

**Akadhamiyada Dhakhaatiirta Caruurta ee Maraykanka (American Academy of Pediatrics) iyo Hay'adda Caafimaadka Adduunku waxay ku talinayaan inaad ilmahaaga siisid kaliya caanaha naaska 6-da bilood ee ugu horeeya, ka dibna loo bilaabo cunto aan hoore ahayn isla markaana la sii wado naas-nuujinta ugu yaraan 1 sanno iyo in allaale inta ilmahaaga iyo adigu aad rabtaan.**

Haddii aad haysatid ilmo caafimaad qaba oo mudo buuxda ku dhashay oo si fiican naaska u jaqa, caadi ahaan ma jirto baahi loo qabo in la siiyo caanaha dhalada ee kaabista ah. Marka la naas-nuujiyo oo aan wax kale wehelin ama la siiyo caanaha naaska ee la soo lisay, waxa:

- Aad ilmahaaga siinaysaa nafaqada ugu fiican quudin kasta
- Waxa aad ilmahaaga u oggolaanaysaa inuu barto inuu si fiican u jaqo naaska
- Waxa aad gargaar ka geysanaysaa in la helo kayd caano oo buuxa
- Waxa aad yaraanaya dararka naasaha ee xanuunka leh
- Waxa aad taageeraysaa habka difaaca jidhka ee ilmahaaga yar
- Waxa aad yareynaysaa halista xasaasiyadaha ama alerjiyada ee ilmahaaga yar

Quudinta ah caanaha naaska ee toos ah ee ka imanaya naaska hooyada ayaa markasta ka fiican wax artifishal ah.

Halisyada caafimaadka ee soo gaadha ilmaha yar ee aan la nuujin naaska oo aan wax kale wehelin ama aan la siin caanaha naaska oo la loo lisay waxa ka mid ah:

- Cudurada ayaa ku siin badan 3 jeer marka la barbardhigo ilmaha la siiyo kaliya naaska
- Waxay halis dheeraad ah u yihiin cudurada habka difaaca jidhka sida alerjiyo, canbaar, sonkorow iyo midhicir bararsan

*(American Academy of Pediatrics, 2012)*



# Hambalyo!

Waxa aanu ku faraxsan nahay inaad dooratay inaad naaska nuujisid ilmahaaga. Waxa aanu u heelan nahay inaanu kaa caawiyo inaad heshid waayaha naas-nuujin ee ugu fiican suurtoagal ahaan. La-talisoooyinkayaga naas-nuujinta ee guddi xaqiijisay ayaa la heli kara si ay kuu caawiyaan ka hor inta aan ilmahaagu dhalan, gudaha cisbitaalka, iyo ka dib marka aad tagtid guriga.

Naas-nuujintu waa farsamo qaadata tababarasho. Isa sii wakhti aad ku baratid oo aad ku istareexdid naas-nuujinta. Waxa aanu halkan u joognaa inaanu ku caawino haddii aad noo baahan tahay.

**614-234-MILK (6455)**

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# Barta Fiican ee Laga Bilaabo

Si loo hubsado in adiga iyo ilmahaaga aad meel fiican ka bilaabtaan naas-nuujinta:

- Ilmahaaga qabo iyada oo maqaarkaaga iyo maqaarkiisu is taabanayaan inta lagu jiro mudada hore ee dhawaan-dhaladka. Tani waxay gargaar ka geysanaysaa in la joogteeyo heerkulka, garaaca wadnaha iyo neefsashada ilmahaaga. Waxa kale oo ay ilmahaaga ka dhigi kartaa mid sii gaajaysan si loo quudiyo.
- Dib u dhig 12 illaa 28 saacadood qubeyska ilmahaaga ka dib dhalashada si loo sii wado istaabashada ah maqaarka-maqaar. Taasi waxay kaydinarsaa tamarta ilmaha, yareynaysaa hormoonada walaaca, oo ay kordhinaysaa heerarka sonkorta dhiigga ee ilmaha.
- Ilmahaagu ha “kula joogo qolka”, taasoo gargaar u leh naas-nuujinta hore, soo saarista caanaha, iyo korodh miisaan ilmo oo sii sareeya.
- Quudi ilmahaaga marka aad dareentid tilmaamaha gaajada ee ugu horeeya.
- Ka toosi ilmahaaga hurdada haddii laga joogo 3 illaa 4 saacadood quudintii ugu dambaysay.
- Deji ilmahaaga ooyaya ama aan xasiloonayn ka hor inta aanad tijaabin naas-nuujinta.

## Qabsashada Naaska

### Qabsashada Naaska ee Ilmuhu Hogaaminayo

Isticmaal habkan isla ka dib dhalista ama haddii ilmahaaga ay dhib yar ka haysto qabsashada naaska.

- **Ilmahaaga ku xeji inta dhexeysa labadaada naas iyada oo maqaarkaagu taabanayo maqaarkiisa.**

Marka ilmuhu uu laabtiisa ku dareemo laabta hooyada, iyada oo maqaarkiisu taabanayo maqaarka hooyada, waxa iman doonta in ilmuhu raadiyo naaska.

