

# Jiif ammaan leh ee ilmaha

## Arrimaha Aad Samayn Karto:



✓ Mar kasta ilmahaaga u seexi dhabardhabar



✓ Ku hay ilmahaaga mid ka xor ah sigaar cabid waqtiga uurka iyo kaddib dhaliddaba



✓ Ku hay ilmahaaga dambiil ama meel la geliyo oo u gaar ah ee isla qolkaaga lixda bilood ee ugu horaysa



✓ Naas nuuji canugaaga



✓ Isticmaal mid adag, fidsan, biyaha u adkaysta ee joodari ah oo xaaladdiisu wanaagsan tahay



## Arrimaha Aad ka Taxadarayso:



**X** Ha kula seexan waligaa kursi fadhi ama kursi-gacmeed ilmahaaga



**X** Ha kula seexan isla sariir ilmahaaga haddii sigaar cabto, qamro cabto ama maandooriye isticmaasho ama haddii ilmahaagu ka hor dhashay waqtigii loo qabtay ama ku dhashay miisaan



**X** Ka taxadar in ilmahaagu aad u kululaado

**X** Ha daboolin wajiga ilmahaaga ama madaxooda marka ay hurdaan ama ha isticmaalin sariir jilicsan

## Waa inaad raacdaa talo-bixinta bambamka oo idil, kaliya ma ahan waqtiga jifka habeenkii

**Calaamadda Dhimashada Dhaqsada ah ee ilmaha (Sudden Infant Death Syndrome (SIDS)) waa dhimasho degdeg ah oo lama filaan ah ee ilmaha oo aan lahayn wax sabab muuqata ah in kasta oo aanan garanaynin weli sida si buuxda looga hortagi karo SIDS, waa macluul in si aad ah loo yareeyo fursadaha ay ku dhici karto iyadoo la raacayo talo-bixinta.**

**Waxaad sidoo kale kala hadli kartaa umilisadaada ama booqdaahaaga caafimaad haddii aad qabto wax su'aalo ah ama cabashooyin ah, ama nagala soo xiriir**

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