

Qaababka Hurdadu Way Is Beddelaan!

- Ilmaha dhawaan dhashay waxay seexdaan 16 saacadood maalintii. Waxay hurdada ku bilaabaan hurdo firfircoon waxana ay u sii gudbaan hurdo degan ka dib qiyaastii 20 daqiiqadood.
- Marka ay gaadhaan 6-8 todobaad, waxa kordhin doonaan inta ay seexdaan habeenkii.
- Marka ay gaadhaan 12 todobaad, ilmuhu waxay u seexdaan si ku dhow sida dadka waaweyn waxana ay mudada hurdada ku bilaabaan hurdo degan. Waxa yaraada inta jeer ee ay toosaan.
- Ilmaha sii da' weyn waxay seexdaan 13-14 saacadood maalintiiba.



Talooyin la Siinayo Waalidka Hurdo Hayso

- Wax yar sug inta aanad ilmaha jiifin ka dib quudinta, ama jiifi ilmaha marka ay hurdo hayso laakiin uu wali soo jeedo.
- Wakhti ciyaar iyo firfircooni jidh leh oo ah maalintii ayaa muhiim u ah hurdo fiican oo la helo habeenkii.
- Nalalka iyo telefshanka ka dami meesha ilmuhu seexanayo.
- Naso inta ilmahaagu hurdo (xiitaa si degan oo aad u fadhiisatid waxay kaa gargaari kartaa inaad dareentid nasasho intii hore ka badan).



Waxa laga soo xigtay Barnaamijka WIC ee California.

Dadka qaba naafo, waxa loo heli karaa dukumentigan oo ah qaabab kale haddii la codsado.

Si aad u weydiisatid, fadlan soo wac 1-800-841-1410 (TDD/TTY 1-800-833-6388).

Hay'addani waa bixiye fursad loo siman yahay.

Barnaamijka Nafaqada ee WIC ee Gobolka Washington ma sameeyo takooris.

PUBLIC HEALTH
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Hurdo Caafimaad Leh: Adiga iyo Ilmahaaga Dhashay

Marka ilmuhu yaryar yihiin, in la toosiyo waxay ka dhigaysaa kuwo ammaan ah oo caafimaad qaba.



Toosinta ilmaha dhashay waxay dhib ku noqon kartaa waalidka cusub. Garashada waxa la filan karo waxay kaa gargaari kartaa inaad dareentid nafisaad iyo kalsooni dheeraad ah.

Waxa jira 2 nooc oo ah hurdo ilmo yar ama nuunu: "Hurdo Firfircoon" iyo "Hurdo Degan"

Wakhti kasta oo ilmaha yar ama nuunuugu seexo waxa uu wakhti ku qaataa mid kasta oo ah nooc hurdo. Hurdada fudud waxa la yidhaahdaa "Hurdo Firfircoon" waxana hurdada weyn la yidhaahdaa "Hurdo Degan."



Hurdada firfircooni waxay keentaa in dhiigga iyo nafaqadu tagaan maskaxda ilmahaaga. Maskaxda ilmaha yaryar waxay u baahan tahay hurdo firfircoon si ay u korto oo u horumarto!

Wakhtiga Hurdada Firfircoon

- Ilmuhu way riyoodaan
- Ilmuhu si fudud ayay u toosaan
- Waxay maskaxda ilmuhu dhiirigalin u heshaa inay korto oo horumarto
- Ilmuhu way is dhaqdhaaajin karaan oo sameyn karaa sanqadh



Toosidda Habeenkii

Immisa jeer baa ilmaha yaryar toosaan habeenkii?

0-8 todobaad:	3-4 jeer
2 bilood:	2-3 jeer
4 bilood:	1-2 jeer
6 bilood:	0-1 jeer

Haddii ilmahaagu ama nuunuugaagu tooso wax ka badan intaas, talo weydiiso qof jooga WIC.

Wakhtiga Hurdada Degan

- Ilmuhu wax badan isma dhaqdhaqaaqiyaan
- Ilmuhu waxay sameeyaan dhaqdhaqaaq jiqis ah
- Ilmuhu way sasi karaan
- Ilmaha toosiddu waxay ka qaadataa wakhti dheer



Hurdada degan waa hurdo weyn waxana ay muhiim u tahay in maskaxdu nasato.



Riyadu caafimaad bay u leedahay ilmaha yaryar ama nuunuuga. Marka ilmaha yaryar riyoonayaan way fududahay in la toosiyo.