

# Caring for Your Baby

There are some things you need to learn to care for your baby. Talk to your baby's nurse or doctor if you have questions.

## Feedings

If you are **breastfeeding** your baby, feed your baby every 2 to 3 hours. Begin breastfeeding for 10 minutes on each breast. Slowly increase the time to 20 minutes on each breast. Burp your baby when changing breasts. Watch the foods you eat. Some things you eat may upset your baby's stomach or cause gas.

If you are **bottle-feeding** your baby, offer formula every 3 to 4 hours. Begin giving your baby 1 to 2 ounces of formula at each feeding. Slowly increase the amount of formula. Burp your baby after every few ounces.

Babies have growth spurts in the first 6 months, and will eat more often during them. Watch for feeding cues and feed your baby whenever your baby wants to eat.

## Feeding Cues

Your baby will give you signals 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
- Sucking sounds
- Crying

Your baby will also show signs when he is full such as fingers open, hands down to his side, relaxed arms and legs.

# Dhaqaalaynta Ilmahaaga

Waxa jira waxyaabo u baahan in aad barato si aad ugu dhaqaalayso ilmahaaga. La hadal ilmahaaga yar dhakhtarkiisa ama kalkaalisadiisa hadii aad wax su'aalo ah hayso.

## Quudinta

Hadii cunuga **nuujiyaasa malintii** 2 ilaa 3 jeer. Sii naaskasataba wakhti 10 daqiiqo ah. Si yar wakhtiga u kordhi ilaa 20 miridh naaskii walba. Ka daaci ilmaha marka aad naas siiso ee aad ka kale ku badalayso. Raashinka ad aamaasaa iskufiri. Rashinka adi aamaasa unuga mee insheena korta olool dhuure ama gass.

Ho masaasad unuga wan ada **kasii yasa malintii** 3 ilaa 4 jeer kasii. Markii adi siiyaasa wanta unuga 1 ilaa 2 jeer ha dhuunjiyo. Wala iskadardrti iskadey inta adi tartiib inbadiida. Cunuga marki lama jeer dhunjiya kor umbaboti lama jeer.

Carruurtu si dhakhso ah ayay u kortaa lixda bilood ee ugu horaysa, waqti aad isugu dhowdhowna wax way u cunaan. La soco baaqa cunto-doonista ilmahaaga oo sii cunto markasta oo ilmahaagu cunto doonayo.

## Baaqyada cunto-doonista

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

- Gacmaha oo duubo
- Gacmaha oo uu afka gashado
- Dibnaha oo uu leeflefo
- Gacmaha iyo lugaha oo uu dhaqdhaqaajiyo
- Inuu madaxa usoo dhaqaajiyo jidhkaaga
- Codad jaqideed
- Oohinta

Waxa kale oo aad ku arki doontaa ilmahaaga calaamado marka uu dharagsan yahay, kuwaasoo ah faraha oo uu kala furo, gacmaha oo uu dajiyo dhinacyadiisa, si nafis ah gacmaha iyo cagaha oo uu kala bixiyo.

## Burping and Spitting Up

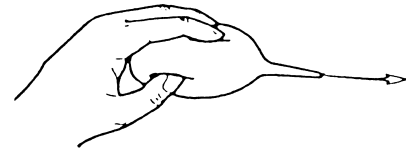
Burp your baby by sitting him upright or holding him up against your chest. Rub or gently pat his back until the air bubble comes up.

It is normal for your baby to spit up small amounts after a feeding or with burping. **Call your baby's doctor** if your baby is spitting up large amounts often or with force.

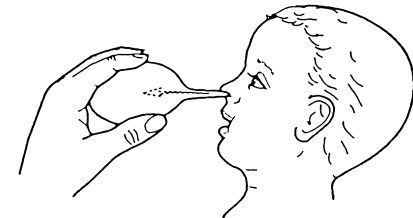
## Bulb Syringe

You can use a bulb syringe to clear out mucus from your baby's nose.

