



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

Helping Hand™

Health Education for Patients and Families

Booqashooyinka Daryeelka Ilmaha: 12 Bilood (1 Sanno)

Well-Baby Visit: 12 Months (1 Year) (Somali)

Ku soo dhawow booqashada 12-bilood! Canugaaga hadeer waa 1 sanno jiro! Maanta waxay helayaan 3 tallaalo cusub, iyo 2 ama 3 cirbado xoojin ah. Waxay qaadanayaa tallaadadaan:

- Cagaarshowga A
- MMR (qaamo barar, jadeeco, iyo rubeela)
- Busbuska (busbus)

Kala hadal dhaqtarka ilmahaaga ama daryeel bixiyaha caafimaad wax ku saabsan su'aalaha tallaaf walba ama walaacyada aad qabtid.

Koriinka iyo Hormarka

Dhaqtarka ilmahaaga ama daryeel bixiyaha caafimaadka ayaa dulmarayo jadwalkooda koboca. Marka uu yahay 12 bilood jir, ilmahaaga waa inay u suurtoogashaa inay:

- Taagan isaga oo qabsanayo kuraasta guriga.
- Ku lugeeyaan dhinaca kuraasta guriga, ama xittaa kaligood lugeeyaan (Sawirka 1).
- Bilow si aad ugu sameysid calaamado qalinka sawirka ee warqad.
- Dhaho erayo sida “mama” iyo “dada” qofka ku haboon.
- Dhaho hal ama erayo ka badan.



Sawirka 1 Ilmahaaga wuxuu adeegsan karaa kuraasta guriga inay cuskadaan markii ay bilaabayaan socodka.

- Raaco hadalada fudud.
- Bilaabo isticmaalida ama iska dhigida la'oo isticmaalayo sheeyada si sax ah. Tusaale ahaan, waa inay ogaadaan in dadka ku cabaan koobka, ku hagaajiyaan timahooda buraashka timaha, oo ku hadlaan taleefon.

Nafaqada

Da'daan, ilmahaaga wuxuu sahminayaa oo isku dayayaa cuntooyinka kala duwan. Waxay malaha cunayaan inta badan cuntooyinka miiska. Waxaad u baahantahay inaad ogaatid cuntooyinke ilmahaaga uu qaadan karo ama uusan qaadan karin.

Waxay awoodaan:	Ma SAMEYN KARAAN:
• Inay weli cunnaan cuntada ilmaha. • Cunnaan noocyo kala duwan ee miraha, qudaarta, cuntooyinka caanaha, iyo hilibaha. • Cabaan juus. Ha siin iyaga wax ka badan 4 waqtiyadood. Waa inay ahaataa juus boqolkiiba 100%. • Cab caanaha caadiga ah (fitamiin D) badelkii caanaha gasaca. Haddii aad sii wadid naasnuujinta, sii ilmahaaga dheeraadka fitamiin D ama fitamiinada badan.	• Cun cuntooyinka yar, adag sida loosaska, nanaca, canabyada guud, xanjada, daangada, nanac jajabka, iyo cuntooyinka calaalinta ku adag. Kuwaan way ku margan karaan iyaga. • Cunaan cuntooyinka fudud sida soodhada, cabitaanada kale ee macaanka ah, nanaca, iyo macmacaanka. • Cab wax ka badan 2 koobab oo caanaha caadiga ah maalintiiba (24 saac). Caanaha lo'da ayaa ku adkeyso jirka ilmahaaga inuu ka helo birta cuntooyinka kale.

Badqabka

- Canugaaga waa inuu raacaa korsiga gaariga ee wajahayo gadaal oo si ku haboon ula eg ee korsiga gadaal illaa ay ugu yaraan ka gaaraan 2 sanno jir ama illaa ay ka gaaraan xadeynta culeyska ama dhirirka ee korsigaaga gadaal wajahayo.
- Ha uga tagin ilmahaaga kaligiis oo korsiga badelmo ama tuubada meyrashada, gaariga, sariirta, ama korsiga.
- Ka fogey sheeyada yaryar sida nanaca, galuusyada, shilimaanta, iyo batriyada.

- Saar albaabada badqabka dusha iyo hoosta jaranjaro walba. **Ha** isticmaalin biraha socodka.
- Ku hayso alaarmiga qiiqa oo shaqeynayo dhul walba ee gurigaaga.
- Ka fogeey sigaarada, jantasigaarada, taraqyada, alkulada, iyo daawooyinka meel aysan ka arki karin oo aysan gaari karin.
- Ha uga tagin sheeyo culus meel u dhow geesaha miisaska iyo dusha sare ee miiska.
- Ka fogey waxyaabaha kuleelka ah (biyaha, cuntada, qalabyada yaryar, iwm.) iyo fiilooyinka korontada.
- Saar daboolada badqabka fiillooyinka korontada.
- Ilmaha ku jiro daryeelka carruurta way xanuunsadaan inta badan. Fayrasyada si degdeg ah ayay ugu faafaan xarumaha daryeelka canugaaga.
Ku hay ilmahaaga guriga haddii ay xanuunsanyihiin. Haddii aysan wanaagsanaan dhoor maalmood kadib, soo wac dhaqtarkooda.