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

Helping Hand™ Health Education for Patients and Families

Halbeegyada Hormarka Kobaca: 18 illaa 24 Bilood

Developmental Milestones: 18 to 24 Months (Somali)

Hormarka kobaca waa xirfadaha ama dhaqamada inta badan carruurtu bilaabi doonaan ama ay xifdin doonaan marka ay qaaraan dhowr sano. Carruurtu waxay halbeegyada kobaca u gaaraan qaabab badan: hadalka, waxbarashada, dhaqdhaqaaqa, iyo ciyaarista. Waxaa jira waxyaabo aad la sameyn karto cunugaaga si aad oga caawiso inuu gaaro halbeegyadaan.

Xirfadaha Garashada, Ciyaarta, iyo Hadalka

Fiiri cunugaaga si uu u muujiyo astaamahaan marka uu jiro 18- ilaa 24 billood:

- Wuxuu ka jawaabay 3-wax oo xujo ah
- Wuxuu daboolka ka qaadaa weelka ama bokiska
- Wuxuu ciyaaraa ciyaaraha iska dhigdhigista
- Wuxuu magacaabaa walxaha ku heerarsan
- Wuxuu bilaabaa inuu 2 eray isku dhejiyo sida "Buskud badan" ama, "ma dooneysaa buug"
- Wuxuu isku aadiyaa oo uu kala saaraa midabada
- Wuxuu muujiyaa feejignaan marka aad u akhrinayso buug
- Wuxuu adeegsadaa erayada in ka badan ishaarooyinka
- Wuxuu magacaabaa sawirada kujira buugga
- Wuxuu adeegsadaa erayo si uu kuugu sheego wax uu rabo

Xirfadaha Dhaqdhaqaaqa

Cunugaagu wuxuu sameyn doonaa waxyaabo badan maadaama uu sii waynaanaayo. Fiiri dhaqdhaqaaqyadaan jirka ee yaryar iyo waawayn:

- Ku falaadida warqad
- Kor iska saarista wax ka badan 3 baloog
- Inuu ilmuhu gacan ka geysto dhar xirashada
- Kala jiidida baloogyada isku xiran
- Horey u laadida kubad
- Inuu bilaabo inuu wax cabo/cuno asagoo adeegsanayo fargeeto ama qaato

©2022 Isbitaalka Carruurta ee Qaranka (Nationwide Children's Hospital)
Sii socda…

- Inuu fuulo jaranjarada asagoo cuskanaaya geesha jaranjarada
- Wuxuu adeegsadaa cagaha si uu u dhaqaajiyo boonbilaha ilmuhu ku socdaan
- Wuxuu bilaabaa inuu is aruuriyo marka uu ordaayo
- Wuxuu ku bodbooqaa meel ama wuxuu u boodaa horey (2-sano-jir)

Sida Aad u Caawin Karto

Waxaad gacan ka geysan kartaa halbeega kobaca ilmahaaga:

- Haddii aad u akhrido buugaag.
  - Haddii aad kala hadal sawirada.
  - Haddii aad u oggaato inuu rogrogo boggaga.
  - Haddii aad farta ku taagto waxyaabaha aad oga sheekeyneyso.
  - Haddii aad farta ku taagto xayawaanka ku sawiran buugga aadna u sheegto inuu ku dhawaaqo dhawaaqaas.
- Haddii aad ka caawiso inuu barto magacyada jirka asagoo isticmaalaya boonbilaha ilmaha ama dadka loo ekeysiiyay.
- Haddii aad ka caawiso inuu ku celiyo waxyaabaha aad dhahdo.
- Haddii aad u heesto aadna la jeesto.
- Haddii aad tusto midabada, sawirada, iyo cabirada. Haddii aad ka caawiso inuu walxaha isleh sida midabada iyo cabirada isku keeno.
- Haddii aad u oggolaato inuu ciyaaro baloogyada, ama Legos® adoo u oggolaanaya inuu dhiso, asagoo isdulsaareyn oo kaliya.
- Haddii aad u oggolaato inuu sameeyo waxyaabaha ilmaha lagu tijaabiyo inuu sameyn karo oo 9 illaa 12 shey ah.
- Haddii aad u oggolaato inuu ku ciyaaro qalabka ciyaarta iska dhigdhigista.
- Haddii aad ka caawiso inuu koobiyeeyo hawlaha sida quudinta ilmaha.
- Haddii aad barto farshaxanka asagoo adeegsanaaya qalin koobi iyo warqad, sabuurada lagu qoro jeestada, iyo riijiga farta.
- Haddii aad ka caawiso inuu Cheerios® iyo baasto qalalan gelgeliyo ul dheer ama tuubo ay gelgeliyaan.
- Haddii aad siiso fargeeto iyo qaadooyin caag ah oo ilmaha socod baradka ah loogu tagalay marka uu wax cunaayo.
- Haddii aad ka caawiso inuu barto sida loo boodo iyo sida loogu soo boodo loona boodo warega wareegsan.
- Haddii aad ka caawiso cunugaaga inuu isku dayo inuu barto sida wax loo laado asagoo adeegsanaaya lugahiisa.
- Haddii aad ka caawiso inuu ku lugeeyo sagxad aan sineyn sida buuraha iyo cawska si uu u barto dheelitirka.

Haddii aad qabto wax su'aalo ah oo ku saabsan kobaca ilmahaaga, wac dhakhtarkiisa ama dhakhtarka daryeelka siiya.