

Getting Started Breastfeeding Your Baby

Breastmilk is the perfect food for your baby. It is all your baby needs for the first 6 months of life. It can take time to learn how to breastfeed. Be patient. You and your baby are both learning something new.

The first milk your body makes is called colostrum. It is often a thick, creamy yellow. Colostrum is rich in nutrients and antibodies that protect your baby from infections and diseases. Breastmilk changes as your baby grows. It becomes a thin, white liquid that sometimes may even look bluish.

Babies do not need any extra water. Your milk is all they need. Avoid giving your baby bottles, pacifiers or using nipple shields in the first few weeks of life unless directed to do so by a doctor. The more often you breastfeed, the more milk you make. It is normal for babies to breastfeed every 1 to 3 hours in the beginning.

Getting Ready to Breastfeed

Wash your hands and make yourself comfortable. Use pillows to help you hold and support your baby. Some mothers massage their breasts gently before breastfeeding.

Bilaabista Naas-nuujinta Ilmahaaga

Caanaha naasku waa cuntada ugu fiican ee ilmahaaga. Waa dhamaan waxa ilmahaagu u baahan yahay 6-da bilood ee ugu horeeya noloshiisa. Waxay qaadan kartaa wakhti inta aad ka baranaysid naas-nuujinta. Sabir lahow. Adiga iyo ilmahaagu labadiinuba waxa baranaysaan wax idinku cusub.

Caanaha ugu horeeya ee jirkaagu sameeyo waxa la yidhaahdaa dambar. Badanaa waa caano adag oo ah labeen hurdi/jaale ah. Dambarku waxa uu qani ku yahay nafaqo iyo antibodhiyo (antibodies) ilmahaaga ka badbaadinaya caabuqa/fashfasha iyo cudurada. Caanaha naasku way is beddelaan marka ilmahaagu sii koro. Waxay noqdaan kuwo hoore khafiif ah, oo cad oo marmarka qaarkood xiita u eg buluug.

Ilmuhu uma baahna biyo dheeraad ah. Waa caanahaaga waxa ilmuhu u baahan yahay. Ilmahaaga ha siin dhalooyinka ilmaha, aamusiiyeyaal ama mujurucyo dhawrka todobaad ee ugu horeeya noloshiisa haddii aan dhakhtarku sidaa kuu sheegin. Marka aad sii kordhisid naas-nuujinta, waxa sii kordhi doona caanaha naaskaaga. Waxa ilmaha u caadi ah inay naas nuugaan 1 ilaa 3 saac kasta, marka ugu horeysa.

Isu Diyaarinta Naas-nuujinta

Dhaq gacmahaaga oo si raaxo leh isu meelee. Isticmaal barkimooyin si ay kaaga caawiyaan inaad xejisid oo taageertid ilmahaaga. Hooyooyinka qaarkood waxay si tartiib ah u duugaan naasahooda naas-nuujinta ka hor.

Holding Your Baby to Breastfeed

There are several positions you can use to breastfeed your baby. Make sure you have your baby at breast height so that you are not leaning over your baby. Always bring your baby to your breast instead of trying to put your breast into your baby's mouth.

Football and cross cradle holds will provide the best head control for the newborn.

- **Football or Under the Arm Hold**

1. Place your baby on a pillow at your side.
2. Support your breast with 4 fingers below and your thumb above, forming a "C". Make sure your fingers are behind the areola, the dark area around your nipple.
3. Hold your baby tucked under your arm. Place the palm of your hand on your baby's upper back, between the shoulder blades. Control your baby's head at the neck, below the ears.
4. Lift your baby up to your breast.
5. Tickle your baby's lips with your nipple and wait until your baby's mouth opens wide.
6. Bring your baby onto your breast.



Sida ilmahaaga Loo Qabto Si Loo Naas-nuujiyo

Waxa jira dhawr meeleyn oo aad isticmaali kartid si aad u naas-nuujisid ilmahaaga. Hubso in aad ilmaha ku haysid joogga naaska si aadan hoos ugu foorarsan ilmahaaga. Markasta ilmaha sare u soo qaad ilaa aad ka keentid naaska halka aad isku dayi lahayd inaad naaska galisid afka ilmaha.

Qabashada ah habka kubadda (football) iyo qabashada weydaarka hab-siinta (cross cradle) ayaa laga heli doonaa sida ugu fiican ee loo xejiyo madaxa ilmaha dhawaan dhashay.