1. Squeeze the air out of the bulb.

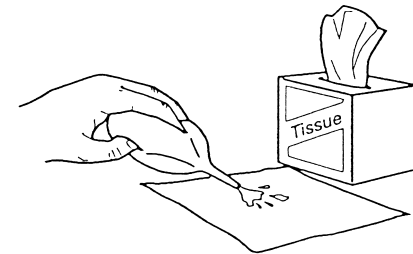


2. Gently insert the tip into the nose and then slowly release the bulb. Do not force the tip high into the nose.



3. Remove the bulb and squeeze any fluid into a tissue.

4. Repeat as needed.



5. After you are done, wash the bulb syringe with soap and warm water.

## Cord Care

The baby's umbilical cord is clamped at birth. The clamp is removed in the hospital. It takes 7 to 14 days before the cord comes off. Allow the cord to air dry. Until the cord is healed, keep the diaper below the cord. When the cord falls off, there may be a small amount of drainage. Clean with soap and water until it is healed. **Call your baby's doctor** if the cord has a foul odor, a thick yellow or green discharge or if the skin around it becomes red.

## Daacada iyo Calyada

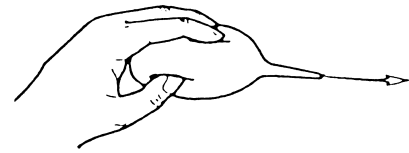
Ka daaci ilmahaaga adigoo soo fadhiisinaya oo laabtaada ku qabanaya. Ka salaax dhabarka ilaa inta ay hawadu ka soo baxayso oo uu daacayo.

Waa caadi haddii ilmahaagu uu soo tufo ama soo celiyo wax yar oo cuntadaad siisay ka mida ama daacada soo raaciyo. **Inweer daktartka hoo unuga** hoo usu raashinka aama hanagoow xoog mise hamatanhoow.

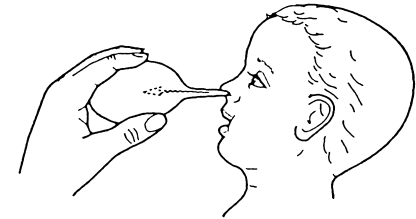
## Caagga sanku

Waad u isticmaali kartaa ilmahaaga in aad istiriish kaga soo nuugto duufka sankiisa.

1. Kasii daa hawada ku jirta.

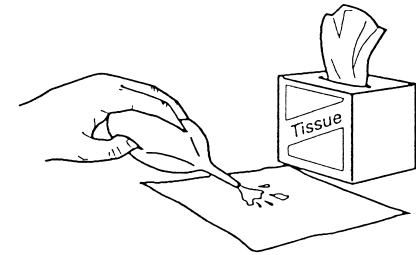


2. Si dagan u gali caagga sanku dabadeedna qunyar u sii daa caaga. Ha ku cadaadin caaga dhererkiisa sanku gudahiisa.



3. Ka soo saar caaga sanku, kana tuuji waxa soo raacay.

4. Ku celceli ilaa inta uu u baahan yahay.



5. Marka aad dhamayso, ku maydh caaga saabuun iyo biyo kulul.

## Ilaalinta Xuddunta

Xuddunta ilamaha yari way dhajisan tahay marka uu dhasho. Dhajisnaanta waxa lagaga gooyaa dhakhtarka. Waxaanay ku qaadataa in ay xuddintu kaga godo ilmaha 7 ilaa 14 cisho. U oggolow xuddintu in ay howo hesho qalajisa. Ilaa ay bogsanayso xuddintu inta ay bogsanayso, ka ilaali xafaayada oo hoos ugu xidh. Marka ay xudduntu dhacdo waxaa laga yaabaa inay xoogaa dheecaan ah reebo. Kuna nadiifi saabuun iyo biyo ilaa ay bogsanayso. **Inweer daktartka hoo unuga** deecquramo mise haarshe cagaar mise jaala eeya.

## **Bowel Movements**

Most babies will have a sticky greenish-black bowel movement within 48 hours. The stool will then change to greenish-brown, then to a light yellow, mustard color. Breast milk stool will become watery and mustard in color. Formula stool is more formed and yellow in color.

Once babies are 4 days old, they often have 3 to 4 stools each day. After the first month, your baby may have stools less often. Soft stool is normal.

