



NATIONWIDE CHILDREN'S  
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

## Qabashooyinka Raaxo Siinta Comfort Holds (Somali)

Qabashooyinka raaxo siinta ayaa ah siyaabo aad ku qaban karto ilmahaaga si aad ugu sii ilaaliso, badbaado, iyo xasilooni inta lagu jiro baaritaan caafimaad, baaritaanka, ama habraaca. Mashquulinta ilmahaaga ayaa sidoo kale caawinaad bixin karta.

Qaar ka mid ah qabashooyinka raaxo siinta ayaa u shaqeeya si ka fiican kuwa kale iyadoo ku xiran ilmahaaga iyo waxa la qabanayo. **Markaad isticmaalayso qabashada raaxo siinta, ha sii dayn ilmahaaga ilaa habraaca uu dhamaado.**

### Noocyada Qabashooyinka Raaxo Siinta

Si aad weli u sii hayso cududa iyo ama gacanta:

Dhabarka-Ilaa-Laabta (Sawirka 1)

1. Fadhiisi cunugaada dhabtaada asagoo markaa dhinacaada ma ogiye dhinaca kaa soo horjeeda eegaya oo uu dhabarkooduna ku xiga jidhkaaga.
2. Ku duub gacmahaaga agagaarka labadooda gacmood.
3. Haddii aad u baahan tahay inaad qaybta hoose ee cududda weli sii hayso, ku hay cududdaas xagga hoose ama wax yar meel ka hooseysa garabka ilmahaaga.



**Sawirka 1** Qabashada raaxo siinta ee Dhabarka-Ilaa-Laabta ah

## Dhabarka-Ilaa-Laabta (Sawirka 2)

1. Fadhiisi cunugaada dhabtaada asagoo markaa ku soo eegaya laabtiisuna ay laabtaada ka soo horjeedo.
2. Lugahooda ku duub dhexdaada.
3. Ku meele gacmahooda hoosta gacmahaaga. Ka soo lalmi cududda aan lagu sameeyn doonin habraaca inta dhexeeya jidhkaaga iyo jidhkooda.

### Si aad weli u sii heyso lugaha:

Fadhiisadka Dhinac-dhinac Ku haynta Laabta (Sawirka 3)

1. Fashiisi ilmahaaga dhabtaada asagoo dhinac u jeedda.
2. Ku duub gacantaada iyaga. Cududooda dibadda ku qabo gacantaada. Ka soo lalmi cudud kale inta dhaxaysa jidhkaaga iyo jidhkooda.
3. Lugahooda ku meele labadaada lugood dhexdooda si aad weli u sii xajiso.

### Si aad weli u sii heyso madaxa:

Samee Hab-Siin Garabeedka (Sawirka 4)

1. Fadhiisi cunugaada dhabtaada asagoo markaa ku soo eegaya oo madaxiisuna uu saaran yahay garabkaada.
2. Ku duub lugaha ilmahaaga dhexdaada.
3. Ku meele gacantaada dhabarka madaxooda si aad weli u sii hayso.

## Siyaabaha Aad Ku Dejin Karto Ilmahaaga

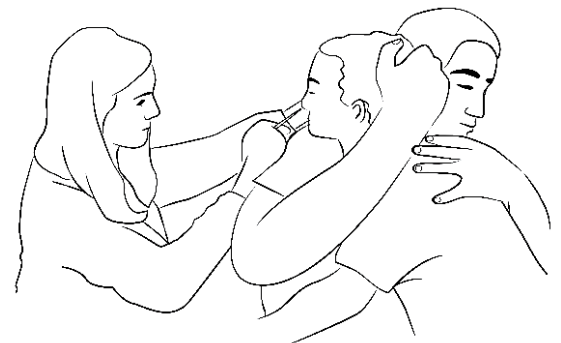
Ilmahaagu waxa laga yaabaa inay dareemaan deganaan haddii aanay arkeynin waxa la samaynayo. U sheeg ilmahaada inuu madaxa ka jeediyo oo uu eego wax kale oo qolka ku jira.



**Sawirka 2** Qabashada raaxo siinta ee Dhabarka-Ilaa-Laabta ah



**Sawirka 3** Qabashada raaxo siinta dhab fadhiisadka ee dhinac-dhinac ku haynta laabta



**Sawirka 4** Qabashooyinka Raaxo Siinta ee Hab-Siin Garabeedka

Siyaabaha kale ee lagu mashquulin karo laguna dejin karo ilmahaaga, iyadoo lagu saleynayo da'dooda, waxaa ka mid ah:

**Dhallaanka – ilaa 12 bilood jirka**

- Si tartiib ah u hadal ama ugu hees.
- Si tartiib ah uga lulmi/gargaraac madaxooda, dhabarkooda, cududdooda, ama lugtooda.
- Sii qalabka naas ahaanta u naqshadeysan ee ilmaha afka loo galiyo.

**Ilmaha Socod Baradka – Jiraan 1 illaa 3 sano**

- Sheeko u aqri.
- Sii waxey u jecel yihiin ama boobalo cusub.
- Shaqo ama xawl sii.

**Ilmaha Dhigtaan Dugsiga Barbaarinta – Ilmaha jira 3 illaa 6 sano**

- Tiri ama dheh ABC-yada.
- Sheeko u aqri.
- Ciyaaray ciyaar/geem.

**Ilmaha Jiraan Da' Dugsiyeedka – 6 sanno jir iyo wixi ka weyn**

- Ka yeel iney sameeyaan neefsashada qotada dheer.
- Kala hadal hiwaayad ama dhacdo.
- Ciyaar ciyaarta/geemka sida I Spy ama geem/ciyaar kadaal ka imaaday.