

# Your New Baby

As a new parent, you may have questions about your baby. Below are some common physical features and behaviors you may notice in your baby soon after birth.

## **Sleep and Wake Cycles**

For the first few hours after birth, babies are active and awake. Then they become sleepy for the next 12 to 24 hours. Expect your baby to sleep 16 to 20 hours a day, and not on any set schedule. Babies wake often at night for feedings.

## **Head**

Your baby's head may look large and misshaped from the birth process. This will slowly correct itself in about a week. Babies have two soft spots on the head. These soft spots will slowly close and do not need any special care.

## **Eyes**

Babies see best at a distance of 8 to 10 inches. Your baby's eye color changes to its permanent color at 6 to 12 months. It is normal for your baby's eyes to be swollen, have red spots in the white part of the eyes or look cross-eyed. These conditions will most often go away.

# Ilmahaaga Cusub

Marka aad tahay waalid cusub, waxa laga yaabaa inaad qabtid su'aalo ku saabsan ilmahaaga. Halkan hoose waxa ku qoran qaar ka mid ah muuqaalka jidheed iyo dabeecadaha laga yaabo inaad ku aragtid ilmahaaga marka uu dhasho ka dib.

## Wareegyada Hurdada iyo Soo-jeedidda

Dhawrka saacadood ee ugu horeya ee ku xiga dhalashada, ilmuhu way firfircoon yihiin waana ay soo jeedaan. Kadib hundurmo qabadaasa 12 ilaa 24 saacadood. Filoow in unugaa kinka seexada 16 ilaa 20 saacadood yeyna in jiifanee marwalba. Marrar badan ayay ilmuhu habeennimo toosaan si wax loo siiyo.

## Madaxa

Waxa laga yaabaa in madaxa ilmahaagu u eeg yahay mid weyn oo uu qaabkiisa beddelay habkii dhalmadu. Taasi si tartiib ah ayay iskeed isku sixi doontaa gudaha qiyaasta todobaad. Ilmuhu laba meelood oo jilicsan bay ku leeyihiin madaxa. Meelaha jilicsani si tartiib ah ayay u xidhmi doonaan umana baahna daryeel gaar ah.

## Indhaha

Olaada mey sifeela in aragaayan 8 ilaa 10 tilaako. Unuga indhooge meey iskabadaayaan kalarka 6 ilaa 12bilood. Waa caadi in indhaha ilmahaagu yihiin kuwo bararsan, ay baro casaan ah ku leeyihiin qaybta cad ee isha ama ay u eeg yihiin kuwo cawaran ama weershe ah. Xaaladahaasi badanaa way iska tagi doonaan.

## Breasts and Genitals

It is normal for babies' breasts and genitals to look swollen. This will slowly go away. The baby's breasts may have a small amount of milk-like fluid coming out of them that will slowly go away. It is normal for baby girls to have a small amount of blood-tinged vaginal discharge and mucus for several days after birth.

## Skin

The lips and the area inside the mouth should be pink.

- If you notice any blueness around your baby's mouth and your baby is not alert or able to respond to you, **call 911**.
- If your baby develops skin blisters filled with fluid or pus, **call your baby's doctor** to have your baby checked for an infection, especially if there is also a cough, fever or poor feeding.

These skin conditions may be seen and will often go away without treatment:

- Patches of red skin seen on the eyelids, forehead or back of the neck.
- Bluish-gray spots found on the back and buttocks that often fade over a period of months or years.
- Fine, white bumps that are not blisters over a red background. This does not need any creams or lotions.
- Tiny white dots that appear on the face. Do not squeeze them.
- Dry peeling skin or cracking around the wrists or ankles. As the dry skin flakes off, new soft skin will appear.