- **Call your baby's doctor** if your baby has diarrhea or very loose stool for more than 24 hours.
- **Call your baby's doctor** if your baby's stool is very hard or difficult to pass.
- Do not give your baby home remedies or medicine unless told to do so by your baby's doctor.

## **Urine**

Expect 5 to 6 wet diapers each day. Babies can lose fluids very fast. If you think your baby is not getting enough liquids, feed him every 2 hours. **Call your baby's doctor** if your baby is not having enough wet diapers.

## **Diaper Change**

Change the diaper when it becomes wet or dirty. This will help prevent skin rashes. Talk to your baby's doctor or nurse about a product to use if your baby's skin becomes red. Use a wet washcloth or baby wipes to gently clean the area well. Be sure to clean between the folds of the genitalia. Stool and pieces of the diaper can sometimes be found in between these folds, so clean well.

- For girls – Clean the genitalia from front to back. This avoids getting stool into the opening leading to the bladder, which may cause an infection.
- For boys – Gently clean the penis.

## **Fingernails**

Trim the fingernails when your baby is sleeping. Cut nails with round tipped baby nail scissors or clippers. Cut nails straight across, but not too close to the skin. You may round off nail corners with a file. Trim nails at least once a week. Keep your baby's nails short so the skin will not get scratched.

## **Dhaqdhaqaaqa mindhicirka ama caloosha**

Carruurta badidooda calooshoodu waxay yeeshaan wax isjiidanaya oo cagaar iyo madoow leh 48 saacadood ee ugu horaysa. Dabadeedna xaarku wuxuu isu badalaa cagaar iyo buni, hadana huruud khafiif ah oo midabka leheniyada leh. Caana naaska xaarkiisu wuxuu noqdaa huruuda leheniyada oo biyaysan. Kuwa daasaduna waxay noqdaan mid ka badan kana huruudsan.

Markii unuga jira afar beri malintiiba 3 jeer ilaa 4 jeer haarow malintii. Bisha koowaad wixii ka danbeeya waxa laga yaabaa in xaarkiisu ka yaraado intii hore. Xaarka jilicsani waa caadi.

- **Inweer daktarka hoo unuga** ada karagta badag mise haar nugul 24 sacedod kabdan.
- **Inweer daktarka hoo adi ka aragta unuga** haar kakan mise hoog hanku bahoo.
- Ha siinin ilmahaaga daawayn guri ama dawo dhakhtarkiisa oo ku yidhaahda sii mooyee.

## **Kaadida**

Mey rajeyaasee malinti 5 ilaa 6 jeer intii adi in quuyta karka cunuga. Caruurta way lumin karaan wixii dareeraha si dhakhso ah. Hadii ada is leedahay ilmahaagu ma helayo dareere ama cabitaan ku filan, quudi 2 saacadoodba mar. **Inweer dhaktarka hoo unuga** sifeela ininqooyaana karka.

## **Beddelaadda xafaayadda**

Ka beddel xafaayadda marka ay qoyanaato amase wasakh noqoto. Waxay taasi kaa caawin doontaa in jidhku dayacmo. Kala hadal dhakhtarka ilamahaaga amase kalkaalisada caafimaad haddii ilamaha jidhkiisu dhiigrooro. Adeegso mara yar oo qoyan amase masaxaadda ilamaha, si aad uu nadiifiso jidhiisa inta xafaayaddu qariso. Hubi inaad nadiifiso inta u dhaxaysa xubanaha taranka. Saxaro amase inyaroo xafaayad ahi ayaa ku dhuuman kara laalaabkaas, sidaa darteed si fiican u nadiifi.

- **Hablaha** – U nadiifi xubnaha taranka adoo kasoo bilaabaya sare oo hoos u masaxaya. Taasi waxay ka ilaalisaa in saxaro yari ka gasho godka u furan kaadjahaysta, deedna ay keento caabuq.
- **Wiilasha** – Si deggan ugu nadiifi buuryada.

## **Ciddiyaha**

Ka goo ciddiyaha ilamahaagu marka uu hurdo. Ku goo ciddiyaha cidiya-gur carruurta loogu tala galay ama maqas. Si toos ah ugoo ciddida balse ka ilaali inaad ku dhawaato jidhka. Waxaad ku dheegi kartaa hareeraha si ay isugu sinnaadaan ciddiyuhu. Toddobaadkiiba mar ka gaabi ciddiyaha. Hubi in ilmahaaga ciddiyihiisu ahaadaan kuwo gaagaaban si aanu isu xagan.