- **Raac madaxa ilmaha.**

Haddii ilmaha ay gaajo hayso, waxa uu bilaabi doonaa is maroojin iyo madaxiisa oo uu kugu masaxo. Ka dib waxa uu bilaabi doonaa inuu isu maroojiyo dhinac-dhinac ama xiitaa si xoogan u dhaqaaqo— taasoo ku dhow inuu dhinac isu tuuro. Ilmahaaga ka dhig mid degan oo raaxo haysta si uu u raaci karo dareemadiisa aasaasiga ah. Madaxiisa iyo garbihiisa ku taageer hal gacan isla markaana badhidiisa ku taageer gacanta kale, oo kaliya isaga raac marka uu dhaqaaq sameynayo. Iska daa isku-dayga inaad qabadsiiid ama ku dhejisid naaska ama xiitaa isku daydid inaad afkiisa la sintid ibta naaskaaga.

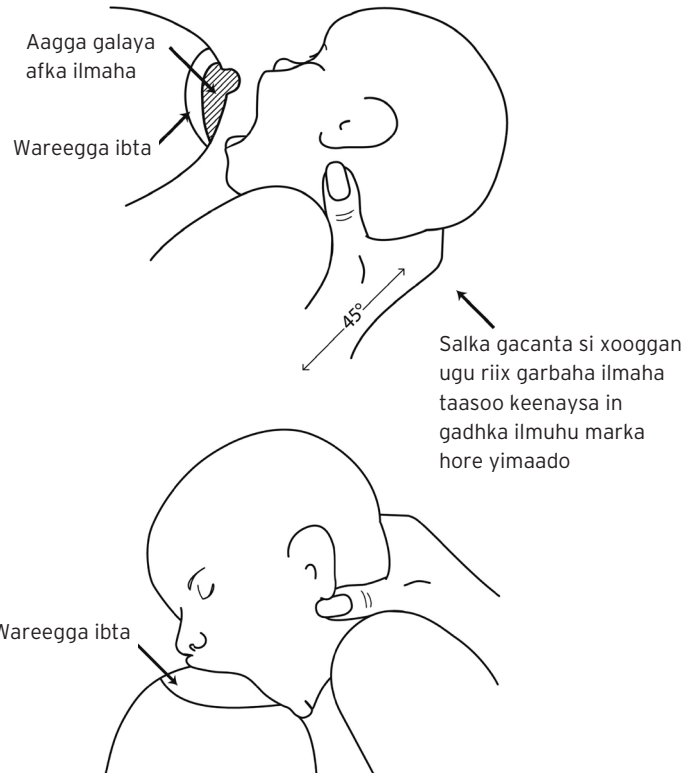
- **Taageer ilmaha marka uu qabsanayo naaska.**

Marka ilmuhu hoos u soo dhaqaaqo, dhabankiisa yaa taaban doona ibta ama naaska waana uu ku jeedsan doonaa (nuuxsiga raadinta). Marka gadhka ilmuhu ku dhaco naaska, caadiska uu naaska saarayo gadhkiisu ayaa keenaysa inuu afkiisa si weyn u furo oo uu sare u tiigsado oo u dulmariyo ibta ka dibna uu si qoto dheer u qabsado naaska.

## Qabsashada Naaska ee Hooyada Hogaaminayso

Isticmaal habkan dhawrka todobaad ee ugu horeeya ama haddii ay dhib ka haysato qabsashada naaska.

- U fadhiiso si leh raaxo iyo taageero fiican.
- Ilmahaaga dul saar barkimo (ama barkimooyin) si gudub ah oo ah laabtaada si uu xagaaga ugu jeedo isaga oo la siman naaskaaga.
- Gacantaada saar agagaarka salka madaxa ilmaha iyo qoorta isla markaana cududdaada ku hay lafdhabarka ilmahaaga.
- Ilmahaaga u leexi dhinac, oo ilmahaaga u soo dhawee jidhkaaga (calooshaadu ha taabato calooshiisa).
- Dhabanka ilmaha ku jiifi naaskaaga si ilmahaaga adigu kor kuu eego.
- Marka ilmuhu dareemo ibta naaska, ilmuhu wuxu u jeedsan doonaa xagga ibta iyada oo afkiisu furan yahay.
- Isticmaal gacanta ka dambeyso garabka iyo cududda ilmaha ee ku dherersan dhabarka ilmaha si ilmuhu si buuxda oo qoto dheer u gaadho ibta.
- Fiiri dhaqaaqyada daanka ee isku xiga iyo liqista — oo ah 10 illaa 20 daqiiqadood halkii naas dhawrka todobaad ee ugu horeeya.
- Si tartiib ah naaskaaga ugu duug gacanta taageeraysa si aad u dhiirgalisid socodka caanaha iyo cabbista.



Kaasi waa aragtida aad arki doontid marka ilmuhu qabsado.

Haddii ilmuhu **aanuu** qabsan:

- Maqaarkaaga ku qabo maqaarka ilmaha mudo ah saacad ka dibna isku day markale marka ilmuhu bilaabo inuu raadiyo naaska.
- Gacanta ku lis ama bangaree mudo ah 10 illaa 15 daqiiqadood ka dib isku day kasta. (Fiiri fariinta hoos timaada “Lisidda Caanaha Naaska” ee bogga 14.)
- Waxa laga yaabaa inaad heshid kaliya qaddaro yaryar oo ah dambar ama caano maalmaha hore, laakiin soo saarista xiitaa qaddar yar oo ah caano waxay naasahaaga ka caawin doontaa inay sameeyaan caano dheeraad ah.
- Sii ilmaha dambar ama caano la bangareeyay haddii aanuu qabsanayn naaska.
- Haddii dhibaatooyin ah qabsashada naaska sii socdaan ka dib ka bixidda cisbitaalka, wac Khadka Gargaarka Naas-nuujinta oo ah 614-234-6455 si aad ballan ula sameysatid la-taliso naas-nuujin si lagu gargaaro.



