

# Sida Dhakhtar Loogu Doorto Ilmahaaga

## Choosing a Doctor for Your Baby

Before you deliver your baby, you will need to choose a doctor for your baby. This doctor could be a family doctor or a pediatrician. A pediatrician is a doctor who is trained to care for children from birth to age 18. Ask your doctor, family and friends for advice on choosing a doctor for your baby. To find a list of doctors in your area, call a hospital referral line, use a phone book or talk to your insurance provider.

Make appointments to meet some doctors before choosing one for your baby. This will help you see each office where your baby may get care. Ask questions such as:

- What are the office hours? Can I call and speak to a doctor after office hours?
- If my child is sick, can he or she be seen that day?
- Do you accept my health insurance plan?
- How are payments made for care?
- Are you willing to accept my ideas of childcare?
- If there are other doctors in the practice, how does care work?

After you meet with each doctor, choose one that you feel will best care for your baby. Contact the doctor's office and tell them you have chosen their practice.

Ka hor inta aan ilmahaagu dhalan, waxa aad u baahan doontaa in aad dhakhtar u dooratid ilmahaaga. Dhakhtarkaasi waxa uu noqon karaa dhakhtar qoys ama dhakhtar carruur. Dhakhtarka carruurta waa dhakhtar loo tababaray in uu daryeelo ilmaha laga bilaabo dhalashada ilaa da'da 18. waydii dhakhtarkaaga, qoyska iyo saaxiibada talo ku saabsan u doorista dhakhtarka ilmahaaga. Si loo helo liiska dhakhtaatiirta ee jooga agagaarka xafada, wac khadka gudbinta cisbitaalka, isticmaall buugga telefonnada ama la hadal caymis bixiyahaaga.

Samee ballano si aad ula kulanto qaar kamida dhakhtaatiirta kahor doorashada mid ka mida ilmahaaga. Tani waxay kaa caawinaysaa xafiiskii kasta halkaas in ilmahaagu laga yaabo inuu helo daryeel. Waydii su'aalaha sida:

- Waa maxay saacadaha xafiisku? Ma waci ama la hadli karaa dhakhtarka kadib saacadaha shaqada?
- Haddii uu ilmahaagu xanuunsanayo ma la arki karaa maalintaa?
- Ma aqbalaan caymiska caafimaadkayga?
- Sidee baa loo bixiyaa lacagta daryeelka?
- Diyaar ma u tahay inaad aqbasho afkaarta daryeelka ilmahaaga?
- Haddii ay jiraan dhakhtaatiir kale oo barbarad ah, sidee buu daryeelku u shaqaynayaa?

Kadib markaad la kulanto dhakhtar kasta, dooro mid kamida eed is leedahay waa ka ugu wanaagsan ee daryeelaya ilmahaaga. La xidhiidh xafiiska dhakhtarka oo u sheeg iyaga inaad dooratey barashadooda.

## Your Baby's Care after Delivery

Your baby's doctor will visit your baby in the hospital. Your baby cannot go home until checked by your baby's doctor or a doctor in the hospital. You will be sent home with instructions to take to your baby's first well child check-up. Your baby will need to be checked by his or her doctor within a week of going home from the hospital.

At well child check-ups, your baby's doctor will check your child's growth and development and look for signs of illness. Your baby will be given vaccines. These not only keep your child healthy, they help protect all children from serious diseases. Well child check-ups will include:

- Checks of your baby's weight, height and head size.
- Asking questions about your baby's behavior.
- An exam of your baby.
- Teaching you about your baby's care, feeding, what to expect and when to make the next appointment.

## Daryeelka Ilmahaaga Dhalida Kadib

Dhakhtarkaaga ilmaha waxa uu ilmahaaga ku soo booqan doonaa cisbitaalka. Ilmahaaga guriga lama geyn karo ilaa uu dhakhtarka ilmahaagu ama dhakhtar jooga cisbitaalku eego/fiiriyo. Marka guriga lagu soo dirayo waxa lagu siin doonaa farriimo ah in aad ilmahaaga geysid baadhitaanka wacnaanta ilmahaaga ee ugu horreeya. Waxa ilmahaagu u baahan yahay in uu fiiriyo dhakhtarkiisu gudaha hal todobaad laga billaabo marka guriga la keeno ee laga saaro cisbitaalka.

Marka la qabanayo baadhitaannada wacnaanta ilmaha, waxa dhakhtarkaaga ilmahu uu eegi doonaa koritaanka iyo kobaca waxaanu eegi doonaa calaamadaha xanuunka. Ilmahaaga waxa la siin doonaa tallaalo. Kuwaasi waxay ku hayn doonaan caafimaad, sidoo kalena waxay dhammaan ilmaha ka badbaadin doonaan cuduro culus. Waxa baadhitaannada wacnaanta ilmaha ku jiri doona:

- Baadhitaanno lagu sameeyo miisaanka, dhererka iyo cabirka madaxa ilmahaaga.
- Su'aalo lagaa weydiiyo dabeecadda ilmahaaga.
- Baadhitaan lagu sameeyo ilmahaaga.
- In lagu baro daryeelka ilmahaaga, quudinta, waxa aad filan kartid iyo goorta la sameysto ballanta ku xigta.