Naas-nuujinta

Siinta caanaha

Cuntada ugu horraysa ee ilmaha

Cuntada iyo cabbitaanka
la iska ilaaliyo

Calaamadaha sheega inuu
ilmuhu gaajoonayo
ama dharagsan yahay

Ilmaha 0–5 Bilood

Naas-nuujinta

Su'aalaha La soo-jeediyey:

- Siday u socotaa naas-nuujintu?
- Maxaad su'aalo ka haysaa naas-nuujinta?

Talooyin:

- Caanaha naasku waa cuntada keliya ee ilmuhu u baahan yahay.
- U-joogtee naaska, ugu yaraan 8–12 jeer 24 saac.
- Iska-jir siinta ilmaha caano kale, biyo, shah, ama kaddaabad bisha ugu horraysa.
- Waxaad ku garan in ilmuhu helay cunno ku filan markuu qooyo 6 ilaa 8 neeb ama 4 xaar maalintii, dhakhtarkuna yiraa wuu weynaaday.
- Waa caadi inaad su'aal qabto oo codsato gargaar.

Xaashiyaha la bixiyo:

- *#4 Babies First – Answers for Breastfeeding Problems (Ilmaha Marka Hore – Jawaabaha Dhibta Naasnuujinta)*
- *How to Tell if Your Baby is Hungry (goo xaashida) (Sidaad ku garanayso inuu ilmuhu gaajoonayo)*
- *Signs That Your Baby is Well Fed (BF Calaamadee (calaamadaha inuu ilmahaagu si fiican u dhargay)*

Siinta caanaha

Su'aalaha La soo-jeediyey:

- Maxaad su'aalo ama walaac ka qabtaa cunto siinta ilmaha ama diyaarinta caanaha?

Talooyin:

- U diyaari caanaha sida ku qoran fariimaha qasacadda. Isticmaal qadar biyo saafiya oo nadiifa.
- Markasta ilmha qabo markaad siinayso dhalo.
- Marnaba ha furin dhalo ama ha jiifin ilmaha oo dhalo wata.
- Ha ku shubin siiriyaal dhalada.
- Wax sii marku jaqo suulka, dabinta garaaco, madaxa u-jeediyo naaska, ama ooyo.
- Jooji cunno siinta ilmaha markuu madaxa ka jeediyo, afka xiro, xiisaha lumiyo, ama gam'o.

Xaashiyaha la bixiyo:

- *A Nutrition Guide for Infants – Birth to Six Months (Tilmaamaha Nafaqada Ilmaha – Dhalsho ilaa 6 Bilood)*
- *How to Tell if Your Baby is Hungry (goo xaashida) (Sidaad ku garanayso inuu ilmuhu gaajoonayo)*

Cuntada ugu horraysa ee ilmaha

Su'aalaha La soo-jeediyey:

- Maxaad su'aalo ka qabtaa cuntada uhu horraysa ee ilmaha?

Talooyin:

- Caanaha naaska ama caanaha kale waa cuntada keliya ee ilmuhu u baahan yahay.
- Degdeg u-bilaabista cuntada adag waxay ku keeni kartaa ilmaha xasaasiyad iyo margasho.
- Sug ilaa ilmuhu muujinayo caalamada diyaar garowga, ilaa 6 bilood. Calaamadaha waxa ka jira fadhiga bilaa taageero, laacista iyo qabsashada iyo ku cun ista qaadada.
- WIC waxay ku dari doontaa siiriyaal jeegga ilmaha markuu noqdo lix bilood.
- Ha ku shubi siiriyaal dhalada.

Xaashiyaha la bixiyo:

- *Birth to 8 Months (Dhalasho ilaa 8 Bilood)*

Cuntada iyo cabbitaanka la iska ilaaliyo

Su'aalaha La soo-jeediyey:

- Maxaad ka maqashay cuntada ama cabbitaanka aanu qaadan karin hadda?

Talooyin:

- Marnaba ha siin ilmaha malab ama cunto uu ku jiro malab.
- Degdeg u-bilaabista cuntada adag waxay ku keeni kartaa ilmaha xasaasiyad iyo margasho.
- Ha ku shubin siiriyaal dhalada.
- Biyo ama sharaab laguma talin kahor 6 bilood. Ilmuhu waxay cabbitaan ka helaan caanaha naaska ama kuwa kaleba.
- Ha siin caano lo'aad oo caadi ah ilaa uu ilmuhu noqonayo hal sanno jir.

Xaashiyaha la bixiyo:

- *Birth to 8 Months (Dhalasho liaa 8 Bilood)*

Mawduuca doorashadaada

Ilmaha 0–5 bilood

Calaamadaha sheega inuu ilmuhu gaajoonayo ama dharagsan yahay

Su'aalaha La soo-jeediyey:

- Sideed ku garan inuu ilmuhu gaajoonayo ama dharagsan yahay?

Talooyin:

- Wax sii marku jaqo suulka, dabinta garaaco, madaxa u-jeediyo naaska, ama ooyo.
- Jooji cunno siinta ilmaha markuu madaxa ka jeediyo, afka xiro, xiisaha lumiyo, ama gam'o.
- Ilmuhu wuxu naaska jiqi ama cabbi caano 2–3 saac ookasta xataa habeenkii oodhan.
- Ha qasbin ilmuhu inuu dhammeeyo dhalada.
- Waxaad ku garan in ilmuhu helay cunno ku filan markuu qooyo 6 ilaa 8 neeb ama 4 xaar maalintii, dhakhtarkuna yiraa wuu weynaaday.
- Waa caadi inaad su'aal qabto oo codsato.

Xaashiyaha la bixiyo:

- *A Nutrition Guide for Infants – Birth to Six Months (Tilmaamaha Nafaqada Ilmaha – Dhalsho ilaa 6 Bilood)*
- *How to Tell if Your Baby is Hungry (goo xaashida) (Sidaad ku garanayso inuu ilmuhu gaajoonayo)*
- *Signs That Your Baby is Well Fed (BF Calaamadee) (calaamadaha inuu ilmahaagu si fiican u dhargay)*

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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