



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

Helping Hand™

Health Education for Patients and Families

Talo ku socota Hooyooyinka iyo Aabeyaasha Cusub

Advice for New Moms and Dads (Somali)

Waxaa jira buugaag badan oo caawinaya kobaca waalidiinta cusub iyo ubadkoodaba. Waa kuwaan qaar kamid ah tabaha degdega ah si aad u bilowdo.

Daryeelidda naftaada

- Qaado NASIINO! Seexo marka canuggaagu hurdo.
- Cun cunto caafimaad leh. Dhaqanka cunitaanka cunto caafimaad leh waxa uu ku siinayaa awood dheeraad ah, waxa uu sare u qaadayaa niyaddaada, waxa uuna kaa caawinayaa in aad si wanaagsan diiradda wax u saarto.
- Aqbal caawimada ama kaalmada marka aad u baahato. Markasta wax walba ma qaban kartid waxaadna u baahan tahay in aad wakhti siiso naftaada. Samee shaqooyinka aad ku raaxaysato.
- Ka taxaddar niyaddaada kaddib marka aad canugga dhasho. Waxaa laga yaabaa in aad yeelato xanuunka baby blues (xanuunka umusha) ama niyad jabka dhalmaada ka danbeeya. U sheeg bixiyahaaga daryeelka caafimaadka haddii aad qabto welwel ku saabsan niyaddaada.
- Haddii aad ogaato in aad ka welwelsan tahay ama aad ku xanaaqsan tahay canuggaaga, kaalmo ka dalbo qof qaraabada ama saaxiib ah oo aad aaminsantahay.
- Ku biir koox waalidiin ah. Waxay noqon karaan kuwo madadaalo badan waxayna ku bari karaan xirfado badan oo ku caawiya maadaama aad tahay waalid cusub.

Daryeelidda Caruurtaada

- Uga diyaari canuggaaga balan dhakhtarka kahor inta aadan ka bixin isbitaalka ama sida ugu dhakhsaha badan marka aad guriga tagto. Caruurta intooda badan waxay helaan bookhashadooda ugu horeysa ee dhakhtarka caruurta marka ay jiraan da'da 5 ilaa 7 sano. Dhakhtarkaaga isbitaalka jooga ayaa laga yaabaa in uu ku taliyo in bookhashada lasoo hormariyo. Haddii aad tahay dhawr iyo toban jir, weydii TaP Clinic liiska dhakhaatiirta caruurta.
- Xaqiiji in canuggaagu si nabad ah ku seexo. Xasuusnow qaaciddada loo yaqaan ABCs ee nabad ku seexashada. Canuggu waa in uu seexo **KALIGIIS**, una seexo **DHABARKIISA** kuna jiro **SARIIR**.
- Ku xirnow canuggaaga. Tani waa muhiim! Caruurta waxay jecelyihiin in la taabto ayada oo la qabanayo, xabadka la galiyo, la qandhuufto laguna xoqo jirkaaga oo maro la'aan ah. Caruurta waxay jecelyihiin in ay daawadaan wajiyada. Waxay inta badan jecelyihiin in ay eegaan indhahaaga. Naasnuujintu waa mid muhiim u ah isku xirnaanshaha. Haddii aad naasnuujiso iyo haddii aad dhalo wax kusiisaba, ha ahaado canuggaagu mid kuu dhow.
- Haddii aad leedahay caruur kale, in aad yeelato canug cusub oo aad siinayso taxaddarka ugu badan waxa ay noqon kartaa mid ku adag ayaga. Xaqiiji in aad taxaddar siiso ayagana sidoo kale. Bar sidii ay ku noqon lahaayeen kuwo akhyaar ah una caawin lahaayeen canugga cusub.

Si aad u hesho caawimaad

- Haddii aad leedahay fikir ah in aad waxyeelaynayso naftaada ama canuggaaga, islamarkaba hel kaalmo! Aad isbitaalka kuugu dhow ama ka wac Netcare Access 614-276-2273
- Waa kuwaan qaar kamid ah ilaha 24/7/365 aad isticmaali karto markasta oo aad qalalaaso kujirto:
 - Qadka Ka hortaga Isdilka Qaranka: 1-800-273-TALK (8255)
 - Ayuda en español: 1-888-628-9454
 - Qadka Fariin qoraalka Dhibaatooyinka Qaranka: Fariin ahaan "HELLO" ugu dir 741-741
- POEM (Perinatal Outreach & Encouragement for Moms) - Waxay leeyihiin khad kaalmo oo hooyo-ka-hooyo ah kaasoo diyaar ah 7 maalmood todobaadkii. Gudaha Columbus ka wac 614-315-8989 (ma ahan khad loogu tala galay qalalaasaha).
- Websayta kooxda kaalmada ee gudaha Columbus: <https://mhafc.org/get-help/maternal-mental-health/poem-services/>.