# Tilmaamaha Gaajada ee Ilmaha

		
<p><b>"Gaajo ayaa i haysa"</b>  <i>Tilmaamaha Hore:</i>            Dhaqdhaqaaqid            Afka oo uu furo            Madax leexin            Raadin</p>	<p><b>"Aad bay gaajo ii haysaa"</b>  <i>Tilmaamaha Dhexe:</i>            Iskala-bixin            Dhaqaaqid dheeraad ah            Gacanta oo uu afka galiyo</p>	<p><b>"I deji, ka dibna i quudi"</b>  <i>Tilmaamaha Dhexe:</i>            Oohin            Dhaqaaqid cadho leh            Ilmaha oo casaan noqda</p>

## Qaababka Quudinta

- Marka ugu horeysa waxay u badan in ilmahaagu aanuu lahaan doonin jadwal quudin oo joogto ah. Ilmo badan ayaa naaska jaqada 1 illaa 3 saac kasta. Ilmahaaga u oggolow inuu jaqo naaska inta jeer ee uu u baahan yahay ama ay u baahan tahay.
- Quudinta ah marmar badan oo waxtar leh ayaa gargaar ka geysanaya in naasahaaga loo tilmaamo inay kordhiyaan kaydka caanahaaga si loo haqabtiro baahida ilmaha.
- Waa caam in ilmuhu uu naas jaqo marmar isku dhow dhawrka maalmood ama todobaad ee ugu horeeya. Ilmaha waxa naaska la siin kara dhawr jeer gudaha dhawr saacadood ka dibna waxay seexan karaan mudo sii dheer.
- Marka ilmahaagu sii koro, waxa laga yaabaa in doonistu noqoto mid joogto ah. Waxa laga yaabaa in ilmuhu uu

wakhti intii hore ka yar jaqo naaska quudin kasta ama uu qaato marrar intii hore ka yar.

## Dhererka Quudinta

- Sii ilmahaaga naaska koobaad illaa uu ka dhammeysanayo dhinacaas. (Waxa laga yaabaa in ilmuhu soo tufo ibta, bilaabo inuu nasto mudooyin wakhti oo dheer oo u dhexeeya jiqista, ama uu bilaabo inuu seexdo iyada oo ibtu ugu jirto afka.)
- Ka daaci ka dibna sii naaska labaad.
- Badi ilmuhu waxay jaqaan labada naas quudin kasta, laakiin qaar baa laga yaabaa inay jaqaan kaliya hal dhinac. U oggolow inay jaqdo naaska labaad illaa aad u maleysid inay dheregsan tahay.
- Bilaw inaad siisid naaskii aad ku dhammeysay quudintii ugu dambaysay. Haddii ilmahaagu jaqay kaliya hal naas quudintii ugu dambaysay, quudinta ka bilaab dhinaca kale.

# Ilmahaygu Ma Helaa Caano ku Filan?

Si aad u fahamtid inta ilmahaagu u baahan yahay inuu quuto, waxa gargaar leh inaad taqaanid sida ay caloosha ilmahaagu u yar tahay wakhtiga dhalashada iyo sida ay u korto inta lagu jiro dhawrka todobaad ee nolosha ugu horeeya.

## Cabbirka Caloosha ee Ilmaha Dhawaan Dhashay

Tusmada soo socota waxay ku tusaysaa inta ilmuhu uu caanaha naaska ka qaadan karo halkii quudin.



### Maalinta 1

1–1.4 qaaddada shaaha  
5–7 mililitir

### Maalinta 3

.75–1 wiqiyadood  
22–27 mililitir

### Maalmaha 5-7

1.5–2 wiqiyadood  
45–60 mililitir

Ka dib 1 bil: 2.5–5 wiqiyadood, 80–150 mililitir.

# Siyaabaha Lagu Ogaado in Ilmahaagu Helayo Caano ku Filan

**Cabbista iyo Liqidda.** Ilmaha si fiican u qabsaday naaska ee helaya caano waxa uu naaska u jaqaa si la yaqaano. Marka ilmuhu helayo caano, waxa aad maqli doontaa oo/ama aad arki doontaa jiqis joogto ah oo leh hakad gaaban oo ah liqista. Marka hakadku sii dheer yahay, waxa sii badan caanaha ilmuhu qaatay. Liqista waa la maqli karaa waxana laga arkaa qoorta.

**Mabsuud.** Waa in ilmahaagu u dhaqmo sidii uu dheregsan yahay, dabacsan yahay, oo istareexay ka dib badi quudinta. Haddii ilmuhu wali u dhaqmayo siduu uu gaajeysan yahay, ilmahaaga dib ugu celi naaska.

