

Bottle Feeding Your Baby

Bottle feeding with formula will meet your baby's food needs. Your doctor will help decide which formula is right for your baby. Never give milk from cows or goats to a baby during the first year.

Formula comes in three forms:

- **Ready to feed** formulas need no mixing.
 - Pour the formula into a clean bottle.
 - Use ready to feed formula if you are unsure about the quality of your water.
 - Once opened, use the formula within 72 hours.
 - This type of formula costs the most.
- **Liquid concentrate** formula needs to be mixed with equal parts of water.
 - Once mixed, use this formula within 48 hours.
 - This formula costs less than ready to feed.
- **Powdered formula** needs to be mixed with water.
 - Once mixed, use this formula within 24 hours.
 - This type of formula costs the least.

Water from your faucet is often clean enough to use unless it is supplied by a well or your house has old plumbing. Old plumbing may contain lead. Lead poisoning can cause brain damage in your baby. If you have well water or old plumbing, have the water tested. You may need to use bottled water for your baby.

Sida Caanaha Dhalada Loo Siiyo Ilmahaaga

Ilmahaaga oo aad siisid caanaha qasaca waxay haqabtiri doontaa baahida cunto ee ilmahaaga. Dhakhtarkaaga ayaa kaa gargaari kara in go'aan laga gaadho nooca caano qasac ee u fiican ilmahaaga. Marna ha siin caanaha saca ama rida ilmahaaga inta uu ku jiro sannadkiisa ugu horeeya.

Caanaha qasaca ku jira ee ilmuhu waa saddex nooc:

- **Caanaha qasaca ee diyaar u ah siinta** uma baahna qasid.
 - caanaha qasaca ku shub dhalo nadiif ah.
 - Isticmaal caanaha qasaca ee diyaar u ah siinta haddii aanad hubin tayada biyahaaga.
 - Mar haddii la furo, caanaha qasaca ku isticmaal gudaha 72 saacadood.
 - Caanaha qasaca ee noocan ah ayaa ugu qaalisan.
- **Caanaha qasaca ee ah hoore adag** waxay u baahan yihiin in lagu qaso qaybo biyo ah oo u dhigma.
 - Mar haddii la qaso, caanaha qasaca ee noocan ah ku isticmaal gudaha 48 saacadood.
 - Caanaha qasaca ee noocan ah way ka kharash yar yihiin kuwa diyaar u ah siinta.
- **Caanaha budada ah** waxay u baahan yihiin in lagu qaso biyo.
 - Mar haddii la qaso, caanaha noocan ah ku isticmaal gudaha 24 saacadood.
 - Caanaha noocan ah ayaa ugu kharash yar.

Biyaha qasabadu ama tuubadu badanaa nadaafaddoodu way ku filan tahay in la isticmaalo haddii aan biyuhu ka iman ceel ama gurigaagu lahayn tuubooyin gaboobay. Tuubooyinka gaboobay waxa ku jiri kara sunta ledhka ee lagu sumoobo. Ku-sumowga ledhku waxa uu ilmahaaga u keeni karaa dhaawac ka gaadha maskaxda. Haddii biyahaagu ka yimaadaan ceel ama aad qabtid tuubooyink gaboobay, waa inaad soo baadhid biyahaaga. Waxa laga yaabaa in aad ilmahaaga wax ku siisid biyaha dhalada lagu shubay ama warshadi soo saartay.

Feeding Your Baby

Ask your baby's doctor how many ounces and how often to feed your baby. Every time your baby cries he may not be hungry. Watch your baby for feeding cues such as moving his hands to his mouth, movement of legs or arms, and making noises. Do not delay feeding when your baby has signs of being hungry even if you feel you have just fed your baby.

Each baby's eating habits are different. As a general guide:

- During the first few days, most babies eat about 1-2 ounces at each feeding every 2 to 4 hours.
- By two weeks, most babies are eating 3 to 4 ounces at each feeding every 3 to 4 hours. In time, your baby will develop a pattern.
- Your baby may eat different amounts at times.

Preparing the Formula

If you are using **liquid concentrate formula**, mix the formula with equal parts of water.

If you are using **powdered formula**, mix 1 level scoop of formula with 2 fluid ounces of water.

Stir the formula well. If you add too much or too little water to the formula, your baby may not get enough food. **Do not** add honey, corn syrup or other ingredients to your baby's formula.

Bottle Nipples

Use a nipple for your baby's age. Make sure the nipple hole is small enough so the formula drips out slowly.

Quudinta Ilmahaaga

Weydii dhakhtarkaaga inta wiiqiyadood ee la siinayo ilmahaaga iyo inta jeer ee wax la siinayo. Wakhti kasta oo ilmahaagu ooyo ma aha inay gaajo hayso. La soco calamaadaha tilmaamaya in uu rabo in wax la siiyo sida gacmihiisa oo uu afka galiyo, dhaqdhaqaaqa lugaha ama gacmaha, iyo sanqadh ama cod uu sameeyo. Ha raajin quudinta marka uu leeyahay calaamadaha tilmaamaya in gaajo haysa xiitaa haddii aad dareensan tahay in aad mar aan fogeyn wax siisay ilmahaaga.

