

# Breastfeeding Basics

Here are some breastfeeding basics that you may find helpful. Talk to your baby's doctor, nurse or your lactation specialist if you have other questions.

## **Mother's Diet**

No special foods or diets are needed for breastfeeding. Some helpful tips:

- Choose a variety of healthy foods for your meals and snacks each day. Eating healthy will help you and your baby feel well.
- Eat 4 to 5 servings of dairy products each day. A calcium supplement can help you get enough calcium.
- Drink water or fruit juices when you are thirsty.
- Take your prenatal vitamins as directed by your doctor.
- Limit caffeine and artificial sweeteners in your diet. Caffeine is in chocolate, coffee and tea. Artificial sweeteners are in diet soft drinks and in some low calorie or diet foods.
- Avoid drinking alcohol. Alcohol takes about 2 to 3 hours per serving to leave breast milk.

# Gundhigyada Naasnuujinta

Halkan waxad ka heli waxyaabo saldhig u ah naasnuujiinta oo faa'iido kuu yeelan kara. Kala hadal dhakhtarkaaga, kalkaalisada caafimaad amase qof ku takhasusay caano-siinta haddii aad su'aalo kale qabtid.

## Cunto-qaadashada hooyada

Cunto gaar ah oo habaysan uma baahna naasnuujintu. Talooyinkani waa qaar faa'iido leh:

- Dooro cunto kala duwan oo caafimaad leh iyo macmacaan maalin kasta. Cuntada habboon ee aad cuntaa waxay caawin doontaa adiga iyo ilmahaaguba inaad wanaagsanaataan.
- Cun 4 ilaa 5 jeer maalin kasta cuntada laga sameeyo caanaha. Waxad ku darsan kartaa cuntada kaalishiyam dheeri ah oo aad dawo ahaan u cunto.
- Cab biyo amase sharaab markaad harraaddan tahay.
- Qaado fiitamiinka dhalmada horteeda sida uu dhakhtarku kugula taliyey.
- Iska ilaali ama yaree kafa'iinta amase macaaneeyaha artafiishalka ah inaad ku darsato cuntada. Kafa'iintu waxay ku jirtaa nacinaca qaarkii, kafeega iyo shaaha. Macaaneeyaha artafiishalka ahi waxay ku jiraan cabitaannada fudud qaarkood amase cuntooyinka la habeeyey qaarkii.
- Iska ilaali inaad cabto isbiirto ama khamri. Isbiirtadu waxay ku qaadataa 2 ilaa 3 saacadood markastood cabto si ay uga baxdo caanaha naaska.

- It takes about 4 to 6 hours for the foods you eat to show up in your breast milk. If you have a family history of an allergy or your baby seems fussy after you eat a certain food, avoid that food and see if your baby feels better. Some babies have a hard time when a mother eats dairy products or vegetables such as broccoli, beans, onions or peppers. If the problem persists, talk to your doctor.
- Avoid weight loss diets. To lose weight, walk more and limit high calorie foods.

## **Getting Started**

Colostrum, the first milk your body makes, is very good for your baby. Over the next few days, your breasts will feel fuller, and you will have more milk. Your milk supply will depend on how much milk and how often your baby takes from the breast. The more milk your baby takes, the more milk your breasts will make.

The nurses will help you and your baby learn how to breastfeed. Relax and give yourself time to learn.

Your baby may be very sleepy the first few days. Your baby's stomach is small so your baby will need to feed often. You may feel increased thirst while nursing, drowsiness during breastfeeding and mild uterine contractions while breastfeeding the first few days.

Avoid feeding your baby from a bottle, either breastmilk or formula, for the first 3 to 4 weeks or until your baby learns to feed well. Sucking from a bottle is a different mouth action. Bottle sucking may interfere with the baby's nursing at the breast.