• Qabashada ah Kubadda ama Qabashada Gacanta Hoosteeda

1. Ilmahaaga saar barkin taala dhinacaaga.
2. Naaskaaga ku taageer 4 farood oo xagga hoose ah iyo suulka oo xagga sare ah, iyaga oo sameynaya qaab ah “C”. Hubso in farahaagu ka hooseeyaan wareegga ibta naaska, oo ah goobta madow ee ku wareegsan ibta naaska.
3. Xeji ilmahaaga oo ku meeleysan gacantaada hoosteeda. Baabacadaada saar dhabarka sare ee ilmahaaga, meel u dhexeysa lafaha garbaha. Ka xeji madaxa ilmahaaga adigoo qabanaaya qoorta, meel ka hooseysa dhegaha.
4. Ilmaha sare u soo qaad ilaa naaska.
5. Ibtanaaska marmari bishimaha ilmahaaga oo sug ilaa afka ilmuhu si aad u furmayo.
6. Ilmahaaga ku du' naaska.



- **Cross Cradle Hold**

1. Place your baby on a pillow across your lap so he or she faces you at breast level.
2. Support your breast with the hand on that side with your fingers and thumb below to form a “U” shape.
3. Place your baby’s legs under the arm opposite the breast from which he will be feeding.
4. Support your baby’s head and back with your arm and hand your baby’s legs are under.



- **Cradle Hold**

Many mothers find this hold hard at first. It gets easier as your baby gets a little bigger and more skillful at nursing.

1. Place your baby on her side with baby’s tummy facing you, using pillows so she is at breast level.
2. Rest your baby’s head on your forearm.
3. Support your baby’s back and hold her bottom with your hand.



- **Qabashada Weydaarka Hab-siinta (Cross Cradle Hold)**

1. Ilmahaaga saar barkimo saaran dhabtaada iyada oo ilmuhu dhinacaaga soo eegayo marka uu ku toosan yahay heerka naaska.
2. Naaskaaga ku taageer gacanta xigta dhinacaas iyada oo farahaaga iyo suulka hooseeya ay sameynayaan qaab ah “U”.
3. Gee lugaha ilmahaaga meel ka hoosaysa gacanta ka soo horjeeda naaska la siin doono.
4. Madaxa iyo dhabarka ilmahaaga ku taageer cududdaaga iyo gacantaada oo ka hooseeya lugaha ilmahaaga.



- **Qabashada Hab-siinta (Cradle Hold)**

Hooyooyin badan ayaa qabashadani marka hore ku adag tahay. Waxay fududaataa marka ilmuhu sii koro ee xirfaddiisa naas nuugistu sii fiicnaato.

1. Ilmaha dhinac u dhig iyada oo calooshiisu xaggaaga u soo jeedo, adiga oo isticmaalayaa barkimooyin si ilmuhu ula sinaado heerka naaska.
2. Madaxa ilmahaaga saar gacmahaaga meesha hore.
3. Taageer dhabarka ilmahaaga oo barida ilmaha ku xeji gacantaada.



- **Side-Lying Hold**

This hold is also hard at first unless you have help.

1. Make yourself comfortable by lying on the same side as the breast from which you will feed.
2. Use pillows for support.
3. Place your baby on his side facing your breast.
4. Cradle your baby with the base of his head in the bend of your arm.



Latching On

When your baby is positioned and your breast is supported, you are ready for your baby to latch onto your nipple.

- Place your hand under your breast behind the dark area around the nipple called the **areola**. Gently lift the breast. Guide your nipple toward your baby's mouth.
- Tickle your baby's lips with your nipple. Gently squeeze out some milk. Your baby should open his or her mouth wide. Aim the nipple up and back, deep into your baby's mouth.
- When your baby opens her mouth wide like a yawn, pull your baby closer. This allows you to help your baby get as much of the areola inside your baby's mouth.

• Qabashada Dhinac U-jiifsadka

Qabashadani marka hore waa dhib haddii aadan haysan gargaar.

1. Si nafis leh isugu meelee dhinaca uu ku yaalao naaska aad siin doonta ilmaha.
2. Barkimooyin u isticmaal taageero ahaan.
3. Ilmahaaga u dhig dhinaciisa u jeeda naaskaaga.
4. Hab sii ilmahaaga iyada oo salka madaxiisu ku jiro laabka gacantaada.