## Sleeping

Babies sleep safest on their backs. Place your baby on his or her back to sleep with his or her head uncovered. To prevent flat spots on the back of the head, turn your baby's head different directions with each nap. Do not place your baby on his or her tummy to sleep.

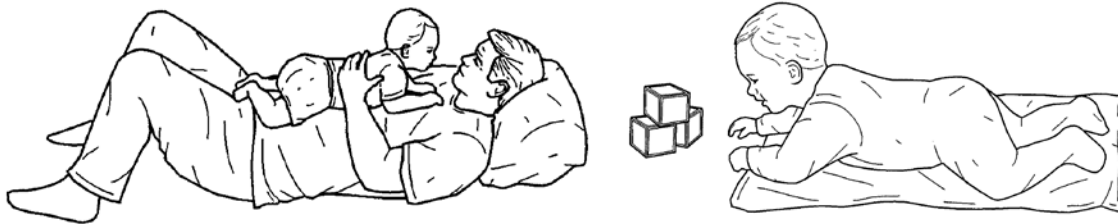
Place your baby on a firm mattress for your baby to breathe safely. Do not place your baby on a soft surface, sofa or waterbed. Remove soft and loose bedding and toys from your baby's sleep area.

Dress your baby in warm sleep clothing to avoid using any blankets. If you do use a blanket, keep blankets and other coverings away from your baby's head. Have the blanket no higher than your baby's chest. Tuck the sides of the blanket under the mattress.

If your baby uses a pacifier, put the pacifier in your baby's mouth. Do not replace it if it falls out during sleep.

## Tummy Time

Place your baby on his or her stomach while you spend time with your baby when he or she is awake and ready to play. This will help your baby's muscles in the neck, arms and body get stronger. It also helps your baby avoid flat spots on his or her head, and help your baby learn how to roll, sit, crawl, and pull to stand. Start out with just a few minutes at a time, a few times each day. Increase the time as your baby gets used to it and begins to like it. Play with your baby in this position. **Never leave your baby alone on his or her stomach.**



## Hurdada

Carruurto waxay si nabdoon ugu seexdaan dhabarkooda. U seexi ilmahaaga dhabarka, madaxana haka daboolin. Si aan dhinacyada madaxu mid u ballaadhan, ukala beddel oo marba dhinac u seexi ilmaha. Ha u seexin ilamah caloosha. Dul dhig ilmahaaga furaash adag si uu u neefsado ilmahaagu.

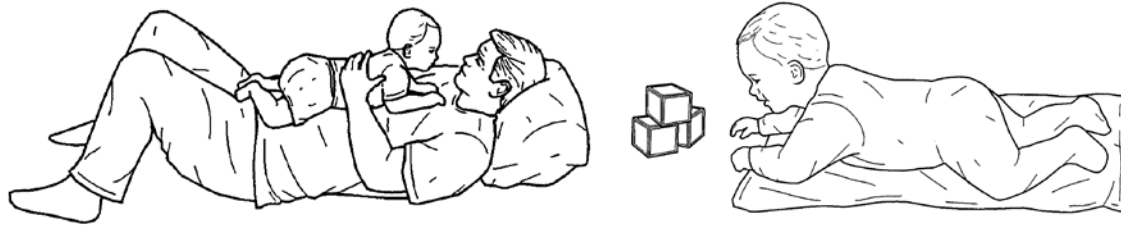
Indhig unuga jodari kakan mise hoog leh sidi in neefado. Indhugtoo unuga meel nugul mise meel biyo leh. Ka fogee waxyaabaha jiljilacsan ama la siiban kara meesha uu ilmahaagu seexanayo.

U labis ilmahaaga oo ku seexi dhar diiran oo lagu seexdo si aad uga ilaaliso inaad buste huwiso. Haddii aad adeegsato buste, ka ilaali bustaha iyo waxyaabo kale oo ilamaha madaxiisa qarin kara. Ka fogee madaxiisa. Yaanay laabta ilmahaaga dhaafin bustayaasha aad huwisa. Geli hareeraha bustaha furaashka hoostiisa.