- Cunto kasta oo aad cunto waxay ku qaadataa 4 ilaa 6 saacadood si ay ugu darsanto caanaha naaska. Haddii reerkiina cid ka mid ahi leedahay ellerji amase ilmahaagu u muuqdo in aanu wanaagsanayn kadib markaad cunto gaar ah cunto, cuntadaas dib ha u cunin, oo markaas eeg in ilmahaagu wanaagsanaado. Carruurta qaarkood waxay dhibsadaan marka hooyadu cunto cuntada ka timi caanaha xoolaha qaarkeed amase khudaarta sida “borokoli”, digirta basasha ama basbaaska. Haddii dhibaataadu sii jirto, kala hadal dhakhtarkaaga.
- Iska ilaali cuntada loogu talo galay in baruurta la iskaga rido. Si aad u dhuubato, soco in badan oo lugee, iskana ilaali cuntooyinka ay ku badan tahay tamartu.

## **Bilowga**

Dambarka, oo ah caanaha ugu horeeya ee jidhkaagu sameeyo, aad buu ugu fiican yahay nuunuugaaga ama ilmahaaga. Dhawrka maalmood ee ku xiga, naasaha waxa aad dareemi doontaa darrar ama buuxsanaan, waxana aad yeelan doontaa caano intii hore ka badan. Caanaha aad samaysaa waxay ku xidhan yihiin sida uu ilmahaagu u jaqo naaska. Marka uu ilmuhu naaska badsado jiqidiisaba, jidhkaagu wuxu soo saaraa caana kasii badan intii hore.

Kalkaalisoooyinka caafimaad waxay kaa caawin doonaan adiga iyo ilmahaagaba inaad barataan naas nuujinta. Nafis oo sii naftaada waqti aad ku barato.

Ilmahaagu waxa laga yaabaa inuu hurdo bato maalmaha hore. Maadaama ay caloosha ilmahaagu yartahay, wuxuu u baahnan doonaa in dhowr jeer maalintii la quudiyo. Waxad dareemi doontaa harraad markaad nuujinayso ilmaha iyo hurdo marka ilmuhu ku jaqayo iyo ilmagaaleenka oo si debeansan u dareento ayaamaha hore ee naasnuujinta.

Ka ilaali ilmahaaga inaad masaasad wax ku siiso, ha ahaadaan caanaha naaskaaga amase kuwa la qooshay e, ilaa 3-4 toddobaad ee hore, ama inta ilmahaagu baranayo inuu naaska jaqo. Nuugista masaasadu waa qaab kale oo afku u dhaqaaqo. Nuugista masaasadu waxay wax u dhimi kartaa habka ilmahaagu naaska u jaqo.

After the first 3 to 4 weeks, you can try to feed your baby breast milk through a bottle if you would like. If your baby is not able to breastfeed, you can pump your breast milk, feed your baby the breast milk through the bottle or freeze the breast milk in a closed container for later use.

## **Feeding Cues**

Your baby will give you signs of hunger called feeding cues. Your baby's feeding cues may include:

- Clenched fists
- Hands to mouth
- Licking of lips
- Moving of arms and legs
- Turning the head towards your body
- Sounds
- Crying

Try to begin feeding your baby before he or she becomes too upset.

## **How is my baby doing with breastfeeding?**

Watch for signs that your baby is latched on to your nipple well and getting milk. Signs may include:

- A fast, shallow motion in the cheeks as your baby first latches on that changes to a deep, slow, rhythmic motion.
- Motion near your baby's ear and temple as your baby's lower jaw moves up and down.
- Seeing, hearing, or feeling your baby swallowing.
- Feeling a tingling sensation in the breast.

Sadex ilaa 3 ilaa 4 toddobaad ka dib, waxad ku dayi kartaa inaad ilmahaaga ku siiso caanaha naaskaaga masaasad haddaad sidaa jeceshahay. Haddii ilmahaagu aanu naaska jaqi karin, waxad soo dhuri kartaa caanaha naaskaaga oo aad ku siin kartaa masaasadda amase aad ku kaydin kartaa caanahaas weel xidhan si aad hadhow u siiso.

## **Baaqyada cunto-doonista**

Ilmahaagu wuxuu ku tusi doonaa astaamo uu ku muujinayo in uu gaajoonayo, oo la yidhaahdo baaqyada cunto doonista. Baaqyadaas waxa ka mid ah:

- Gacmaha oo duubo
- Gacmaha oo uu afka gashado
- Dibnaha oo uu leeffleefo
- Gacmaha iyo lugaha oo uu dhaqdhaqaaajiyo
- Inuu madaxa usoo dhoweeyo jidhkaaga
- Codad
- Oohin

Isku day inaad u bilowdo quudinta inta aanu/aanay bilaabin inuu ooyo.