## Naasaha iyo Cawrada

Waa caadi in naasaha iyo xiniinyaha ilmuhu u eeg yihiin kuwo bararsan. Taasi si tartiib ah ayay uga tagi doontaa. Waxa laga yaabaa in naasaha ilmuhu leeyihiin qadar yar oo ah dheecaan u eeg caano oo ka soo baxaya taasoo si tartiib ah uga tagi doontaa. Waa caadi in ilmaha gabadha ahi ay yeelato qadar yar oo ah dheecaan dhiig ku jiro iyo xab ka soo baxaya hoosta ama cawradeeda mudo ah dhawr maalmood ka dib dhalashadeeda.

## Maqaarka

Waa in dibnaha iyo aagga ah gudaha afku yahay basali ama casaan basali ah.

- Hoo unugaa afjee cagaar noqoda oo usna hadala korna **inweer 911**.
- Hoo unugaa maqaarshee biya galaan **inweer dhaktarka** sidii infiiriya hoo infekshon qabo qaas ahaan hoo qufacoo, jradoo mise rashiin xumo qabo.

Waxa laga yaabaa in xaaladahan maqaarka la arko oo badanaa ay iska tagaan daweyn la'aan:

- Baro ah maqaar cas oo ku yaala xirribaha, dhafoorka ama xagga dambe ee qoorta.
- Baro buluug-cawlan oo ku yaalaa dhabarka iyo badhida oo badanaa iska taga gudaha mudo ah bilo ama sannado.
- Kuuskuus yaryar oo cad oo aan ahayn finan biyo leh oo uu ku wareegsan yahay aag casaan ah. Kuwani uma baahna labeen.
- Baro aad u yaryar oo ka soo baxa wajiga. Ha tuujin.
- Maqaar qallalan oo go'aya ama sanqadh ah qajajac ama jeheb oo laga maqlo agagaarka curcurada ama kuraamaha/canqowga. Marka maqaarka qallalani dhaco, maqaar cusub oo jilicsan ayaa soo bixi doona.

- Fine, downy hair seen on the back, arms and ears.
- Creamy, white substance that may be on the skin at birth and stay in skin folds for the first few days after birth.

## **Jaundice**

Jaundice is a yellow color of the skin and eyes. It often goes away in 1 to 2 weeks. In the hospital, a small sample of your baby's blood may be tested to check the amount of jaundice.

After you go home, check your baby's skin and eye color in natural daylight or in a room with fluorescent lights.

### **Call your baby's doctor if:**

- Your baby's abdomen, legs and arms are yellow.
- Your baby's whites of the eyes are yellow.
- Your baby is yellow and your baby is hard to wake, is fussy or not feeding.

## **Coughing, Sneezing, and Hiccups**

Coughing and sneezing at times is normal. It does not mean the baby is ill unless there is a yellowish or greenish discharge from the nose or other symptoms. New babies often hiccup during or after eating.

- Timo ah xaad naqan oo lagu arko dhabarka, cududaha iyo dhegaha.
- Wax labeen u eeg oo cad oo laga yaabo inuu maqaarka ku yaala wakhtiiga dhalashada ka dibna uu ku jiro laalaabyada maqaarka dhawrka maalmood ee ugu horeeya nolosha ilmaha.

## **Joonis**

Joonisku waa midab jaale/hurdi ah oo lagu arko maqaarka iyo indhaha. Intabadan mey kadhamadaase 1 ilaa 2 todobaad. Inta uu ku jiro cisbitaalka, waxa laga yaabaa in qadar yar oo ah dhiigga ilmaha la baadho si loo hubiyo qadarka jooniska.

Ka dib marka aad tagtid guriga, eeg midabka maqaarka iyo indhaha ilmahaaga adiga oo jooga iftiin dabiici ah ama qol leh nal/laydh ah cadaan (fluorescent).

### **Wac dhakhtarka ilmahaaga haddii:**

- Haddii caloosha, lugaha iyo cududaha ilmahaagu yihiin jaale/hurdi.
- Haddii qaybta cad ee indhaha ilmuhu tahay jaale/hurdi.
- Ilmahaagu uu jaale/hurdi yahay isla markaana ay ilmahaaga dhib ku tahay inuu tooso, uu ooyayo ama aan wax kaa qaadanaynin ama quudninta qaadanaynin.