**Dhaqaaqa Caloosha.** Xaarka ilmuhu waxa uu ka beddelmaa madow ama cagaar madow una beddelmaa midab sii khafiifsan marka la gaadho maalinta 3aad marka ilmuhu cabbo caano intii hore ka badan. Badanaa marka la gaadho maalinta 4aad ama 5aad, ugu yaraan 3 illaa 4 xaar gudaha 24 saacadood waa calaamad sheegaysa qaadasho caano ku filan.







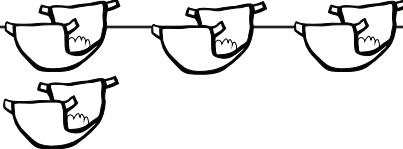

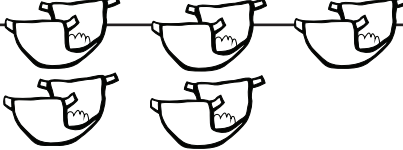

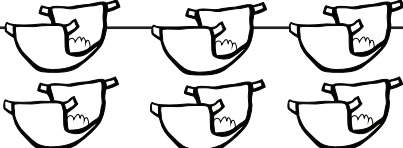

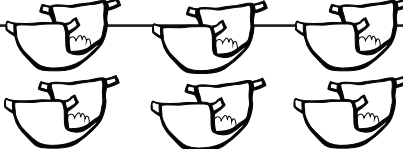
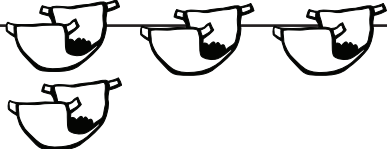
**Xafaayaddo Qoyan.** Marka la gaadho maalinta 6aad, ilmuhu waxa uu qoyaa 6 xafaayadood gudaha mudo ah 24 saacadood.

**Qaababka Miisaanka.** Ilmahaaga waxa ka lumi doonaa miisaan yar dhawrka maalmood ee ugu horeeya, laakiin waa in taasi joogsato marka la gaadho maalinta 5aad. Badi ilmuhu waxay ku soo noqdaan miisaankoodii dhalashada marka la gaadho 2 todobaad. Ka dib tan, waa in ilmaha ay ku kordhaan ½ illaa 1 wiqiyad maalintii, ama 1 illaa 2 rodol 4-ta bilood ee ugu horeeya.

Xaarka ilmahaagu wuu beddelmi doonaa inta lagu jiro todobaadka 1aad:		
		
<p><b>Maalmaha 1-2</b> Madow ama cagaar madow, qaro leh, oo dhegdheg leh</p>	<p><b>Maalmaha 3-4</b> Cagaar xigeen illaa hurdi waana uu sii qaro yar yahay</p>	<p><b>Marka la gaadho maalinta 5aad</b> Hurdi madow ama hurdi, fudad yaryar oo biyo-biyo ah</p>
<p><b>Waxana ilmahaagu sii kordhin doonaa kaadida ama xafaayadda qoyan (fiiri shaxda ku taala bogga xigga).</b></p>		



Waa in ilmahaagu yeesho xafaayaddo qoyan iyo kuwo xaar leh inta lagu jiro todobaadka 1aad.

Da'da ilmaha	Xafaayado Qoyan	Xafaayado Xaar Leh
1 Maalin Jira		
2 Maalmood Jira		
3 Maalmood Jira		
4 Maalmood Jira		
5 Maalmood Jira		
6 Maalmood Jira		
7 Maalmood Jira		

Wac Khadka Gargaarka Naas-nuujinta oo ah 614-234-MILK (6455) ama dhakhtarka ilmahaaga:

- Haddii ilmahaagu aanuu lahayn xafaayado qoyan ama xaar leh oo ku filan (firi shaxanka sare).
- Haddii ilmahaagu leeyahay af qallalan.
- Haddii ilmahaagu aanuu toosin si uu quud u qaato ugu yaraan 8 jeer gudaha 24 saac.

Waxa kale oo laga yaabaa inaad gargaar ka heshid inaad wax ku qortid xusuus-qor sida ka ku yaalaa bogaga soo socda.

# Xusuus-qorka Naas-nuujinta

Taariikh		Hadaf: 8-12 Quudin Halkii Maalin			
Wakhtiga Quudinta	Daqiiqadaha Naaska uu Jaqo		Beddelista Xafaayad		Kale
	Bidix	Midig	Qoyan - Kaadi	Xaar - Dhaqaaq calool	

Taariikh						Hadaf: 8-12 Quudin Halkii Maalin					
Wakhtiga Quudinta		Daqiiqadaha Naaska uu Jaqo		Beddelista Xafaayad		Kale					
		Bidix	Midig	Qoyan - Kaadi	Xaar - Dhaqaaq calool						

# Isbeddela Caadiga ah ee Naaska iyo Ibta Naaska

**Waa caadi in naasahaagu weynaadaan oo aad ka dareentid culays, diirimaad, iyo raaxo-daro marka qaddarka caanahaagu kordhaan 2 illaa 3 maalmood ka dib dhalista.**

Tani waxay jiri kartaa 1 illaa 2 maalmood. Marka naasuhu si caadi ah u buuxaan, naasuhu waxay noqdaan kuwo jilicsan oo kala-jiidan leh, qulqulka caanuhu waa caadi, mana saameynayso qabsashada naaska.

