



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

Helping Hand™

Health Education for Patients and Families

Dhaqanada Hurdada ee Caafimaadka leh: Ilmaha yaryar iyo kuwa Socod baradka ah Healthy Sleep Habits: Babies and Toddlers (Somali)

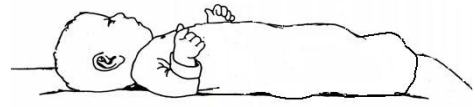
Hurdadu waxay muhiim u tahay dhammaan dadka da'aha kaladuwan. Dhallaanku ma kala yaqaanaan maalinta iyo habbeenka, sidaas oowgeed waxay seexdaan ayna soo kacaan waqtiga ay doonaan. Ilmaha socod baradka ah waxay hurdi karaan waqti aad u dheer. Arrintaan waxay ku adkaan kartaa waalidiinta.

Saacadaha hurdada ee uu u baahan yahay cunugaaga waxay ku xiran tahay da'diisa

Da'da	Saacada Hurdada	Wax kale
Dhalashada ilaa 2 bilood	16 ilaa 20 saacadood maalintii	Cunugaagu wuxuu soo jeedi doonaa 1 ilaa 2 saacadood mar walba oo uu soo kaco.
Carruurta yaryar: Ilmaha jira 2 bilood ilaa 1 sano	13 ilaa 15 saacadood maalintii	Waqtiga hurdada waxaa kujira waqtiga hurdada ee habbeenkii, subaxdii iyo indho isgeliska galabtii.
Ilmaha Socod baradka ah: ee jira 1 ilaa 2 sano	12 saacadood maalintii	- Waqtiga hurdada waxaa kujira indho isgeliska galabtii. - Hurdada indho isgeliska ah waa inay ka yar tahay 3 saacadood. - Kici cunugaaga marka la gaaro 4 ta galabnimo si uu u seexdo habbeenkii.

Ka caawi cunugaagu inuu helo hurdo fiican

- Sii caano/cunto cunugaaga kahor inta aadan seexin si uusan u dareemin gaajo marka aad ku rido sariirtiisa.
- Cunugaaga saar sariirtiisa marka uu dareemaayo hurdo laakiin uusan wali seexan. Arrintaan waxay ka caawinaysaa inuu barto in uu seexdo marka la saaro sariirta.
- Mar walba cunugaaga sariirtiisa dhabar-dhabar ugu seexi. Samee sidaan ilaa uu ka gaaraayo 1 sano (Sawirka 1 aad).
- U samee jadwal hurdo oo joogto ah iyo waqti uu habbeenkii seexdo.
 - Cunugaagu waa inuu habbeen kasta seexdo isku waqti.
 - Jadwalka habbeenkii ee ilmaha waxaa kujira siinta caano/cunto, u qubeynta, sheeko oga sheekeynta, dhageysiinta muusig fudud, iwm.
- Waxaad cunugaaga afka u gelin kartaa caaga ilmuhu dhuuqaan marka uu hurdo.
 - Caaga ilmuhu dhuuqaan wuxuu yareyn karaa halista ku aadan dhimashada degdega ah ee loo yaqaan Xanuunka Dhimashada Degdega ah (SIDS).
 - Haddii cunugaagu naasnuugo, hubi inuu afkiisa gelin karo ibta caaga uuna nuugi karo kahor inta uusan dhuqin caaga. Arrintaan caadi ahaan wuxuu ilmuhu samee marka uu jiro 3 ilaa 4 asbuuc.
- Cunugaaga haku seexin sariirtiisa asagoo afka kula jira masaasad ama koob. Haddii ilmuhu seexdo asagoo cabaaya caano ama juus waxay ku keeni kartaa bolalka ilkaha (inay ilmuhu jabjabaan).



Sawirka 1 aad. Mar walba cunugaaga sariirta dhabar-dhabar u saar.

Kahortaga Dhaqamada aan wanaagsanayn

- Cunugaaga sariirtiisa dhabar-dhabar ugu seexi si uu u dareemo badqab uuna u barto inuu asagoo kaligiis ah seexd.
 - Hurdada badqabka leh ee ilmaha yaryar ilaa uu gaaraayo 1 sano waxaa sidoo kale kujira:
 - la wadaagista qol laakiin waa INAADAN kula seexan sariirta
 - waa in sariirta ilmaha faaruq tahay oo ilmaha kaligiis kujiro; waa inaadan saarin bustayaal, xayawaanka boonbilaha ah, ama maryaha geesaha laga geliyo
- Siin caano/cunto habbeenkii.
 - Marka miisaanka ilmaha uu gaaro 2 jibaar in ka badan intii uu ku dhashay waxay u baahnaan karaan in habbeenkii la quudiyo.

- Waydii dhakhtarka cunugaaga goorta ay tahay inaad ka jarto quudinta habbeenkii.
- Marka cunugaagu gaaro 6 billood, iskuday arrintaan haddii uu kaco uuna sameeyo buuq habbeenkii.
 - Fiiri, laakiin yuusan ku arkin. Haddii uu ku arko, wuxuu kaa filanayaa inaad mar kasta u imaan doonto marka uu buuq sameeyo.
 - Marka koowaad, ilmuhu waxay sameeyaan buuqa muddo 10 daqiiqo ah. Habbeenka ku xigga, xoogaa u oggoloow inuu buuqa sii wado.
 - Si arrintaan u shaqeyso, waa inaad sii wado inaad si isku mid ah u sameeyso intii muddo ah.
 - Xasuusnoow, waxaad ka caawinaysaa cunugaaga inuu barto inuu dib ugu laabto hurdada.
 - Haddii arrintaan aysan shaqeyn ilaa intii asbuucyo ah, waad joojin kartaa. Iskuday mar labaad 4 ilaa 6 billood kadib.

Wac daryeel bixiyahaaga caafimaadka haddii:

- dhibaatooyinka hurdo la'aanta aysan dhammaan kadib marka aad raacdo tallooyinkaan.
- cunugaagu u ganuunaco si xoog ah.
- aysan neeftu kasii bixin cunugaaga intii muddo ah marka uu hurdo.
- aad qabto wax su'aalo ah ama walaacyo ah.