Qabsashada

Marka ilmahaagu meeleysan yahay ee naaskaagu taageersan yahay, waxa aad diyaar u tahay in ilmahaagu qabsado ibta naaskaaga.

- Gacantaada saar naaskaaga hoostiisa oo ka dambeysa **goobta madow** ee ku wareegsan ibta. Si tartiib ah sare u qaad naaska. Ibta naaska ku du' afka ilmaha.
- Ibta naaska marmari bishimaha ilmaha. Si tartiib ah u tuuji wax yar oo caano ah. Waa in ilmahaagu si aad u furaa afkiisa. Ku toosi ibta oo kor iyo hoos u wad, in qoto lehna ha gasho afka ilmahaaga.
- Marka ilmahaagu si aad ah afka u furo sida hamaansiga oo kale, soo dhawee ilmaha. Taas waxay ilmahaaga ka caawinaysaa inuu in weyn oo ah goobta madow ee naaska galiyo afkiisa.

- Hold your baby's body against your stomach with the tip of your baby's nose and chin next to your breast. Continue to hold your breast to support its weight and to prevent your nipple from falling out of your baby's mouth.
- Burp your baby before switching to your other breast. For the next feeding, start on the side you ended with at the last feeding.

How often should I breastfeed?

Breastfeed every 2 to 3 hours during the day so that your baby may not wake as often during the night for feedings. Fewer day feedings mean that your baby will need more feedings at night. During the first 3 months, babies need to feed 8 to 10 times in a 24-hour period. Breastfeeding often helps you make more milk and prevents your breasts from becoming overfull or engorged.

How soon should I breastfeed after my baby is born?

Breastfeed right after delivery if possible. Continue to breastfeed your baby every 2 to 3 hours even if your milk has not come in or you do not have a lot of milk yet. In the early days of life, breastfeeding is very important. Practice times together help you and your baby get to know one another. Be patient with yourself and your baby.

- Jirka ilmahaaga ku xeji calooshaada iyada oo caarada sanko iyo garka ilmuhu ku xigaan naaskaaga. Sii wad xejinta naaskaaga si aad u taageertid miisaankiisa oo aan ibtu uga soo bixin afka ilmaha.
- Ka daaci ilmahaaga ka hor inta aadan u wareejin naaskaaga kale. Marka ku xigta ee aad naas-nuujinaysid, ka bilaw dhinacii ugu dambeeyay ee aad ku quudisay.

Immisa jeer ayay tahay inaan naas-nuujiyo?

Naas-nuuji 2 ilaa 3 saac kasta maalintii si aan ilmahaagu u soo toosin marrar badan habeenkii, si loo quudiyo. Quudinta maalinta oo yar macnaheedu waxa weeye, ilmahaagu waxa uu u baahan doonaa quudin dheeraad ah habeenkii. Inta lagu jiro 3-da bilood ee ugu horeeya, ilmuhu waxay u baahan yihiin in la quudiyo 8 ilaa 10 jeer mudo ah 24 saacadood. Naas-nuujintu waxay badanaa kaa caawinaysaa in caanahaagu soo bataan waxana ay naasahaaga ka horjoogsanaysaa inay si xad dhaaf ah u buuxsamaan ama darar dhaafaan.

Waa kee wakhtiga ugu soo horeeya ee ay tahay inaan naas-nuujiyo ilmaha dhalashada ka dib?

Haddii ay suurtoagal tahay isla markiiba dhalashada ka dib nuuji naaska. Sii wad naas-nuujinta 2 ilaa 3 saac kasta xiitaa haddii aan caanuhu iman ama aadan wali lahayn caano ku filan. Maalmaha ugu horeeya ee nolosha, naas-nuujintu si aad ayey muhiim u tahay. Wakhtiyada tababarku waxay adiga iyo ilmahaaga ka caawinayaan in aad is barataan. Sabir u yeelo naftaada iyo ilmahaaga.

How long should I breastfeed my baby?

Most babies will breastfeed for about 15 to 20 minutes the first 24 to 48 hours. After this time, the baby may want to breastfeed for 20 minutes on one breast and continue for up to 20 minutes on the second breast. Let your baby, rather than the clock, decide when he is finished.