**Sida looga hortago ama loo yareeyo dararka:**

- Goor hore iyo marrar badan sii naaska, ugu yaraan 8 illaa 10 jeer mudo ah 24 saacadood. Ha ka boodin quudinta, xiitaa habeenkii.
- Naaska sii marka aad aragtid tilmaamaha gaajada ee ilmaha. Haddii ilmuhu si weyn u hurdo, toosi ilmaha si aad naaska u siisid 2 illaa 3 saac kasta.
- Ilmaha u oggoolow inuu dhammeeyo naaska hore ka hor inta aanad siin dhinaca kale. Kala beddel dhinacyada marka ilmuhu ka fuqo ama uu seexdo.
- U hubso naas qabsasho iyo meeleyn sax ah si ilmuhu uu si fiican u jaqo naaska una jilciyo naasaha.
- Haddii ilmuhu aanuu si fiican u jaqeyn naaska, si joogto ah iyo marrar badan lis caanaha si kaydka caanuhu u joogo una yaraado dararku.

**Talooyin ku saabsan wax ka qabashada dararka:**

- Adiga oo si tartiib ah u duuga naaska laga bilaabo darbiga laabta illaa xagga ibta ka hor naas-nuujinta ayaa leh gargaar.
- Saar duubyo qabow illaa 20 daqiiqadood ka hor naas-nuujinta si

loo yareeyo bararka iyo xanuunka ama saar duubyo diiran oo qoyan dhawr daqiiqadood ka hor naas-nuujinta, taasoo laga yaabo inay gargaarto bilaabista qulqulka caanaha.

- Gacanta ku lis ama bangaree dhawr daqiiqadood ka hor naas-nuujinta haddii bararku uu naas qabsashada ka dhigayo dhib.
- Si tartiib ah u riix oo duug naaska inta aad naaska nuujinaysid si ay u gargaarto yareynta dararka.
- Haddii hal ama labada naasba ay wali si raaxo-daro ah u buuxaan ka dib dhammaadka quudinta ama inta u dhexeysa quudinta, lis ama bangaree caanaha si ay naasuhu u jilcaan oo ay taasi u gargaarto in laga hortago inay si dheeraad ah ama xanuun leh u buuxsamaan.

**Danqashada ama xanuunka ibta naasku ma caadi baa todobaadyada ugu horeeya?**

Hooyooyinka qaarkood marnaba ma dareemaan xanuun ah ibta naaska, laakiin daraasado ayaa muujiyay in dumar badan ay leeyihiin xoogaa xanuun ah ibta mudada bilawga. Xanuunka ama danqasha ibta — ee caadi ahaan macnaheedu ahayn inay jirto dhibaato — waxa ka mid noqon kara:

- Xanuun ah naas qabsasho oo jira in ka badan 30 sekan marka la bilaabo quudista. Badanaa kan waxa lagu sharaxay xanuun khafiif ah ama raaxo-daro, laakiin hooyooyinka qaarkood ayaa dareema xanuun intaa ka badan oo daran. Waa inaan xanuunku sii socon dhammaan quudinta.
- Xanuun caadi ahaan halka ugu dheer gaadha maalinta 3aad ka dib dhalashada oo iska taga gudaha 2 todobaad.

Waxyeeelo ah maqaarka sida dilaac, finan biyo leh, ama dhiigid waa dhibaato. Waa in ibta naaskaagu u eg tahay isku mid ka hor iyo ka dib quudinta — aanuu fidsanayn, laabnayn, ama tuujisnayn.

**Wac 614-234-MILK (6455) si aad gargaar uga heshid la-taliso naas-  
nuujin haddii aad qabtid:**

- Xanuun siyaado ah oo daran
- Darar daran oo aan la xalin
- Xanuun socda dhammaan mudada quudinta
- Xanuun ah wakhtiga u dhexeeya quudinta
- Xanuun sii socda marka la dhaafo labada todobaad ee ugu horeeya
- Waxyeeelo ah maqaarka — dilaacyo, finan biyo leh, ama dhiigid

## Caabuqyada Naaska (Mastitis)

Bararka naasku (mastitis) waa caabuq ku dhaca cadka naaska. Badanaa waxa keena dhibaatooyin naas-nuujin sida buuxsanaan naas oo daran, marin caano oo gufeysan, ama ibta naaska oo dilaacday. Wac dhakhtarkaaga haddii aad qabtid mid ka mid ah astaamaha caabuqa:

- Qandho ama qadhqadhyo
- Xanuun kaar ah
- Xanuun ah naaska ama ibta oo soo kordhay
- Casaan

Sii wad inaad toos u naas-nuujisid xiitaa haddii aad qabtid astaamahaas. Caabuqu waxa uu ku jiraa cadka naaska ee wareegga, kuma jiro caanaha.





# Lisidda Caaaha Naaska

Waxa jira marrar oo loo baahan yahay lisidda naasaha:

- Si nafisaad looga helo naasaha buuxa haddii darar jiro maalmaha hore.
- Si loo kordhiyo kaydka caanaha iyada oo la bangareynayo ka dib dhawr quudin mudo gaaban.
- Si loo quudiyo ilmaha aan awoodin inuu toos u jaqo naaska.
- Si loo kaydiyo caano la isticmaali doono mustaqbalka haddii aad fiidkii dibadda u baxaysid, inta aad ku jirtid shaqada, ama sababta oo ah ilmo ku jira cisbitaalka.

