu ka hadlo dareenkiisa.
- Eeg sida uu uga falceliyo dadka ama xaaladaha cusub.
- Wax wada akhriya, wada hadla, wada heesa oo wax wada sahmiya. Waxqabadyadani waa qaababka ugu fiican ee ilmaha socod baradka ahi wax ku barto.
- Ku xaddid wakhtiga isticmaalka TVga, tablet ka, ama moobilada inaan ka badnayn 1 saac oo barnaamijyo tayo leh ah maalin kasta.
 - Ilmaha socod baradka ah waxaa uga fiican inuu TVga daawado inuu ciyaaro.
 - Ku dhiirrigeli ilmahaagu inuu ciyaaro illaa 60 daqiiqo maalintii.
- Ha daawanina TVga marka aad wax cunaysaan. Wada sheekaysta halka aad wax ka daawan lahaydeen.

✓ TABABARKA MUSQUSHA

- Bilaw tababarka musqusha marka ilmahaagu diyaarka yahay. Calaamadaha aad ku garan karto inuu diyaar u yahay tababarka musqusha waxaa ka mid ah:
 - In xafaayadu qalayl ay ku joogto 2 saacadood.
 - Garashada inay tahay qoyaan ama qallayl.
 - Hoos ujidi karto korna uqaadi karto surwaalka.
 - Doonayso inay barato.
 - Kuu sheegi karto inay saxaro ama kaadi hayso.
- Qorshee wakhtiyada musqusha inta badan. Caruurta waxa ay galaan musqusha in ku dhawaad 10 jeer ah maalintii.
- Bar ilmahaaga inay gacmeheeda maydho ka dib marka ay adeegsato musqusha.
- Nadiifi kursiga booga markasta oo la isticmaalo kadib.
- Kaxee ilmaha si ay u doorato nigisaanta marka ay dareento inay u diyaar tahay inay doorato.

Khayraadka Caawimada leh: Khadka Tooska ah ee Qaranka ee Qalalaasaha Guriga: 800-799-7233 | Khadka Joojinta Sigaar Cabka: 800-784-8669
Xogta ku Saabsan Kuraasida Amniga Gawaadhida: www.safercar.gov/parents | Khadka Tooska ee Bilaashka ah ee Amniga Gawaadhida: 888-327-4236

BOOQASHADA SANNADKA 2AAD—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. Marka ilmahaagu gaadho xaddidaadahan, waa wakhtigii aad kursiga u baddali lahayd kursiga hore soo eegaya.
- Hubi oo xaqiiji in kursiga ammaanka ee gaadhigu si sax ah ugu rakiban yahay kursiga dambe. Suumanku waa inay si wacan isu gashan yihiin kuna dhaggaan yiin shafka ilmahaaga.
- Caruurta waxa ay u fiirsataa waxa aad samayso. Qofkastaaba waa inuu xidho suunka kursiga ee garabka iyo dhabta marka uu gaadhiga saaran yahay.
- Weligaa ha kaga tegin ilmahaaga keligii guriga ama dayrka, gaar ahaan gawaadhida ama mashiinada agtooda, iyada oo aanu agjoogin qof weyn oo mas'uul ah.
- Marka aad dib uga baxayso geerashka gaadhiga ama gaadhiga waddada wado, qof weyn oo kale ha hayo ilmaha isagoo kuu jirsiinaya masafo aamin ah si markaasi aanu gaadhiga wadadiisa usoo gelin.
- Ilmahaagu ha xidho koofiyad si wacan u leeg marka u ukaxaynaayo baaskiilad ama baaskiiladaha saddexda taayir leh.
- 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.

WAXA AAD FILANAYSO ILMAHA BOOQASHADIISA SANNADKA 2½

Waxa aynu ka wada hadli doonaa

- Samaynta ruutiino qoyseed
- Taageerista ilmahaaga hadlaaya
- La qabsiga caruurta kale
- U diyaar garowga rawdada
- 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 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'uul aha waxyaabaha ku jira khayraadka 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 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: 2 Year Visit*. © 2019 American Academy of Pediatrics.

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