Haddii uu ilamahaagu adeegsado mujuruc, afka u geli mujuraca. Haddii isagoo hurda uu ka dhaco mujurucu, ha ku celin ilmaha afkiisa.

## Ciyaarta

U dhig ilmahaaga caloosha markaad waqti yar la qaadanayso oo aad la ciyaar ayso, isagoo ama iyadoo ilmuhu uu doonayo ciyaartaas soona jeedo. Taasi waxay ka caawin doontaa ilmaha in muruqyadiisa, gacmihiisa iyo luquntiisu u adkaadaan. Waxay kale oo kaa baajin in ilmuhu uu madaxiisa meel balaadhan ku yeesho, waxaanay bari ilmahu inuu is rog-rogo, fadhiisto, gurguurto oo istaago. Ku bilow waqti yar oo xaddidan maalintii, dhowr jeerna maalintii u samee. Kordhi waqtiga aad ilmaha la ciyaarayso kolba sida uu ilmuhu u jeclaado ee uu xiiseeyo. Kula ciyaar ilmahaaga sedan sawirka ka muuqaa. **Waligaa ha ku kaliyayn ilmahaagu inuu caloosha u seexdo.**





## **Room Temperature and Dress**

Dress your baby with one extra layer more than you are wearing. Do not overdress your baby or let him get too warm. Your baby's room should be at a temperature that is comfortable for an adult. Air conditioning is not harmful to your baby, but keep your baby away from fans and drafts.

## **Your Baby's Temperature**

Take your baby's temperature if your baby is eating poorly, feels warm to the touch, is more irritable or is hard to wake. With new babies, a temperature below 97 degrees or above 100 degrees Fahrenheit may be a sign of an infection. Most doctors want you to take your baby's temperature under the arm, called an axillary temperature. Normal axillary temperature is 97.6 degrees Fahrenheit.

**Call your baby's doctor** if your baby's temperature is over 100.4 degrees Fahrenheit. Remove extra layers of clothing and blankets and recheck your baby's temperature in 30 minutes.

## **Crying**

Most babies cry a little each day. Crying is a way of communicating needs, such as hunger, wet, thirsty, cold or bored. It can also be a way to release tension.

With healthy babies, it is normal:

- For the crying to come and go. This most often occurs in the first 3 to 4 months.
- For the baby to keep crying when you are trying to comfort them.
- For crying to happen more in the evening hours when baby is tired.
- For your baby to have a red face, clenched fists, hard and tight stomach, arched back, legs pulled up to their stomach or stiff legs.
- For the crying to last a long time.

A crying baby can frustrate and worry parents. Crying often makes parents think there is something wrong. Understanding what is normal will not make your baby stop crying, but it can make you feel better about yourself and your baby. Always check with your doctor if your baby cries more than you think your baby should.

## **Qolka heerkulkiisa iyo dharka**

U geli ilmahaaga dhar hoose oo dheer waxaad adigu gashatid. Xoog ha ugu labisin dhar calculus oo keena inuu aad u diirranaado. Heerkulka qolka ilmahaagu waa inuu ahaadaa mid uu qof wayni ku raaxaysan karo. Qaboojiyuhu dhibaato uma laha ilmahaaga, hayeeshee ka fogee marawaxadda iyo dabayl waca.

## **Heerkulka ilmaha**

Ka cabbir heer kulka hadii ilmuhu cunta xunyahay, amase aad dareento diiranaan markaad taabato, ama uu aad u cadhaysan yahay amase uu hurdada ka kici waayo. Ilmaha yare e heerkulkiisa ka hooseeyo 97 digrii amase ka sarreeyo 100 digrii oo Ferenhayta ahi waxa uu noqon karaa mid ay kusoo socoto caabuq. Dhakhtarrada badakoodu waxay kugu la talin inaad ka qaado heerkulak kilinkillada hoosteeda, kaasoo loo yaqaano “axillary temperature”. Heerkulka kilinkillada ee caadiga ahi waa marka ilmuhu noqdo 97.6 digrii oo Ferenhayt ah.