## Siyaabaha Loo Liso Caanahaaga

### Lisidda Gacanta

Lisidda gacantu waxay sida ugu fiican u shaqeysa marka aad lisaysid dambar, oo ah caano nooc kale ah oo ay sameeyaan naasuhu maalmaha ugu horeeya ka dib marka aad dashid. Waxa kale oo ay gargaar u leedahay jilcinta naaska marka uu si weyn u buuxo. Raac talaabooyinkan:

1. Si tartiib ah u duug naaska.
2. Qaabka xarafka “C” ku samee farahaaga qiyaastii meel 1 inji ka dambaysa qarka wareegga ibta naaska.
3. Ibta naaska ku xeji suulkaaga iyo fartaada murdiso dhexdooda.
4. Dib u cadaadi xagga laabtaada.

5. Ku riix naaskaaga suulkaaga iyo fartaada murdiso. Iska ilaali in farahaaga kale u silbadaan ama aadaan xagga ibta naaska marka aad sii wadid inaad dib u riixdid.

6. Dabci cadaadiska oo markale bilaab.

Haddii aad rabtid waxa aad fiirin karta fiidiyowga *Hand Expression of Breastmilk*, (Gacan ku Lisidda Caanaha Naaska), oo laga helo <http://newborns.stanford.edu/Breastfeeding/>.

### Bambada Labaale ee Korontada ku Shaqeysa (Double Electric Pump)

Bambo labaale ah oo korontada ku shaqeysa oo tayo sare leh ayaa gargaar leh marka aad u baahan tahay inaad bangareysid haddii aad ka maqan tahay ilmaha, aad gaftay quudin, ama aad ku laabanaysid shaqada.

Bambo ah nooca cisbitaalka ayaa ugu fiican haddii ilmahaagu aanuu awoodin inuu naaska jaqo ama haddii ay jiraan walaacyo ah kaydka caanaha. La hadal la-taliso naas-nuujin haddii aad u baahan tahay inaad ijaaratid ama iibsatid bambo koronto ku shaqeysa.

# Tilmaamaha Kaydinta Caanaha Naaska

	Heerkulka Qolka	Qaboojiyaha	Barafeeye	Xoog-u-Barafeeye
Caano dhawaan la isay	4-6 saac	4-8 maalmo	3-6 bilood	12 bilood
Caano baraf ahaa oo dhalaaliyay	1 saac	24 saac	Marna dib ha u barafeyn	Marna dib ha u barafeyn

Iska tuur wixii ah caano aan ilmuhu ku cabbin 1 saac ka dib marka ilmuhu bilaabo inuu dhalada ama masaasada ka qaato.

## Naas-nuujinta iyo ku Laabashada Shaqada

### Ka Hor Inta Aanad ku Laaban Shaqada

- Mudada ah 3-da illaa 4-ta todobaad ee ugu horeysa, samee naas-nuujin iyo kayd caano oo fiican adiga oo kaliya toos u naas-nuujinaya ilmahaaga wakhtiga quudin kasta.
- Ka dib 3-da illaa 4-ta todobaad ee ugu horeeya, bilaw bangareynta 1 mar maalin kasta mudo ah 10 daqiiqadood. Isticmaal bambo naas oo labaale ah oo korontada ku shaqeysa. Hal saac ka dib quudinta subixii ee ugu horeysa ee ilmahaaga ayaa sida ugu fiican u shaqeysa. Waxa laga yaabaa inaad marka hore heshid dhibco caano ah ama waxa aad heli kartaa wiiqiyado, laakiin maalin kasta oo aad bangareysid waxa aad naasahaaga u tilmaamaysaa inay sameeyaan caano intii hore ka badan.

- Dhalo ama masaasad ku bilaw ilmahaaga yar adiga oo isticmaalaya ib mujuruc oo qulqul gaaban. Sii quudin ah dhalada oo beddel u ah naas-nuujin toos ah 2 illaa 3 jeer todobaadkii illaa aad ku laabatid shaqada. Tani waxay gargaar ka geysan doontaa in ilmahaagu ku kalsoon yahay qaadashada dhalada.
- Barta ah [www.breastandbottlefeeding.com](http://www.breastandbottlefeeding.com) ka firi fikrado ku saabsan ku bilaabista dhalada.
- Maamulahaaga ama qaybtaada shaqaalaha kala hadal qorshahaaga inaad naas-nuujisid, iyo sida loo diyaariyo wakhti iyo goob gaar ah oo naasaha lagu bangareeyo. Haween badan ayaa isticmaala wakhtiyadooda nasashada iyo qadada si ay u bangareeyaan. Haweenka qaar waxay shaqada yimaadaan goor hore ama waxay sii joogaan goor dambe si ay u soo gudaan wakhtiga loo baahan yahay in la liso caanaha naaska.
- Xuquuqda shaqaalaha ee ku saabsan sida loogu laabta shaqada iyo naas-nuujinta ka baro barta ku taala [www.womenshealth.gov](http://www.womenshealth.gov).