## **Sidee ilmahaagu u wadaa jaqista naaska?**

Eeg in ilmahaagu si fiican u haysto ibta naaska oo uu caanaha si fiican u cabbaayo. Calaamadaha aad ku garan karto waxa ka mid ah:

- Dhaqdhaqaaq degdeg ah oo dhabanda/daamanka ilmaha aad ka aragto in uu marka hore nuugayo naaska deedna liqaayo caanaha, oo markaa ka dib si deggan uu ilmuhu u qudhqudhinayo caanaha.
- Dhaqdhaqaaqa agagaarka dhegaha iyo dhafoorka iyadoo ilmuhu uu daanka hoose kor iyo hoos u dhaqdhaq aajinayo.
- Adoo arkaya, dhagaysanaya ama dareemaya sida ilmahaagu caanaha u leqayo.
- Adoo ka dareemaya in naaska caana ka socdaan.

## **Is my baby getting enough milk?**

If your baby is getting enough milk, your breasts will be full with milk, soft after feedings and refill between feedings. Your baby will:

- Have 6 or more wet diapers in a 24 hour period
- Sleep between feedings
- Have more than 2 bowel movements each day
- Gain weight

A healthy, full term baby who is nursing well does not need extra water or formula. Do not feed your baby extra water or formula unless ordered to do so by your baby's doctor. Talk to your baby's doctor, nurse or your lactation specialist if you do not think that your baby is getting enough milk.

## **How often will my baby feed?**

Feedings are timed from the start of one feeding to the start of the next. At first, try to feed your baby every 2 to 3 hours during the day and evening, and at least every 4 hours during the night. If your baby gives feeding cues, feed your baby. Your baby may want several feedings very close together. By the end of the first week, your baby will be nursing 8 to 12 times in 24 hours. As your baby and your milk supply grow, your baby may begin feeding less often.

Even after babies are able to sleep for longer periods, their sleep is sometimes disturbed by dreams, hunger or a busy day. Expect that your baby will wake at night and may need to be fed.

Babies have growth spurts in their first 6 months and will nurse more often during them. By feeding more often, your body will make more milk to get through the growth spurts. These spurts often last 3 to 5 days.

## **Ilmahaygu caano ku filan ma helayaa?**

Haddii ilmahaagu caano ku filan helayo, naasahaagu markasta waxay noqdaan qaar caano ka buuxaan, oo jiqista ka dib noqda qaar debecsan, haddana dib u buuxsama. Ilmahaagu wuxu:

- Naaska jiqi doonaa 6 jeer ama in kabadan 24 kii saacadood
- Seexan doonaa inta u dhaxaysa laba jaqsiinood
- Saxaroon doonaa in kabadan laba jeer maalintii
- Miisaan ku kordho.

Ilmo caafimaad qaba, oo dhammays ah oo caanihiisa qaadanayaa uma baahna in la siiyo biyo amase cunto kale oo diyaarsan oo dheeri ah. Ha siin ilmahaaga waxyaabo kale oo dheeraad ah haddii aan dhakhtarku kugula talin sidaas. Kala hadal dhakhtarka ilmahaaga ama kalkaalisada caafimaad amase qof ku takhasusay quudinta caanaha haddii aanad hubin in ilmahaagu caano ku filan helaayo.

## **Immisa goor baa ilmahayg quudan doonaa?**

Quudinta ilmaha waxa laga muddeeyaa bilowga quudin ilaa ta xigta. Marka hore isku day inaad ilmaha siiso naaska 2 dii ilaa 3 dii saacadoodba mar maalintii iyo galabtii, iyo ugu yaraan 4 tii saacadoodba mar habeenkii. Haddii ilmahaagu ku tuso baaq cunto-doon, jaqsii ilamahaaga. Waxaa laga yaabaa in ilmahaagu doono dhowr jeer oo jaqsiin ah oo aad isugu dhow. Dhammaadka toddobaadka kowaad, ilmahaaga waxaad jaqsiin doontaa 8 ilaa 12 jeer 24 kii saacadood. Marka ilmahaaga iyo caanahaaguba koraan, way soo yaraataa inta jeer ee maalintii uu ku jaqayaa.