**Inweer daktartka hoo unuga** kuleelshee saaid nogoda ama kubadada 100.4 kuleelshee. Ka saar dharka hoose ee ilmuhu xidhan yahay ee dheeraadka ku ah iyo bustayaasha dabadeena ilaa 30 dakiika ka dib hubi ilmaha heerkulkiisa.

## **Oohinta**

Carruurta badankeedo waxay oydaa maalintii kasta in yar. Oohintu waa hab uu ilmihi ku sheego wax, sida haddii uu gaajoonayo, qoyan yahay, harraadan yahay, dhaxamoonayo amase niyad jabsan yahay. Waxay kale oo ahaan kartaa si uu ilmuhu isaga saaro ciil.

Ilmaha caafimaadka qaba, waxaa caadi u ah:

- Oohinta oo kusoo noqnoqta. Tan waliba dhiaasee 3 ilaa 4 biloodinka horeeto.
- Hoo ada in raaxoyaase unuga booree.
- Cunuga markii usu nooga watiga dambee eed ye inbooree.
- In wajigu casaado ilmaha, gacmaha aad u xidho, calooshuna adkaato, dhabarku xanuuno, luguha sare usoo qaado oo luganaha giigiijiyo.
- Inuu waqti dheer ooyo.

Ilmaha oohinta badani wuxuu ku keeni karaa madax xanuun waalidka iyo dhibaato. Oohintu had iyo jeer waxay ku keentaa in waalidku u maleeyaan inay jiraan waxyaabo ilmaha ka qaldantahay. Fahanka waxa ka qaldani waxaa kaga yaabaa inaanay ilmaha ka joojin oohinta, laakiinse waxaad dareentaa nafis aad ka qabto naftaada iyo ta ilmahaagaba. Had iyo jeer ka hubso dhakhtarka haddii aad u malayso in ilmahaagu oohin dheeri ah leeyahay.

## **Soothing a Crying Baby**

Respond to the crying quickly to prevent your baby from becoming too upset. This will not spoil your baby. **Never shake your baby.** This causes serious injuries. Get help or take a break before you get too upset.

Try these actions to calm your baby:

- Cuddle or swaddle your baby in a blanket and hold him close to you.
- Place your baby's head near your heart.
- Let your baby suck on his or her finger or a pacifier.
- Rock, walk with your baby or take him or her for a ride in a stroller or a car.
- Talk to your baby in a steady, soft voice.
- Sing, hum or coo softly to your baby.
- Turn on something with a rhythmic sound such as music, a fan, and clothes dryer.
- Keep the lights low and the room quiet.

Try to stay calm. Take a break. A crying baby can be stressful. Have someone watch and comfort your baby while you relax. **Call your baby's doctor** for advice if you feel your baby:

- Cries too much
- Has cries that are loud, piercing or do not stop
- Cries more than 3 hours each day and more often than 3 days each week

## **Shaken Baby Syndrome**

Shaken Baby Syndrome is brain damage caused by someone shaking a baby even one time. Normal playing with a child, like bouncing the baby gently on a knee, will not cause brain damage, but **never shake a baby**. Make sure to tell anyone caring for your baby to never shake your baby.

## **Pacifiers**

Babies like to suck. Pacifiers can help calm babies. If you are breastfeeding, do not use a pacifier until your baby is breastfeeding well. Never use a string to attach the pacifier around your baby's neck. Do not use a bottle nipple as a pacifier.

## Sasabaada ilmaha ooyaya

Ugu jawaab degdeg ilmahaaga ooyaya si aanu aad ugu xanaaqin. Taasi ma hallayn doonto ilmahaaga. **Waligaa ha ruxruxin ilmahaaga.** Taasi waxay ku keeni kartaa ilmahaaga dhaawac. Cid ku caawisa doono inta aadan aad u xanaaqin.