## Aasaaska Bamgareynta ee Loogu Talogalay ku Laabashada Shaqada

- Isku day inaad naas-nuujiid ilmahaaga ka hor inta aanad u bixin shaqada maalin kasta.
- Si aad u joogteyso kaydkaaga oo aad iskaga ilaalisid dararka, bamgaree labada naasba wada-jir 10 illaa 15 daqiiqadood maalin kasta 2 illaa 4 saacadood kasta inta aad joogtid shaqada.
- Isku day inaad ku bamgareysid jadwal joogto ah maalin shaqo oo kasta.
- Weydiiso sii-haya ilmahaaga in quudinta ilmahaaga la qorsheeyo si ilmahaagu diyaar ugu ahaado naas-nuujin dhammaadka shaqadaada.

- Naaska nuuji ilmahaaga marrar badan marka aanad joogin shaqada.

## Caano Intee Leeg Ayaa Ilmahaygu U Baahan Doonaa

Ka dib 3-da illaa 4-ta todobaad ee ugu horeeya, cilmi-baadhis ayaa muujinaysa in ilmaha yaryar badidoodu cabbaan qaddar u dhexeeya 2 illaa 4 wiqiyadood naas-nuuji kasta. Ilmuhu marmarka qaarkood waxay qaadan doonaan wax intaa ka yar marka ay hooyadood ka maqan tahay halka kuwo kalena aya cabbi doonaan qaddar intaa ka badan.





Waxa aad wici kartaa Khadka Gargaarka Naas-nuujinta oo ah 614-234-MILK (6455) haddii aad u baahan tahay hagid intaa ka badan oo ku saabsan bamgareynta iyo quudinta.

## Tilmaamaha Loogu Talagalay Hooyooyinka

### Nafaqada iyo Jimicsiga

Badi hooyooyinka naas-nuujiya waxa ay arkaan inay cuni karaan cuntadoodii caadiga ahayd. Ma jiraan cuntooyin ay tahay inaad cuntid ama aad iska ilaalisid. Cunto si fiican isugu miisaaman ayaa jidhkaaga ka caawin doonta inuu ka soo kaabto ilmo dhalidda. Naas-nuujintu waxay kuu keeni kartaa haraad badan. Isku day inaad cabtid ugu yaraan 8 koob oo ah cabbitaan maalin kasta si aad biyo u lahaatid oo looga hortago calool-istaagga. Jimicsiga dhexdhexaad ah dhib uma laha hooyooyinka naaska nuujiya ilmo.

### Fitamiinada

Badi dhakhaatiirtu waxay ku taliyaan inaad sii wadid inaad qaadatid fitamiinadii aad qaadan jirtay dhalashada ka hor mudada aad naas-nuujinaysid. Weydii dhakhtarkaaga mudada ay tahay inaad qaadatid fitamiinadaada.

### Dawooyinka iyo Daroogada

Dawooyinka iyo daroogada aad qaadatid waxay gali karaan caanahaaga oo u gudbi karaan ilmahaaga. Badi dawooyinka uu qoro dhakhtarkaagu waa u ammaan naas-nuujinta. U sheeg dhakhtarkaaga wixii ah dawo dhakhtar qoray ama dawo la iibsado warqad la'aan ee aad qaadatid.

Daroogada sharci-darada ah sida kookayn, heroin, iyo methamphetamines waxay dhex galaan caanaha naaskaaga waxana ay keeni karaan waxyeelooyin culus. Khubaradu waxay isku raacsan yihiin in aanay ammaan u ahayn naas-nuujinta.

Mariwaanaha ama xashiishadda waxa la og yahay inay dhex gasho caanaha naaska. Sababta oo ah lama yaqaano halista uga iman karta ilmahaaga, waxa aanu ku talinaynaa inaad kala hadashid dhakhtarkaaga. Waxa aad yareyn kartaa dhib soo-gaadhista ilmahaaga adiga oo yareeya ama joojiya isticmaalkaaga xashiishadda. Marna ilmahaaga ha ku qiijin xashiishad.

### Qiijinta Sigaarka

Waxa ugu fiican in aanad sigaar qiijin ama cabbin marka aad naas-nuujisid. Haddii aad sigaar cabtid, yaree intii aad kartid. Marna sigaar ha ku ag cabbin ilmahaaga. Soo-gaadhista qiiqa sigaarka qof cabbay waxa la muujiyay inay kordhiso halista Ciladda Geerida Degdeg ah ee Ilmaha Yar (SIDS) (sudden infant death syndrome), neefta/asma, iyo caabuqyada habka neefsashada ee sare.

### Aalkolo

Qofna ma yaqaano inta ay leeg tahay aalkolada ama khamriga ammaan u ah in la cabbo marka aad naas-nuujinaysid. Aalkoladu waxay u soo gudubtaa caanaha naaskaaga. Marka aad ka cabtid qaddaro waaweyn, aalkoladu waxay ilmahaaga ka dhigi karta mid si weyn u hurdeysan. Waxay sababi kartaa in ilmahaagu helo caano sii yar. Haddii ay dhacdo inaad aalkolo cabtid marka aad naaska

nuujinaysid, ka dhig qaddaro aad u yaryar. Waa in aanad naaska siin qiyaastii 2 saacadood ka dib cabbitaan aalkolo oo kasta oo aad qaadatay.