Helpful tips:

- Breastfeed your baby on the first breast until he is done. The baby may slow down and comfort suck, release the nipple or start to fall asleep with the nipple resting in his mouth.
- Burp your baby and offer your other breast.
- Some babies breastfeed on both breasts at each feeding, while others may breastfeed on only one. If your baby takes the second breast, let your baby breastfeed on the second breast until he is finished.
- When finished, your baby will act full, relaxed and content.



Mudo intee leeg ayay tahay inaan naas-nuujiyo?

Badi ilmuhu waxay naaska nuugi doonaan qiyaas ah 15 ilaa 20 daqiiqadood 24-ka ilaa 48 saacadood ee ugu horeeya. Ka dib wakhtigan, ilmuhu waxa uu rabi karaa inuu nuugo 20 daqiiqadood hal naas oo sii wado ilaa 20 daqiiqadood naaska kale. Ilmahaaga u oggolow in uu go'aamiyo wakthiga uu dhameystay naas-nuugista, inta aad saacadda u eegi lahayd.

Talooyinka faa'iidada leh:

- Naas-nuuji ilmahaaga ilaa uu ka dhameysanayo. Ilmuhu waa uu gaabin doonaa nuugista waxana uu u nuugi doonaa si tartiib ah, sii dayn doonaa ibta ama waxa uu bilaabi doonaa inuu seexo iyada oo naasku afka ugu jiro.
- Ka daaci ilmahaaga oo sii naaska kale.
- Ilmaha qaarkood waxay nuugaan labada naasba wakhti kasta oo quudin ah, halka kuwo kale ay nuugaan hal naas kaliya. Haddii ilmahaagu qaato naaska kale, u oggolow ilmaha inuu nuugo naaska kale ilaa uu ka dhameysanayo.
- Marka uu dhargo, ilmahaagu waxa uu u dhaqmi doonaa inuu dharagsan yahay, dabacsan yahay oo faraxsan yahay.



How do I take my baby off my breast?

Taking your baby off your breast or breaking the suction of your baby's tongue may be done in two ways:

- Insert your finger in the corner of your baby's mouth, between your baby's gums.
- Curl your baby's lower lip over his lower gum until you feel your baby's tongue release your nipple. Then remove your baby's head away from your breast gently.

How do I know if my baby is getting enough to eat?

Your body makes as much milk as your baby needs. If you breastfeed every 2 to 3 hours for 20 minutes on each breast, your body will produce more than enough milk for your baby. 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

Call your baby's doctor, clinic or a Lactation Specialist for help if you think your baby is not getting enough to eat.

Sidee baan ilmahayga uga qaadaa naaska?

Ilmaha oo aad ka qaadid naaska ama jaqista carabka ilmaha oo aad joojisid waxa lagu sameyn karaa laba siyaabood:

- Gali fartaada geeska afka ilmaha oo ah meel u dhexeysa ciridka ilmaha.
- Bishinta hoose ee ilmaha ku duub ciridkiisa hoose ilaa aad ka dareemaysid in carabka ilmuhu sii daayay ibta naaska. Ka dibna si tartiib ah madaxa ilmaha ka fogee naaska.

Sidee baan ku ogaan karaa haddii ilmahaygu qaadanayo quud ku filan?

Jirkaagu waxa uu sameeyaa caano ah inta ilmahaagu u baahan yahay. Haddii aad naas-nuujisid 2 ilaa 3 saac kasta mudo ah 20 daqiiqadood naas kasta, jirkaagu waxa uu soo saari doonaa caano ka badan ilmahaaga. Haddii ilmahaagu uu helo caano ku filan, naasahaagu waxay noqon doonaan kuwo ay caano ka buuxaan, isla markaana waxay noqon doonaan kuwo jilicsan quudinta ama jaqista ka dib waxana ay dib u buuxsami doonaa inta u dhexeysa quudinta. Ilmahaagu waxa uu:

- Yeelan doonaa 6 ama in ka badan oo ah xafaayado qoyan mudo ah 24 saacadood
- Waa uu seexan doona inta u dhexeysa quudinta
- Waxa uu saxaroon doonaa 2 jeer maalin kasta
- Waxa kordhi doonaa miisaankiisa

Wac dhakhtarka ilmahaaga, xarunta caafimaadka ama La-taliye Naas-nuujin si aad u heshid caawinaad haddii aad u maleynaysid in ilmahaagu aanuu heleynin quudin ku filan.

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