## **Qufaca, Hindhisada iyo Higada**

Quficidda iyo hindhisiddu marmarka qaarkood waa caadi. Macnahoodu ma aha in ilmahaagu jiran yahay haddii aan dheecaan ah jaale/hurdi ama cagaar ka soo bixin sanko ama aanay jirin calaamado kale. Ilmaha dhawaan dhashay badanaa way higoodaan inta wax la siinayo ama ka dib.

## Choking

Babies can choke when held too flat when eating. When feeding, hold your baby's head upright and **never** prop a bottle. If your baby chokes, coughs or spits up, stop the feeding, sit him up or hold him over on his side. Pat his back gently until the choking stops then start the feeding again. New parents should take an infant CPR class.

## Senses

Babies are always growing and learning about the world around them. Babies like being held, rocked, stroked and carried. A sturdy but gentle touch can help them feel secure and calm. Babies love to hear you talk to them and will listen to your voice and other sounds. Babies have a good sense of smell. They can smell breast milk or formula. Babies can follow slow moving objects and can focus on things up to eight inches away.

## Reflexes

Several reflexes are present at birth.

- There is a **startle reflex** where the baby's arms will flare out and their legs will straighten when they hear a loud noise or are suddenly moved.
- The **sucking reflex** should be strong and vigorous.
- The **rooting reflex** is when the baby turns his head toward the breast or nipple and may also open his mouth.
- The **stepping reflex** is when the baby makes a stepping movement when held in a standing position.
- The **grasping reflex** is when the baby will hold on tightly to an object placed in the baby's palm.

## Margashada

Ilmuhu way margadaan ama saxdaan marka iyaga oo jiifa wax la siino. Madii unuga wal sii yaasa madagiis **kor** in qaad. Haddii ilmahaagu margado, qufaco ama soo tufo, jooji quudinta, fadhiisi ama dhinac u janjeedhi. Si tartiib ah u dhirbaax ama u tun dhabarkiisa ilaa margashadu ama saxashadu ka joogsanayso ka dibna dib u bilaw quudinta. Waa in waalidka cusubi qaataan fasal ama waxbarasho ah Dib-u-dhaqaajinta Wadnaha iyo Sambabada (CPR).

## Dareenka

Ilmuhu markasta way korayaan oo waxay wax ka baranayaan adduunka ku wareegsan. Ilmuhu waxay jecel yihiin in la hayo, la salaaxo oo la qaado. Taabasho degan ayaa ka gargaari karta inay dareemaan amaan oo degaan. Ilmaha yari waxay jecel yihiin inay maqlaan adiga oo la hadlaya waxana ay dhegaysan doonaan codkaaga iyo sanqadhaha kale. Ilmaha yari waxay dareen fiican u leeyihiin urta. Wey uriya karaan wanta naaska. Ilmaha yari waxay isha la raaci karaan shay dhaqaaqaya waxana ay isha ku hayn karaan waxyaabaha u jira ilaa sideed inji ama hiish.

## Fal-keenis

Waxa jira dhawr fal-keenis (reflexes) oo uu leeyahay ilmuhu wakhtiga dhalashada.

- Mey jiran wal **iska egmadii** unuga lugooga tutuuroow will surunjiya mise madii unuga qeela dheer kadhufada oo hadana roojiya.
- **Sii naas** in dhuugow wa inii xooog ahaata.
- Marka kale unuga madaga wareejiyee **haga naas** kujiraa afkana shal taagee.
- Markan unuga **meel bilaawe** inii talaaba qaada oo meel usu surama kadib meel qobsada.
- Reed unuga **sheeyaal** yaa qoqobsadee oo kohor imaada.



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

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

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Your New Baby. Somali.