Xattaa marka carruutu wakhti dheer seexan karto, marmar waxa hurdada ka qasa reyo, gaajo ama maalin howl badan. Filo in ilmahaagu kici doono habeenkii lagana yaabo inuu u baahanyahay in quud la siiyo.

Carurtu waxay leedahay hamuun korta 6 da bilood ee u horraysa aadna wax bay u quudanayaan muddadaa. Quudashadaa badan awgeed jidhkaagu wuxuu samynayaaa caano intiii hore ka badan si uu u daboolo hamuuntaa koreysa. Hamuuntaasi waxay badanaa qaadataa 3 ilaa 5 maalmood.



## **How long will my baby feed?**

Feed your baby until he shows signs that he is full such as slowing down sucking and then detaching himself from the breast, and relaxing his hands, arms and legs. If you stop before your baby is done, your baby may not get the high fat milk. This is the milk that is best for growth.

Allow your baby to completely finish feeding on the first breast. This may take 10 to 25 minutes. Then offer the second breast. Your baby may feed for a while on that breast, or not want the second breast at all. Alternate the breast you begin with at each feeding. Some mothers track which breast to begin with by pinning a safety pin to their bra strap.

## **Waking the Sleeping Baby**

If your baby is in a deep sleep, do not wake your baby for a feeding. If your baby is asleep but has some body motions such as eye motion under the lid, active mouth and tongue motion, or sucking in sleep, this is the best time to wake your baby for a feeding.

At night, dim the lights and keep the room quiet. Avoid startling movements. Wake the baby gently by moving your baby or you can change your baby's diaper. If after 15 minutes your baby shows poor interest in breastfeeding, try an hour later.

**Talk to a doctor, nurse or lactation specialist if you have any questions or concerns.**

## **Waqti intee leeg buu ilmahaygu naaska jiqi doonaa?**

Jaqsii naaska ilmaha ilaa inta uu ku tusaayo astaamo ah inuu dhargay sida inuu yareeyo xawaaraha uu kugu jaqaayo deedna sii daayo naaska, oo ku raaxaysto farihiisa, kuna ciyaaro gacmihiisa iyo lugihiisa. Haddii aad ka joojiso isagoon ka dhergin, waxaa laga yaabaa inaanu helin ilmahaagu caano nafaqo badan leh. Caanahaasi waa kuwa ilmuhu sida ugu fiican ugu koro.

U oggolow ilmahaagu inuu dhammaysto jaqitaanka naaska hore. Waxa laga yaabaa inay ku qaadato 10 ilaa 25 miridh. Kadib u wareeji naaska kale. Waxa laga yaabaa in ilmahaagu naaska hore xoog ugu dhego, ama uu diidaba in uu naaska kale jaqo. U kala beddel had iyo jeer naaska aad hor siinayso. Hooyooyinka qaarkood waxay ku calaamadaysataan naaska ay ku bilaabayaan keenshaliga garabkiisa oo ay ku qabtaan biin.

## **Kicinta ilmaha hurda**

Haddii ilmahaagu xoog u hurdo, ha u kicin inaad naaska jaqsiiso. Haddii ilmahaagu hurdo balse uu jidhkiisa dhaqdhaqaajinayo sida indhaha oo kala yara baxsan, afka ama carrabka oo dhaqdhaqaaqaya, amase sidii wax jaqaaya isagoo hurda, markaas waa marka ugu wanaagsan inaad ilmahaaga kicisid oo jaqsiisid.

Habeenkii, laydhka ka naaqus oo qolkiisa ka dhig mid aad u sanqadh yar. Ka ilaali dhaqdhaqaaqa. Kici ilmahaaga si aad u deggan adoo soo qaadaya amase xafaayadda ka beddelaya. Haddii 15 miridh ka dib ilmuhu ku tuso inaanu doonayn naaska, ku eeg saacad ka dib.

**Kala hadal dhakhtarkaaga, kalkaalisada caafimaad amase qof ku takhasusay caano-quudinta haddii aad wax su'aal ah hayso ama shaki ka qabto.**

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