

Waxa Aan Ahay Nuunuu Naaska la Nuujiyo



Fadlan KALIYA caanaha naaska

Nuunuuga _____ Hooyada _____

♥ Looma baahna biyo ama cabitaano kale. ♥

Miisaanka _____ Taariikhda Dhalasho _____
Dhalashada _____ Wakhti _____

Dherer _____ Dhakhtar _____
Dhalasho _____ Wiil/Gabadh _____

5 Talo oo ku Saabsan Sida Naas-nuujinta Loogu Guuleysto

- Nuuji naaska gudaha saacadda ugu horeysa.** Weydiiso inaad dejisid nuunuugaaga iyada oo labadiina maqaar is taabanayaan wax yar ka dib dhalashada.
- Nuunuugaagu ha kula joogo qolka.** Nuunuugaaga ku hayso qolkaaga dhamaan maalinta iyo habeenka si aad isu barataan oo aad u ilaalisid ilmahaaga. Naas-nuujintan ah goor hore waa muhiim.
- Marrar badan naaska nuuji, 1½ ilaa 3 saacadood kasta,** ama marka ilmahaagu muujiyo calaamadaha hordhaca u ah gaajo.
- Ka ilaali inaad siisid mujuruca aamusiinta bisha ugu horeysa.** Nuunuuga la siiyo mujuruca aamusiinta waxa dhici karta in aanuu si fiican naaska u nuugin ama u jaqin. Sii naaska marka ugu horeysa ee aad aragtid calaamadaha gaajada si aad ilmahaga u siisid caano badan intii suurtoagal ah.
- Weydiiso lambar teleefon si aad u wacatid gargaar ama taageero.** Dhamaan su'aalaha naas-nuujintu waa muhiim, gaar ahaan ka dib marka aad tagtid guriga! Halkan ku qoro lambarada aad wici kartid:
Xaruntaada WIC _____ Taageero Kale _____

Waad ku mahadsan tahay inaad nuunuugaaga siisid bilaabid fiican!

Hay'addani waxa bixiye fursado loo siman yahay. Washington WIC ma takoorto. Dukumentigan oo ah qaabab kale ayaa loo heli karaa dadka qaba naafooyin. Si aad u weydiisatid, fadlan soo wac 1-800-841-1410 (TDD/TTY 1-800-833-6388)

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I am a Breastfeeding Baby



Breastmilk **ONLY** please.

Baby _____ Mom _____

♥ No water or other liquids are needed. ♥

Birth Weight _____ Date of Birth _____ Time _____

Birth Length _____ Doctor _____ Gender _____

5 Tips for Breastfeeding Success

- Breastfeed within the first hour.** Ask to comfort your baby skin-to-skin soon after birth.
- Room-in with your baby.** Keep your baby in your room all day and night so you can get to know and watch over your baby. This early time of practicing breastfeeding together is important.
- Breastfeed often, every 1 1/2 to 3 hours,** or when your baby shows early signs of hunger.
- Avoid using a pacifier in the first month.** Babies who use a pacifier may not nurse as often. Offer your breast at the earliest sign of hunger to give your baby as much milk as possible.
- Ask for a telephone number to call for help or support.** All breastfeeding questions are important, especially after you go home! Write numbers to call here:
Your WIC Clinic _____ For other support _____

Thank you for giving your baby a great start!

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388). This institution is an equal opportunity provider. Washington WIC does not discriminate.

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