

Planning Ahead for the Birth of Your Baby

The following are things you can do to get ready 6 to 8 weeks before your baby is due.

- Choose a baby doctor called a pediatrician or a family doctor for your baby.
- Think about taking childbirth education, breastfeeding and baby care classes to prepare you to care for your baby.
- Take a hospital tour. This helps you know where you will deliver your baby and gives you the chance to learn about the hospital's routines and policies.
- Fill out hospital forms and send them to the hospital. This will shorten the admission process when you are in labor.
- Put the car seat in your car. Have it checked or installed by a trained person. Call your local fire station or health department to see if they do car seat inspections. You cannot take your baby home from the hospital without a car seat. If you have limited income, check with your doctor or clinic to see if they have free or lower cost car seats available.
- Make plans for someone to care for your other children while you are in the hospital.
- Plan for help with housework and meals for a couple of weeks after your baby is born.
- Get the baby's room, crib and other items ready for use. Prepare a place to care for your baby such as diaper changing station on each floor of your home. Some parents put baby care items in a basket that can be carried from room to room.

Qorshaha Isu-diyaarinta Dhalashada Ilmahaaga

Waxyaabahan soo socdaa waa waxyaabo aad qaban kartid si aad isu diyaarisid 6 ilaa 8 todobaad ka hor wakhtiga la filayo dhalashada ilmahaaga.

- Ilmahaga u dooro dhakhtar ilmo (pediatrician) ama dhakhtar qoys.
- Kafikir ilmaha waxbarshada dhalashada ilmahaaga, naasnuujinta fasalada daryeelka ilmaha si aad u diyaariso daryeelka ilmahaaga.
- Booqo cisbitaalka. Taasi waxay kaa gargaari doontaa in aad ogaatid meesha aad ku umuli doontid waxana ay ku siinaysaa fursad aad wax kaga baratid caadooyinka iyo dhaqanka cisbitaalka.
- Buuxi foomam cisbitaalka oo u dir cisbitaalka. Taasi waxay soo gaabin doontaa habka galista cisbitaalka marka ay fooshu ku hayso.
- Ku xidh baabuurka kursiga baabuurka ee ilmaha. Ha hubiyo qof la tababaray. Wac xaruntaad dabdamiska ama waaxda caafimaadka ee dagmadaada si ay u eegaan ay tahay inay kormeeraan kuraasta gaadhiga Ilmahaaga kama soo saari kartid cisbitaalka haddii aanad haysan kursiga baabuurka ee ilmaha. Haddii dhaqaalahaagu yaryahay, weydii dhakhtarkaaga ama kiliinigga si aad u ogaatid haddii ay heli karaan kuraas baabuur oo bilaash ah ama qiimo jaban.
- Qorshe u samee qof kale oo sii haya caruurtaada kale inta aad ku jirtid cisbitaalka.
- Sii qorsheyso gargaar ah xagga shaqada guriga iyo cuntada ilaa laba todobaad ka dib marka ilmahaagu dhasho.
- Diyaar ka sii dhig qolka ilmaha, xoolka iyo alaabta kale ee ilmuhu isticmaalayo. Sii diyaari meel aad ilmahaagu ku daryeesho sida meel lagaga beddelo goobtii kasta ku taala dabaq kasta oo ah gurigaaga. Waalidka qaarkii waxay alaabta ilmaha ku ridaan dambiil ama sallad hadba qol loo qaadi karo.

- Pack your bag for the hospital.
- Plan childcare for your baby if you plan to return to work. Many childcare centers have long waiting lists.

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

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- Sii xidhxidho alaabta aad cisbitaalka u qaadan lahayd.
- Qorshe u samee daryeelka ilmahaaga haddii aad ku talo jirto inaad ku laabato shaqada xarumo badan oo lagu daryeelo ilmaha ayaa leh liiska magacyada sugitaanka.

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

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Planning Ahead for the Birth of Your Baby. Somali.