Tusaalooyin la xiriira sida canugga dhalada looga joojin lahaa

Xilliga Jiifka

Sii canuggaaga hal koob jiifka ka hor kaddibna ilkaha iyo ciridkab ka maydh. Haddii ay noqoto inaad canuggaaga xilliga jiifka aad dhalo wax ku siiso, biyo oo keliya ku sii. Mar walba waxyaabo kale ku day intaad dhalo cabitaan ku siin lahayd:

- waxaad canuggaaga siisaa kubeerto uu jecel yahay ama wax uu jecel yahay inuu ku ciyaaro xilliga jiifka
- Sii caagga carruurta la nuujiyo oo nadiif ah
- qiso u akhri
- u hees ama musik u garaac
- dhabarka u salaax
- gacmaha ku qabo oo warwareeji

Naasnuujinta

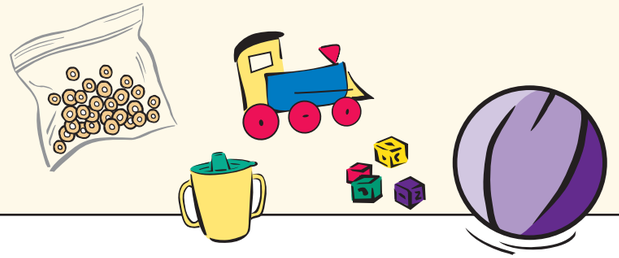
Aad ayeey u fiican tahay haddii aad weli naas nuujisid!

Waxaad xasuusataa in caanaha naaska ay sokor ku jirto. Waxaad ku dadaashaa in aad ilkaha iyo ciridka aad ka dhaqdaa ugu yaraan laba goor maalintii.

Marka aad baxayso

Intaad dhalo u qaadi lahayd, u qaad koob iyo cunno fudud.

Waxaad horey u qaadata buugag iyo waxyaabo uu ku ciyaaro oo canugaaga ku farxo.



Ka caawi canuggaaga siduu dhalada uu koob ugu beddelan lahaa!

Dhowr caafimaadka ilkaha canuggaaga

- Waydii takhtarkaaga haddii uu ku siin karo goojada uu falooraydka (fluoride) ku jiro. Falooraydka ilkaha ayuu daafacaa.
- Ilkaha ugu rumee buraash jilcan oo qoyan oo aan lahayn daawada lagu rumeysto, ugu yaraan laba goor maalintii. Waxaad ku billaabaysaa daawada rumayga marka uu 2 jir gaaro.
- Takhtarka ilkaha u gee inta uu canugga u dhaxeeyo 2 illaa iyo 3 sano — ama ka hor haddii aad dhibaato dareento.

Adigu bay ku jirtaa!

Waad ka caawin kartaa in canuggaagu u si wacan oo caafimaad leh u koro ilkihiisana ay xoogaystaan.

Ka cawin in canuggaaga inuu dhalada ku bedesho koob!

Washington State Department of Health
DOH Pub 961-189 8/2004
SOMALI

Laga bartay Waaxda Caafimaadka ee California, Laanta Nafaqeynta Dheeraadka ah ee WIC. Waxaa daabacay Waaxda Caafimaadka ee Gobolka Washington Barnaamijka WIC. WIC waa barnaamij ka siman fursadaha shaqaaleeynta. Dadka naafada ah waxaa ay dukumentigani heli karaan iyagoo codsi u soo gudbista noocyada kale ee jira. Si aad codsi u soo gubdbisid fadlan wac 1-800-525-0127 (TDD/TTY 1-800-833-6388).

Xilliga Koob ku billaabidda

6 illaa 8 bilood jir

Hadafkaygu waa sidatan: _____

_____

_____

Waa maxay sababta koobka haatan loogu billaabayo?

Dhalo ka joojinta canugga

Canuggaaga waa uu korayaa! Ka joojinta waxay billaabataa marka uu canuggu cunno adag iyo koob wax ku cabid uu billaabo.

Waa maxay sababta koobka?

Waqtigan waxaa uu canuggaaga u baahan yahay inuu cuno cunno kala duwan si uu u koro. Haddii dhalo uun wax lagu siiyo, ma cunayo cunnada kale. Sidoo kale dhibaatooyin ayaa uga imaan karo isticmaalka dhalada sida: ilkaha oo ka hallaaba, dhiig yari, cayil ama dhegaha oo infaktion ka gala.

