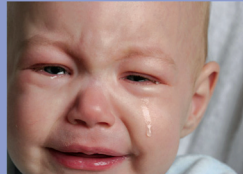


Talooyin kaa gargaari kara inaad maareysid oohinta:

1. Is deji oo yeelo sabir - waxay qaadan kartaa dhawr daqiiqadood in ilmahaagu xasilo.
2. Isticmaal tilmaamaha ilmahaaga si aad isugu daydid inaad garatid waxa ilmahaagu kuu sheegayo.
3. Ilmahaaga xeji isaga oo u dhow jidhkaaga.
4. Si dabacsan u hadal ama hees ku celceli.
5. Si tartiib ah oo celcelis ah dhinac dhinac u dhaqaaji ama la dhaqdhaqaaq ilmaha.
6. Si tartiib ah u masaajee ama u duug dhabarka, cududaha, iyo lugaha.
7. Haddii uu kugu bilaabmo xanaaq ama aad dareentid in naftaada aanad xukumi karin, ilmaha dhig meel ammaan ah dhawr daqiiqadood oo qaado nasasho.
8. Gargaar weydiiso saaxiib ama qof qoyska ah.
9. La xidhiidh WIC ama dhakhtar kaaga haddii aad u maleynaysid in ilmahaagu aad u ooyayo.



Marna
Ha Ruxin
Ilmo Yar!

Waxa laga soo xigtay Barnaamijka WIC ee California.

Dadka qaba naafo, waxa loo heli karaa dukumentigan oo ah qaabab kale haddii la codsado. Si aad u weydiisatid, fadlan soo wac 1-800-841-1410 (TDD/TTY 1-800-833-6388).

Hay'addani waa bixiye fursad loo siman yahay.

Barnaamijka Nafaqada ee WIC ee Gobolka Washington ma sameeyo takooris.

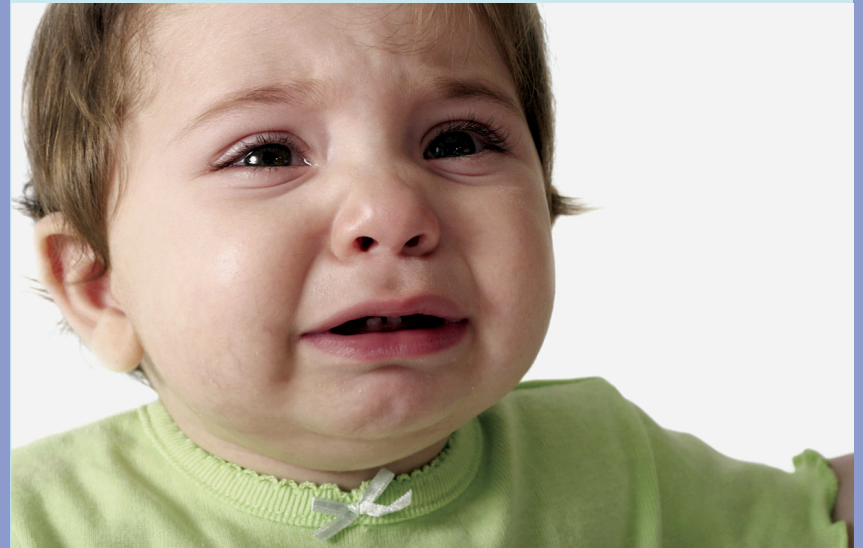
PUBLIC HEALTH
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Washington State Department of
Health
DOH 960-316 January 2011 Somali

Created by the UC Davis Human Lactation Center as part of the FitWIC Baby Behavior Study. Key Resource: Sumner, B., & Barnard, K. (1980). Keys to caregiving. Seattle: NCAST, University of Washington. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Maxay Ilmuhu u Ooyaan?



Si weyn ayaa loo dhibsan karaa marka ilmuhu ama nuunuugu ooyaan.

Oohintu waa caadi, laakiin waxa jira waxyaabo aad sameyn kartid si aad u yareysid.

Xaqiiqooyin ku Saabsan Oohinta oo Aan Qosol Lahayn

Dhamaan ilmuhu way ooyaan.



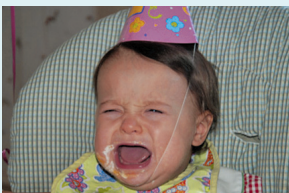
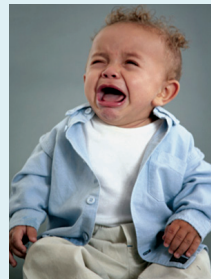
Oohintu waa xasilooni-dari sabab leh - taasoo ah in daryeelleyaasha la fahamsiiyo inay gargaar bixiyaan.

Ilmuhu waxay u ooyaan sababo badan, ma aha kaliya inay gaajo hayso.



Marka aad isku daydid inaad gargaartid, waxa dhici karta inay qaadato in mudo ah inta ay ka degayaan. Ilmuhu waxay u baahan yihiin xoogaa wakhti ah oo ay ku xasilaan.

Ilmaha yar ee celcelis ahaan jira 6 todobaad waxa uu ooyaa qiyaastii laba saacadood maalintii.



Marka ilmuhu sii weynaadaan waxa sii yaraada oohintooda.

Ilmuhu Waxay u Ooyaan Sababo Badan

Marmarka qaarkood way fududahay in la garto waxa ilmahaagu u baahan yahay (sida xafaayadda/dheebarka oo la beddelo!). Marrar kale waxa aad moodaa in ilmuhu u ooyaan sabab la'aan.

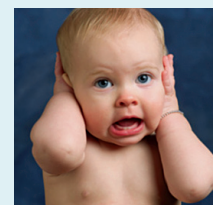
La soco tilmaamahan si aad u garatid sababta uu ilmahaagu la ooyayo...

Haddii ilmahaagu gaajeysan yahay, waxa laga yaabaa inuu:

- Sameeyo sanqadh jiqis ah
- Inuu isku soo ururiyo dibnihiisa
- Inuu gacmahiisa u dhaweeyo afkiisa



Haddii ilmahaagu u baahan yahay inuu ka nasto waxa ka socda agagaarkiisa, waxa laga yaabaa inuu:



- Jeesto ama wax riixo
- Kala fidiyo farahiisa
- Adkeeyo muruqyada wajigiisa iyo jidhkiisa

Marrar badan ilmuhu waxay muujiyaan tilmaamo ka hor inta aanay bilaabin oohinta. La socoshada tilmaamahaas iyo ilmahaaga oo aad ka gargaartid inuu raaxo helo ayaa ah hab fiican oo lagu yareeyo oohinta.



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Sincerely,
Health Education Resource Exchange Web Team