Ilmo kasta caadooyinkiisa cuniddu way ka duwan yihiin kuwa ilmaha kale. Tilmaan guud ahaan:

- Inta lagu jiro dhawrka maalmood ee ugu horeeya, ilmaha intooda badan waxay qaataan 30-60 millilitir (1-2 wiiqiyadood) oo caano ah 2 ilaa 4 saacadood kasta.
- Marka ay gaadhaan laba todobaad, ilmaha intooda badan way qaataan 60-90 millilitir (3 ilaa 4 wiiqiyadood) oo ah caano 3 ilaa 4 saacadood kasta. Mudo ka dib, ilmahaagu waxa uu yeelan doonaa saansaan ama caado quudin.
- Waxa laga yaabaa in ilmahaagu uu qaato qadaro kala duwan wakhtiyada qaarkood.

Diyaarinta Caanaha Qasaca

Haddii aad isticmaalaysid **caanaha qasaca ee ah hoore adag**, caanaha ku qas qaybo biyo ah oo u dhigma ama la mid ah.

Haddii aad isticmaalaysid **caano budo ah**, hal (1) darid oo isku siman oo ah caanaha ku qas 60 millilitir (2 wiiqiyadood) oo ah biyo.

Si fiican u walaaq caanaha. Haddii aad ku badisid ama ku yareysid biyaha, waxa laga yaabaa in ilmahaagu aanu helin quud ku filan. **Ha ku** darin malab, macaanka galeyda ama waxyaabo kale caanaha ilmahaaga.

Ibta Dhalada

Isticmaal ib ama mujuruc ku haboon da'da ilmahaaga. U hubso in godka ibtu uu yahay mid yar oo keenaya in uu caanaha si tartiib ah u soo dayo.

Warming Bottles

Formula should be at **room temperature**. To warm formula, place the bottle in a pan or bowl of heated water. Mix the formula in the bottle and test the temperature by dropping a few drops of formula on the inside of your wrist.

Never warm bottles in the microwave or on the stove because it destroys vitamins and does not heat the formula evenly. The bottle could explode or cause serious burns to your baby.

Storing Formula

Once a bottle is made or a can of liquid formula is opened, store it in the refrigerator. After the baby has finished a feeding, throw away any formula left in the bottle. When leaving the house, keep the formula cold in a cooler.

Positioning for Bottle Feedings

Hold your baby close to you so he or she can feel your warmth and touch. Have your baby's head slightly higher than his or her body. Never leave the bottle propped in your baby's mouth.

Is My Baby Getting Enough Formula?

Your baby is getting enough formula if he or she:

- Has 6 or more wet diapers in a 24 hour period
- Sleeps between feedings
- Has more than 2 bowel movements each day
- Has had an increase in weight

Talk to your baby's doctor or nurse if you have any questions or concerns.

Diirinta Dhalooyinka

Waa in dhalooyinku leeyihiin **heerkulka qolka**. Si aad u diirisid caanaha, ku rid dhalada dhigsi ama saxan ay ku jiraan biyo la kulayliyay. Caanaha qasaca ku qas dhalada ka dibna heerkulkooda tijaabi adiga oo dhawr dhibcood oo caanaha ah ku dhibcinaya dhinaca ah gudaha ee cududdaada.

Marna dhalooyinka ha ku diirin maykrowayf ama shoolada wax lagu kariyo sababta oo ah waxay taasi dilaysaa fitamiinada isla markaana si siman uma diirinayso caanaha ilmaha. Waxa dhici karta in dhaladu qaraxdo ama ay gubasho culus u keento ilmahaaga yar.

Kaydinta Caanaha Qasaca

Marka dhalada lagu shubo ama la furo caano hoore oo ah kuwo jira qasac, ku kaydi qaboojiyaha. Ka dib marka uu ka dhargo, tuur wixii caano ku soo hadhay dhalada. Marka aad guriga ka baxaysid, caanaha ku rid qaboojiyaha la qaato.

Sida Loo Qabto Ilmaha Marka Caanaha Dhalada la Siinayo

Ilmahaaga isku soo dhawee si uu u dareemi karo ama ay u dareemi karto diiranaantaada iyo taabashadaada. Madaxa ilmaha wax yar ha ka sareeyo jidhkiisa kale ama jidhkeeda kale. Marna dhalada oo aad wax ku taageertay ha kaga tagin afka ilmahaaga.

Ilmahaygu Ma Helaa Caanaha Qasaca oo Ku Filan?

Ilmahaagu waxa uu helaa caano ku filan haddii:

- Uu leeyahy 6 ama in ka badan oo ah xufaayado ama dheebaro qoyan gudaha 24 saacadood
- Uu seexo inta u dhexeysaa quudinta
- Uu leeyahay in ka badan 2 saxaro maalin kasta
- Uu miisaankiisu kordho

La hadal dhakhtarka ilmahaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.

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Bottle Feeding Your Baby. Somali.