Ku day arrimahan si aad u sasabto ilmahaaga:

- Salaax oo deji ilmahaaga, kusoo qaad bustaha oo jidhkaaga kusoo dhawee.
- Saar ilmahaaga madaxiisa wadnahaaga.
- U oggolo ilmahaaga inuu farihiisa jawo amase mujuruc.
- La soc-soco ilmahaaga adoo sare u sida amase ku lux sariirtiisa yar ama kursigiisa.
- Kula hadal hadal naxariis leh oo qabow.
- U hees, guux oo cod naxariis leh ugu baybaysii.
- U shid wax codad leh oo sida muusigu u dhaco samaynaya, babis, ama marawxad, iyo dhar qallajiso.
- Laydhka qolka hoos u dhig oo ka yeel qolka meel deggan.

Isku day inaad is dejiso. Naso. Ilmo ooyayaa wuxuu noqon karaa dhibaato badan. Kaga tag qof kuu ilaaliya oo aamusiiya oo ka yara naso. **Inweer daktarka marwalba** sidii walkiinku sheego xalada cunuga:

- Xoog u ooyo
- Ooyo qaylo dheer, oo dhuuban, oo aan kala joogsanayna
- Ooyo wax ka badan 3 saacadood maalin kasta, amase wax ka badan saddex maalmood toddobaadkii

## Astaanta ilmaha la ruxo

Astaantani waa dhaawac maxkaxda ka gaadha ilmaha oo ay keentay iyadoo la ruxruxayo, xataa mar kaliyana ha ahaatee. Madii adi unuga ladhadheelaasa kababootiyaasha jilbooga wal dhib eh ma insheenassa maskantiisa lakin **inii rugtooy eed.** Hubsona inaad u sheegto qof kasta oo ilmahaaga xannaanaynyaa in aanu ruxin ilmaha.

## Mujuraca

Caruurto way jeceshahay inay wax jaqaan. Mujuracu wuxuu kaa caawin karaa in uu ilmahaaga dejintiisa. Haddii aad naas nuujinayso, ha barin ilmahaaga mujuraca ilaa uu jaqniinka si fiican u barto. Welijaa xadhig haku xidhin mujuraca oo ilmahaaga ha u sudhin qoorta/luqunta. Ha u isticmaalin masaasad sidii mujiraca oo kale.

## **Bathing**

You may give your baby a sponge bath. Do not put your baby into a tub of water until the cord falls off, the umbilical area heals and the circumcision heals for boys.

The temperature of the water should be 100 degrees Fahrenheit or 37 degrees Celsius to prevent chilling or burning. If you do not have a bath thermometer, use your wrist to test the water. It should feel warm, **not** hot. The room should be free of drafts, such as open windows or fans.

**Never leave your baby alone**, even for a second. If the telephone rings or someone knocks on the door ignore it and finish the bath. Accidents can occur quickly. Always support your baby's head during the bath. Keep a firm grip on your baby. A soapy baby can be very slippery.

Bathe your baby every 3 to 4 days. It is best to bathe your baby before a feeding.

## **Washing Baby's Clothes**

In the first few months, a detergent made for a baby, such as Dreft or Ivory Snow may be used because it is gentle on a baby's skin. You may also use detergent without fragrance. Do not use bleach because it can irritate your baby's skin.

## **Vaccines**

Vaccines help prevent diseases. These are given in the doctor's offices and health clinics. To protect your baby's health, vaccines should be given on a schedule. Be sure that your baby gets all his or her vaccines. Take the vaccine record with you to all doctors' appointments. Vaccines for children are free through your local health department.

## **When Should I Call My Baby's Doctor?**

- **Call 911** if your baby turns blue or has trouble breathing.
- **Call your baby's doctor** if your baby has any of the following:
  - ▶ Cries non-stop or is more irritable
  - ▶ A temperature above 100.4 degrees Fahrenheit under the arm
  - ▶ Frequent discharge from the eyes

## Qubeyska

Waxaad siin kartaa ilmahaaga maydhasho aad u masaxdo. Waliga ha dhigin ilmahaaga sixniga maydhista ilaa ay guntinta xudduntu ka dhacdo oo ay xuddintu u qallasho, isla markaana haddii uu yahay wiil la guday ay buuryadu u bogsato.