## Kafeyn

Daraasado ayaa muujiyay in kafeyntu u gudubto caanaha naaska iyada oo ah qaddaro yaryar. Badi ilmaha yaryar ee la naas-nuujiyo wax dhib ah kuma qabaan marka hooyooyinkood cabbaan sharaab leh kafeyn oo ah qaddaro yaryar. Haddii ilmahaagu aanuu xasiloonaayn ama ay dhib ku tahay inuu seexdo, waa inaad iska yareysid cabbitaanka kafeynta.

## Adeegyada

### Baro Internet

Dhawr baro internet oo gargaar leh waxa ka mid ah:

- American Academy of Pediatrics (Akadhamiyada Dhakhaatiirta Caruurta) [www.aap.org](http://www.aap.org)
- Breastfeeding after Breast and Nipple Surgeries (Naas-nuujinta ka Dib Qalliinka Naaska iyo Ibta) [www.bfar.org](http://www.bfar.org)
- Breast Feeding Inc. (Quudinta Naaska) [www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)
- Centers for Disease Control (Xarumaha Xakameynta Cudurada) [www.cdc.gov](http://www.cdc.gov)
- Dr. Jen 4 Kids [www.drjen4kids.com](http://www.drjen4kids.com)
- Dr. William Sears [www.askdrsears.com](http://www.askdrsears.com)
- International Lactation Consultant Association (Ururka Latalisooyinka Naas-nuujinta) [www.ilca.org](http://www.ilca.org)

- KellyMom [www.kellymom.com](http://www.kellymom.com)
- La Leche League USA [www.llusa.org](http://www.llusa.org)
- Stanford Breastfeeding Videos (Fiidowyada Naas-nuujinta): *Hand Expression of Breastmilk* and *Maximizing Milk Production* <http://newborns.stanford.edu/Breastfeeding>
- Twins/Multiples Resource (Mataano) [www.twinslist.org](http://www.twinslist.org)
- Women's Health (Caafimaadka Haweenka) [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)
- Working and Breastfeeding (Shaqada iyo Naas-nuujinta) [www.workandpump.com](http://www.workandpump.com)
- World Health Organization (Hay'adda Caafimaadka Adduunka) [www.who.int/en](http://www.who.int/en)

## Barnaamijyo Teleefon

- Ambiance
- Baby Nursing (Naas-nuujinta Ilmaha)
- Breastfeeding Management 2 (Maareynta Naas-nuujinta)
- Breastfeeding Solutions (Xalalka Naas-nuujinta)
- iBaby Feed Timer (Wakhtiyada Quudinta Ilmaha)
- iBreastfeed (Waan Naas-nuujiyaa)
- LactMed
- Milk Maid
- MommyMeds
- The Nursing Log (Diiwaanka Naas-nuujinta)



# Akhriska Lagu Taliyay

- *The Baby Book* (Buugga Ilmaha) ee William Sears, MD, iyo Martha Sears, RN
- *Bestfeeding: How to Breastfeed Your Baby* (Naas-nuujinta: Sida Loo Naas-nuujiyo Ilmahaaga) ee Suzanne Arms, Chloe Fisher, iyo Mary Renfrew
- *The Breastfeeding Book* (Buugga Naas-nuujinta) ee William Sears, MD, iyo Martha Sears, RN
- *Breastfeeding Made Simple* (Naas-nuujinta oo la Fududeeyay) ee Nancy Mohrbacher iyo Kathleen Kendall-Tackett
- *The Fussy Baby Book* (Buugga Ilmaha Aan Xasilin) ee William Sears, MD, iyo Martha Sears, RN
- *Mothering Multiples: Breastfeeding and Caring for Twins or More!* (Hooyo u Ahaanta Ilmo Dhawr ah: Naas-nuujinta iyo Daryeelista Mataano ama ka Badan) ee Karen Kerkhoff Gromada
- *Mothering Your Nursing Toddler* (Hooyo u Ahaanta Socod-baradkaaga Naaska Jaqa) ee Norma Jane Bumgarner
- *The Nursing Mother's Companion* (Gargaaraha Hooyada Naas-nuujisa) ee Kathleen Huggins
- *The Premature Baby Book* (Buugga Ilmaha Dhicis ah) ee William Sears, MD, Robert Sears, MD, James Sears, MD, iyo Martha Sears, RN
- *The Ultimate Breastfeeding Book of Answers* (Buugga Jawaabaha Su'aalaha ku Saabsan Naas-nuujinta) ee Jack Newman, MD, iyo Teresa Pitman
- *The Womanly Art of Breastfeeding* (Farsamada Hooyo ee Naas-nuujinta) La Leche League International

## Taageero

Haddii aad jeceshahay inaad hooyooyinka kale ee naas-nuujiya la wadaagtid oo kala beddelataan fikrado, waxa jira kooxo taageero iyo kooxo kale oo ah baraha bulshada oo haween badan ka helaan gargaar. La hadal saaxiibo ama xubno qoys oo laga yaabo inay awoodaan inay kugula taliyaan kooxo.

Haddii aad u baahan tahay talo khabiiir oo intaa dhaafsan, wac Mount Carmel Outpatient Breastfeeding Center & Helpline (Khadka Gargaarka Naas-nuujinta ee Mount Carmel ) oo ah **614-234-MILK (6455)**.