Ilkaha oo hallaaba

Carruurta ilkaha ayaa ka hallaabi kara marka ay dhalo wax ku cabaan.

Maxaa u sabab ah?

Caanaha naaska iyo kuwa la qaso, casiirka and cabitaanka mac sokor ayeey leeyihiin. . Sokortu ilkaha ayeey haleysaa haddii u canuggu la seexdo dhalada ama cabitaanka dhala kaga cabo maalinta oo dhan. Halawga ilka xanuun badan ayuu wataa.

Ilkaha carruurtu aad ayeey muhiim u yihiin! Waxaa ay ka kaalmeyaan in canuggu uu si fiican wax u cuno ama u hadlo, sidoo kale ilkaha dambe ayeey ka kaalmeeyaan in iyagoo toosan ay soo baxaan.

Dhiig-yarida (anemia)

Carruurta dhalada isticmaasha waxay qaadi karaan dhiig yari ama macdanta ayronka (iron) oo dhiiga ku yaraata.

Maxaa u sabab ah?

Carruurtu waa ay ku dabbiraan marka ay dhalada wax ku cabaan. Caanaha, casiirka ioy cabitaannada kale waa yar tahay macdanta ayronka.

Carruurtu waxay u baahan yihiin cunnada ay ka midka yihiin hilibka, digaaga, digirta, siriyalka WIC si ay uga helaan macdanta ayronka oo wax u tarayso korriinkooda. Dhiig yarida way daalisaa oo daciif ayeey ka dhigtaa, cunno xumo, inaanu si fiican u korin, si fudud u xanuunsada iyo in wax barashada ay ku adkaato.

Miisaanka oo Kordha (Cayil)

Sanad guuradooda koowaad kaddib, carruurta dhalada sii isticmaasha miisaankooda ayaa kordha.

Maxaa u sabab ah?

Marka ay dhalo wax ku cabaan, waxaa laga yaaba in ka badan inta ku filan ay cabaan.

Sannad-guuradiisa koowaad kaddib, waxaa ku filan 4 illaa 6 goor in xooga yar caano ama waxa laga suubiyo uu cabo. Aan ka badnayn 24 auns (ounces) (710 milliliters) oo caano maalinwalba. Xad u yeel casiirka illaa qiyaastii 4 auns (ounces) (120 milliliters) maalinwalba. Marka uu koobka wax ku cabayo waxaa uu u fududaynayaa in uu in yar cabo.

Infaktshanka Dhegaha

Carruurta dhalada wax ku caba iyagoo jiifa waxay qaadi karaan infaktshanka dhagaha.

Maxaa u sabab ah?

Cabitaanka dhalada dhegta ayuu canuggu ka geli karaa. Sidaa ayeey ku billawdan infakshannada qaarkood.

Ka joojinta dhalada...

Tallaabooyinka soo socda ayaa kaa caawini kara sida aad koobka ugu billaabi lahayd:

- Ku bilaw inaad barto isticmaalka koobaka marka uu 6 bilood jiro. Ku day koob yar oo caag ah. Koobka daboolka leh ma halaynayo. Carruurta qaarkood waxay jecel yihiin koobabka qabsiga leh.

- Bar inuu koobka ku kabado biyo, casiir, caanaha. Si fiican ugu tababar. Wax barashada waqti ayeey qaadataa! Ha ka walwalin haddii cabitaanka ka daato.

- Marka canuggu jiro 9 ama 10 bilood, ka yaree inta jeer uu dhalo wax ku cabo. Koobka isticmaal.
- Haddii ay ku adkaato joojinta dhalada subaxii iyo habeenkii, uga bilow inaad ka joojisaa maalinta inteeda kale. Haddii aad isticmaaleysid dhalada xilliga jiifka, biyo uun ugu shub.
- Sii canuggaaga cunno fudud intaad dhalo wax ku siin lahayd. Xoogaa yar oo caano, ama casiir ah ugu shub koob adigoo ku siinaya cunnada fudud.

Washington State Department of Health

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Sincerely,
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PRINTING SPECIFICATIONS

Title:	**Time for a Cup: 6 to 8 months old**
Size:	16.5 x 9
Paper stock:	60# text Sterling gloss white
Ink color:	4-color process
Special instructions:	Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9
DOH Pub #:	961-189