Biyaha heerkulkoodu waa inuu ahaado 100 digrii oo Ferenhayt ah amase 37 digrii oo centigiraydh ah si aan ilmuhu kaaga guban amase kaaga dhaxamoon. Haddii aadan haysanin cabbire heer-kul, ku eeg curcurka gacantaada. Haatooy fardiir eev naganeey kuleel. Qolku waa in aanu lahayn hawo isu socota, sida daaqaadaha oo isu furan amase marawaxad dabayl abuurta.

**Inkutabtooy unuga shaleediis** dhaqiiqatoo. Haddii teleefonku soo dhaco amase qof kugu garaaco albaabka, iska dhegamar ilaa aad dhammayso maydhista ilmaha. Shil baa si dhaqso ah u dhici kara. Had iyo jeer taageer madaxa ilmaha markaad u maydhayso. Si taxdir leh oo adag u hay ilmahaaga. Saabuuntu way kaa siibi kartaa ilmaha oo wuu kaa dhici karaa.

Inqabooy cunuga 3 jeer ilaa 4 jeer marwalba. Waxaa fiican inaad u maydho ilmaha inta aadan wax siinin ama naaska jaqsiin.

## Maydhista dharka ilmaha

Bilaha hore, dhar dhaqe loogu talo galay carruurta, sida Dreft amase Ivory Snow ayaad u adeegsan kartaa waayo waxay u wanaagsan tahay ilmaha jidhkiisa. Waxaad kale oo adeegsan kartaa dhardhaqe aan lahayn cadar. Ha adeegsan “bilij” waayo waxay keeni kartaa cuncun jidhka.

## Tallaalka

Tallaalladu waxay kaa caawin in ilmuhu aanu bukoon. Waxaana lagaa siinaya warbixinta xarunta dhakhtarkaaga iyo cusbitaallada. Si ilmahaaga ay u badbaadiyaan, waxaa loo baahan yahay inaad tallaalka lagu qaato xilligii loogu talo galay. Hubso in ilmahaagu uu helo dhammaan wax alle wixii tallaalka ah. Qaado dhigaalka dhammaan ballamaha tallaalka. Tallaalka carruurta waa bilaash waxaanad ka heli kartaa waaxda caafimaadka ee dagmadaada.

## Goorma Ayay Tahay Inaan Waco Dhakhtarka Ilmahayga?

- **Inweer 911** hoo unuga kudarento cagaar inii isbadalo mise usu neefooda waaye.
- **In weer daktarka hoo unuga** leyi walagun hadareera:
  - ▶ Si aan kala-joogsi lahayn ayuu u ooyayaa ama intii hore ayuu ka oohin dhow yahay ama ka camal xun yahay
  - ▶ Hoo kubadada kuleelshee 100.4 golonka
  - ▶ Dheecaan fara badan ayaa ka imanaya indhaha

- ▶ A hard time breathing
- ▶ Yellowing or rash on the skin that gets worse
- ▶ Redness discharge or a foul smell from the umbilical cord
- ▶ Baby is breastfeeding less often or taking less formula for more than 8 hours
- ▶ Green vomit or vomiting after more than two feedings in a row
- ▶ Baby is hard to wake up
- ▶ No wet diaper for more than 8 hours
- ▶ Change in stool patterns, constipation or diarrhea
- ▶ Cough that will not go away, especially if there is a rash

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

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- ▶ Neefsashada ayaa dhib ku ah
- ▶ Midab ah jaale/hurdi ama finan ku yaala maqaarka ayaa ka sii daray
- ▶ Casaan amase malax ka timaada xuddunta, amase ur qadhmuun oo kasoo baxda
- ▶ Ilmaha oo aan jaqayn caanaha naasaha, qaadanayana in ka yar intii loogu talo galay, caanaha diyaarsan in ka badan 8 saacadood
- ▶ Inuu hunqaaco cagaar ama in hunqaacadiisu soo noqnoqato markasta oo uu wax cuno
- ▶ Hurdada ka kiciideeda oo ku adkaata
- ▶ Ma jirto kaadi ama xufaayad/dheebar qoyan mudo ka badan 8 saacadood
- ▶ In saxaradiisu is beddesho, calool qallal amase calool furan
- ▶ Hargab iyo qufac aan tagayn, waliba haddii haddii finan kasoo yaacaan

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

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Caring for Your Baby. Somali.