Cunista muddada uurka

Culays korodh

Labolabo, calool-fadhi
& Laab-jeex

Cunto aan habbonayn
muddada uurka

Naas-nuujinta ilmahayga

Uur leh

Cunista muddada uurka

Su'aalaha La soo-jeediyey:

- Waa maxay su'aalaha aas ka qabto waxaad cunayso markaad uurka leedahay?
- Ii sheeg waxaad cunto ama cabto maalin caadiya?

Talooyin:

- Cun shan ilaa lix jeer maalintii.
- Cun miro iyo khudaar badan.
- Cab biyo badan.
- Cab caano subag yar & sharaab miro 100%.
- Iska-jir cabbitaanka macaan sida soda, sharaabka isboortiga, bunka, shaaha qabow ee macaan, cabitaanka sharaabka.
- Iska-jir cuntada suuqa ee degdega.
- Warso dhakhtarka haddii aad u baahn tahay fiitamiinka uurka.

Xaashiyaha la bixiyo:

- *Give your Baby a Healthy Start (Sii Ilmahaaga Bilow Caafimaad)*

Culays korodh

Su'aalaha La soo-jeediyey:

- Wax su'aalo ma qabtaa?
- Culays intee le'eg ayaad u malayn inaad u baahan tahay inuu kuu kordho?
- Ii sheeg waxaad cunto ama cabto maalin caadiya.

Talooyin:

- Cun shan ilaa lix jeer maalintii.
- Cun miro iyo khudaar badan.
- Cab biyo badan.
- Cab caano subag yar & sharaab miro 100%.
- Iska-jir cabbitaanka macaan sida soda, sharaabka isboortiga, bunka, shaaha qabow ee macaan, cabitaanka sharaabka.
- Iska-jir cuntada suuqa ee degdega.
- Firfirconow maalin kasta. Maxaad jeceshahay.
- Raac tilmaamaha culays korodhka.

Xaashiyaha la bixiyo:

- *Give your Baby a Healthy Start (Sii Ilmahaaga Bilow Caafimaad)*
- *Exercise (Jimicsi)*

Labolabo, calool-fadhi & laab-jeex

Su'aalaha La soo-jeediyey:

- Ii sheeg sababta aad u dooratay mawduucan.
- Goorma ayaad ugu xanuun ama juucjuuc badan tahay?
- Maxaad isku dayday inaad ku dabciso juucjuuca?

Talooyin:

- **Labolabo:** Cun crackers. Cun wax yar iyo cuwaaf. Iska-jir cuntada saliida leh. Fur dariishadaha. Qaado fiitamiinkaaha uurka markaad dareento jirro.
- **Calool-fadhi:** In badan ka cun cuntada xabuubka leh. Cab sharaab badan. Firfirconow maalin kasta. Socodka waa doorasho fiican.
- **Laab-jeex:** Wax yar cun iyo cuwaaf. Xaddid cuntada saliida leh, basbaaska iyo bunka. Xidho dhar dabacsan.

Xaashiyaha la bixiyo:

- *Common Complaints of Pregnancy (Cabashooyinka Caamka ee Uurka)*

Cunto aan habbonayn muddada uurka

Su'aalaha La soo-jeediyey:

- Maxaad ka maqashay cuntada aan habbonayn muddada uurka?

Talooyin:

- Cuntada qaar iska ilaali muddada uurka waayo waxa ku jira unug waxyeelo leh oo aad ku jirran karto.
- Ha cabin caano lisda ama aan la karin ama sharaab.
- Ha cunin jiiska jilcisan sida queso fresco, Brie ama Blue Cheese.
- Ha cunin hilib qayriin ama hot dogs aan bislayn, lo', qansiir, dooro, kalluun, beed ama tofi iyada oo aad loo diiriyo mooyaane ilaa uu kulayl la qiiqo (160°F).

Xaashiyaha la bixiyo:

- *Listeria (Listeria)*
- *9 Months to Get Ready (9 Bilood Si Diyaar Loo Noqdo)*

Mawduuca doorashadaada

Uur leh

Naas-nuujinta ilmahayga

Su'aalaha La soo-jeediyey:

- Maxaad ka maqashay naas-nuujinta?

Talooyin:

- Caanaha naaskaagu waa cuntada ugu fiican ilmahaaga.
- Caanaha naasku waa ka nafaqo badan yihiin kuwa kale.
- Ilmaha naaska cabaa wuu ka dacar, xasaasiyad iyo dhago xanuun yar yahay.
- Sii ilmahaaga keliya caanaha naaska lixda bilood ee ugu horraysa.
- WIC halkan ayey kuu joogaan si ay kaaga caawiyaan go'aan kasta oo aad ka qaadato cidaa u cuntaysiinayso ilm ahaaga.

Xaashiyaha la bixiyo:

- *#1 Babies First – You are pregnant: Now is the time to think about how you want to feed your baby (#1 Ilmaha Marka Hore – Uur baad leedahay. Hadda waa inaad ka fekirto sidaad ilmaha u quudin lahayd)*
- *Feeding Your Baby Birth to 8 months (Quudinta Ilmaha Dhalasho ilaa 8 Bilood)*

Hay'addani waxa bixiye fursado loo siman yahay. **Washington WIC ma takoorto.**
Dukumentigan oo ah qaabab kale ayaa loo heli karaa dadka qaba naafooyin.
Si aad u weydiisatid, fadlan soo wac 1-800-841-1410 (TDD/TTY 1-800-833-6388).

Washington State WIC Nutrition Program

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

Washington State Department of Health

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